ACA 2011 Conference & Exposition Education Sessions

Schedule with dates and times will be released November 3, 2010

Please note: This Program list is subject to change. Last updated 10/1/10

Addictions, Offenders, and Correction Counseling

Addictions Academy
Addressing the Implications of Male Socialization for Substance Abuse Counseling
60-Minute Program
Mark S. Woodford, The College of New Jersey, Ewing, NJ
This presentation is intended to be a scholarly, practical guide for counselors who work with boys and men who are struggling with substance abuse issues. The contribution of the masculine socialization process in the development of risk and protective factors for substance use disorders will be discussed. Case examples will be provided that demonstrate how substance abuse counselors can develop a gender-responsive mindset in order to be open and vigilant throughout the assessment and treatment planning process in regards to recognizing important gender-specific information.

Addictions Academy
Alcohol Screening and Brief Interventions for English- and Spanish-speaking Medical Center Trauma Unit Patients
60-Minute Program
Nathaniel Nicholas Ivers, The University of Texas at San Antonio, San Antonio, TX, Laura J. Veach
In Chinese, the word for crisis is written with two dichotomous symbols, one meaning danger and the other, opportunity. In this presentation, we discuss the positive impact of talking with people, even for a brief 20 minutes, about their risky drinking behaviors while they are in crisis (e.g., admitted to the hospital for injuries sustained due to risky drinking). Concomitantly, a grant-funded research study involving a prospective randomized clinical trial of two distinct brief counseling interventions for hospitalized adult trauma patients is discussed. Moreover, we relate cultural lessons we have learned from our experiences in providing alcohol screening and brief interventions to English- and Spanish-speaking trauma unit patients.

An Innovative Approach to College Student Drinking: On TRACK—Teaching Responsible Alcohol Choices and Knowledge
30-Minute Project/Research Poster Session
Jill L. Russett, College of William and Mary, Williamsburg, VA, Charles F. Gressard
Despite improved prevention efforts, rates of college student binge drinking have remained consistently high, especially those engaged in Greek Student Organizations. In an effort to reach these students, researchers developed an innovative program, called 'On TRACK' which is based in Motivational Interviewing, Social Norms, and Peer
Education. The unique model places significant emphasis on empowering student’s to develop programming that will meet their group’s specific needs. Program structure, implementation and preliminary findings will be presented including; student’s perception of high risk drinking, specific needs related to gender, and student’s recommendations for programming. Participants will be able to replicate this model.

Addictions Academy
An Overview of Addiction Counseling: Where Has the Field Been and Where Is It Going?
60-Minute Program
Jill L. Russett, College of William and Mary, Williamsburg, VA, Charles F. Gressard
Millions of individuals struggle with issues related to addiction commonly thought to include alcohol, prescription drugs, illegal drugs, and nicotine, but often include other behaviors such as gambling, overeating, work, sex, internet, and spending. These concerns are not only relevant to addiction counselors, but are issues found among all fields of counseling. This presentation will provide an overview of the history and current status of the addiction profession. It will address the proposed changes in the DSM V and the recent revision of the CACREP standards to include addictions counseling as its own specialty area. Discussion of the future of the addiction specialty and implications to the field of counseling will be a focus.

IAAOC Day of Learning
Addictions Academy
Conducting Addictions Outcome Research in an Ethical and Legal Manner
60-Minute Program
Simone F. Lambert, Virginia Tech, Falls Church, VA
Addiction researchers are faced with unique challenges when conducting outcome research. Ethical and legal considerations will be addressed to help participants develop studies that protect participants who struggle with addictions. The ethical principles of autonomy, nonmaleficence, beneficence, veracity, fidelity, and justice will be discussed in conjunction with federal and state regulations that apply specifically to addictions research. Case examples will be provided to foster participants discussion of specific elements of cultural diversity, informed consent, compensation, confidentiality, and collection and protection of data in addictions research.

Counseling and Criminal Justice for Women: Deconstructing the Prison Crucible
30-Minute Project/Research Poster Session
Vanessa Alleyne, Montclair State University, Montclair, NJ, Claire Wooloff
In an era where the rate of incarceration of women reached an all time high in the United States, counselors in all fields are confronting situations that few have been trained for - addressing concerns of clients who are involved with the criminal justice system. Increasingly, counselors in training, regardless of clinical or educational setting, have reported on the challenges of working with students emerging from juvenile detention; incarcerated parent(s); and persons on parole or probation in clinical or educational settings. Using data from a study of 250 incarcerated women in New Jersey, presenters
will report on their falso learn how to address issues specific to clients who live ‘under supervision.’

IAAOC Day of Learning
Addictions Academy
Counseling Ethics & Legal Issues Academy
Ethics and Court Mandated Clients in Counseling
60-Minute Program
Rochelle Cade, Brazos County Community Supervision and Corrections Department, Bryan, TX, Stephen Southern
Counselors who work with court-mandated clients face ethical dilemmas and professional challenges. Trainees may not be prepared to address such issues as confidentiality, autonomy, and informed consent in offender counseling. Mandated clients may lack trust and motivation to change. This session will explore dilemmas and issues through review of ethical guidelines, presentation of relevant characteristics of the legal system, analysis of case studies, and discussion of appropriate professional conduct. Participants will receive resources to help them address the challenges and some potential solutions for counseling with court-mandated clients.

Expert Opinions on Substance Abuse Training in Counselor Education: Results of a Qualitative Study
30-Minute Project/Research Poster Session
Tiffany Lee, Western Michigan University, Kalamazoo, MI
This program will present results from a qualitative inquiry. Counselor educators, who are also experts in substance abuse (SA) counseling, were interviewed regarding SA training in counselor education programs. Results will be shared regarding their opinions on the current status of this training, what practitioners should know, and what would be considered 'best practice.' A questionnaire will be given and a discussion will follow regarding attendees' training during their master's program and what are perceived as necessary skills in the field. Next, the opinions of the experts will be presented. Attendees will be given a informational packet regarding standard requirements and the skills/knowledge needed according to the experts.

Addictions Academy
Grief and Loss in Addiction: What Counselors Need to Know to Help Clients Cope
90-Minute Program
Julie K. Bates, The Pennsylvania State University, University Park, PA, Brandon Hunt
Individuals with substance abuse and addiction issues often face multiple grief and loss experiences. Examples include divorce, chronic illness, domestic violence, death, incarceration, possible military-related violence, family conflicts, and employment and/or financial concerns. Additionally, one must consider pre-addiction loss, losses connected to the addiction, and treatment-related loss. During the recovery process, the grief associated with these losses has the potential to be overlooked for more immediate health and safety concerns. Content will be presented that addresses each of these loss areas with a focus on how to help clients cope. Relevant theories, client exercises, and grief and loss assessments will also be presented.
IAAOC Day of Learning
Addictions Academy

IAAOC Graduate Student Carousel
90-Minute Program
Juleen K. Buser, Rider University, Lawrenceville, NJ, Tia Baxter, Tricia L. Best, Kathryn J. Camisa, Martina J. Doncheski, Sudha Nagarajan, Jessica Tabor
Graduate students who are interested in addictions/offender counseling will present their research on a range of topics. Issues addressed will include self-injury as an addictive behavior, motivational interviewing, nationwide inconsistencies in the scope of practice for licensed professional counselors regarding substance abuse counseling, among others. The format of the presentation will be an interactive carousel format, wherein audience members can speak individually with the presenters.

Non-Medical Prescription Drug Use: Exploration of the Prevalence of Addiction and Effective Counseling Interventions
30-Minute Project/Research Poster Session
Mary Jo G. Denman, Wayne State University, Detroit, MI, Arnold B. Coven
The non-medical use of prescription medication is becoming an epidemic in the United States, specifically among young adults. According to the Substance Abuse and Mental Health Services Administration (2006), marijuana is the only illicit drug that is abused more frequently than prescription medications among young adults. As a result counselors must become better educated and equipped to deal with this crippling issue. The presenters will discuss individuals who are at a heightened risk for prescription drug abuse and ways to prevent the addiction from occurring or escalating. Effective strategies and interventions to assist clients in overcoming this powerful addiction will also be explored.

Sexual Addiction 101: Assessment and Treatment of the Sexual Addict and Their Intimate Partner
90-Minute Program
Barbara Steffens, Steffens Counseling Services, LLC, West Chester, OH
Sexual addiction experts offer the conservative estimate that 3%-6% of the adult population of the U.S. meets the criteria for sexual addiction. Today's mental health counselors are seeing such cases in their practices and often find themselves unprepared to respond. This session will present best practice information as to the assessment and treatment of sexual addiction, as well as offer a research-based model for assisting the intimate partner of the sexual addict. Attendees will receive an exhaustive resource list including bibliography, web-based and community support networks, and professional training opportunities.

The Abstinence Project: Gaining Empathy Through Personal Experience
30-Minute Project/Research Poster Session
Kerrie Fineran, University of North Texas, Denton, TX
'Why can't they just quit!?' Many individuals, including counselors in training, have difficulty experiencing empathy for clients struggling with addiction. In order to foster
this condition, the primary presenter implemented a student project focused on abstaining from a 'vice' in two graduate courses in addiction counseling. Students were required to identify a substance or behavior that would be difficult for them to give up (caffeine, chocolate, texting) and refrain from use for the semester. Level of empathy toward clients with addiction was measured throughout the course. Results of this study and suggestions for implementation with students and supervisees will be discussed.

The Current State of Substance Abuse Training: A Survey of CACREP-Accredited Programs
30-Minute Project/Research Poster Session
Tiffany Lee, Western Michigan University, Kalamazoo, MI
This program will present results from an investigation which examined the (1) current status of substance abuse training among CACREP-accredited programs and (2) methods by which counselor education programs will integrate the new substance abuse competencies outlined in the new 2009 CACREP standards. A questionnaire will be given at the beginning of the session. A discussion will follow regarding attendees' training during their master's program and their current knowledge of substance abuse issues. A presentation of the research findings will follow. Participants will be given an informational packet pertaining to the substance abuse training knowledge and skills which are now required for graduates of CACREP-accredited programs.

The Effect of Career Counseling on the Self-efficacy and Career Maturity of Residential Juvenile Offenders
30-Minute Project/Research Poster Session
Katie M. Rhode, Texas Tech University, Lubbock, TX
This presentation will provide data on the effect of career counseling on the residential juvenile offender population. Specifically, the presentation will report changes in career maturity and self-efficacy after a 12-week group counseling intervention. The hypothesis proposed by this line of research is that implementing career counseling as a part of the counseling curriculum for residential juvenile offenders will improve the participants’ beliefs about their ability to choose and acquire work, and give them a more realistic perspective on careers in general. Improvement in these areas could then improve the lives of the participants by reducing recidivism, increasing self-esteem, and improving academic interest and performance.

IAAOC Day of Learning
Addictions Academy
Career Development/Employment Counseling Academy
Work Addiction: Do You Really Want to Know?
60-Minute Program
EJ EssicPalmer, AK, Laura Veach, Jennifer Rogers
This presentation will cover the latest research and the debate surrounding the concept and definition of work addiction and will introduce a new working model of the stages of work addiction. Using an experiential format, participants will have an opportunity to consider the differences between work addiction and healthy work patterns, and generate ideas and interventions for working with clients.
Advanced

IAAOI Day of Learning
Addictions Academy
Analysis of Professional and Addiction Counseling Licensure Requirements, Scope of Practice, and Training National Findings
60-Minute Program, Advanced
Keith Morgen, Centenary College, Hackettstown, NJ, Geri Miller, Jack Culbreth, Gerald Juhnke, Virginia Kelly
State LPC and addictions-related licensure (e.g., LCAS, LCDC, etc.) training requirements and scope of practice frequently overlap. Such overlap causes confusion for trainees, counselors, licensure boards, and clients alike. This program will describe a review and analysis of the national and state LPC and addictions licensure training and supervision requirements, as well as, scope of practice meta topics. Those attending will gain increased knowledge pertaining to training and practice requirements for counselors who specialize in addictions counseling. Implications for counselor education as well as future collaboration among professions and mental health specializations will be addressed.

Addictions Academy
Prisoner Re-entry: Treatment Needs for the chemically Dependent Offender
60-Minute Program, Advanced
Kelley B. McNichols, Duquesne University, Pittsburgh, PA
There has been substantial research that has addressed raising incarceration rates that plague our criminal justice system. Specific focus has explored the co-morbidity between addiction and criminality. Inmates sentenced for drug related crimes significantly contributes to the soaring rates of incarceration. In the midst of the increasing number of people who enter the criminal justice system, the challenge of prisoner reintegration has been largely overlooked. Offenders who were originally convicted of drug related crimes had the second highest rate of recidivism. It becomes clearly evident that the counseling field needs to enhance treatment services provided to chemically dependent offenders throughout their reentry experience.

Assessment, Testing and Program Evaluation

AACE Sponsored Session
Assessing Adolescent Dating Violence
30-Minute Project/Research Poster Session
Kelly Emelianchik-Key, Old Dominion University, Norfolk, VA
This poster presentation will focus on the assessment of adolescent dating violence. With adolescent dating violence on the rise and adolescents entering dating relationships at younger ages, it is critical that clinicians are able to assess for dating violence. There are very few assessment tools available to screen for adolescent dating violence. The available assessments have numerous limitations and are not readily available for use in various settings. The teen screen for dating violence is a new assessment tool that is a
reliable measure that screens for dating violence knowledge, experience, perpetration, exposure, and support. This assessment tool will be distributed and discussed so participants can gain an understanding of how to utilize this tool for maximum efficiency in any setting.

Assessing Reliability of Measures of Psychosocial Development (MPD) Using a Multi-Source Collection Method
30-Minute Project/Research Poster Session
Morgan Roberts, The George Washington University, Washington, DC
The purpose of this poster presentation is to present an analysis of one measurement tool, the Measures of Psychosocial Development (MPD; Hawley, 1988) being used in an innovative procedure. One criticism of the MPD in the research literature is that it relies heavily on the accuracy of a participant’s judgment about his or her own characteristics. To address this deficit, this study used a multi-source collection method, with a veteran and a family or close friend responding. The results of the study are discussed in terms of the reliability of the instrument using this new data collection technique.

AACE Sponsored Session
Assessment Standards and Free Access Depression, Anxiety, Eating Disorder, Disruptive Behavior and Substance Abuse Inventories
90-Minute Program
Bradley T. Erford, Loyola University Maryland, Baltimore, ME, Stephanie Crockett
This presentation focuses on the knowledge and skills counselors need for assessment and evaluation in mental health, substance abuse, school, and multicultural counseling. Five sets of standards will be distributed and briefly reviewed, the result of collaborations between AACE and various other organizations, including ACA, AMHCA, IAAOC, IAMFT, and ASCA. In addition, free use instruments used for assessment of depression, anxiety, eating disorder, disruptive behavior, and substance abuse will be reviewed. Participants will learn basic administration and scoring procedures that will allow immediate use with clients in diverse practice settings. This presentation contains essential information for clinicians, counselor educators, and students in training.

Development of a Scale to Measure Altruism in Children and Adolescents
30-Minute Project/Research Poster Session
Jacqueline Swank, University of Central Florida, Orlando, FL, Edward Mike Robinson, Jonathan H. Ohrt, Kara P. Ieva, Dodie Limberg, Sandra Robinson
The presentation focuses on the development of an instrument designed to measure altruism among children and adolescents. The presenters will discuss the design of the instrument and the findings obtained from utilizing the instrument with children and adolescents. Furthermore, the presenters will discuss the multicultural considerations, counseling ethics, and implications for measuring altruism among children.

AACE Sponsored Session
Finding Your Place in AACE
30-Minute Project/Research Poster Session
Joshua C. Watson, Mississippi State University - Meridian, Meridian, MS, Eric D. Jett
Active involvement in ACA and its various divisions can be a most rewarding endeavor both professionally and personally. This program is designed to highlight the various opportunities for involvement that are available within the Association for Assessment in Counseling and Education (AACE). In addition to learning about the many exciting projects and activities AACE is working on, session attendees also will learn how to get involved in the various standing committees AACE maintains, how to present at the National Assessment Conference, and how to publish in the division newsletter and both division journals. Graduate students and new professionals are especially welcome.

**AACE Sponsored Session**

**Initial Development of the Counseling Assessment Self-Efficacy Scale**
30-Minute Project/Research Poster Session

*Joshua C. Watson, Mississippi State University - Meridian, Meridian, MS, Carl J. Sheperis, Donna S. Sheperis*

This session will describe the development of the Counseling Assessment Self Efficacy Scale (CASES), an instrument designed to assess counselors’ beliefs in their abilities to assess and diagnose clients and their presenting issues. Recommendations for future research and applications to counselor training are discussed.

**AACE Sponsored Session**

**Parity in Assessment: The Fair Access Coalition on Testing**
60-Minute Program

*Carl J. Sheperis, Walden University, St. John's, FL*

The Fair Access Coalition on Testing (FACT) is an independent organization of professionals dedicated to the protection and support of public access to professionals and organizations who have demonstrated competence in the administration and interpretation of assessment instruments, including psychological tests. In this presentation, participants will receive updated information about current issues being addressed by FACT across the United States. A critical review of the current APA model law will be presented.

**School Counseling Academy**

**Promoting Counseling Services in Today’s Test-Focused Schools**
60-Minute Program

*Carolyn Berger, Nova Southeastern University, Ft. Lauderdale, FL, Mercedes ter Maat*

School counselors often get stuck performing non-counseling related duties because their administration’s primary goal is to improve test scores. Administrators do not typically see the connection between counseling and increased test scores; therefore, counseling services take a back burner to test-related duties. This presentation will help counselors overcome this obstacle by linking counseling services to the administration’s goals of improving test scores. The presenters will utilize ASCA’s framework, accountability models, and real world experiences to show counselors how to “sell” their counseling program to administrators. Participants will leave with a plan for promoting counseling services at their test-focused schools.
Results of a Content Analysis of Brief Alcohol Screens: Past, Present and Future Trends  
30-Minute Project/Research Poster Session  
*Erik Von Herrmann, UNLV, Las Vegas, NV, Erik Von Herrmann*

Alcoholism has been declared a national epidemic, and mandatory screening procedures have been instituted. Results of a content analysis of brief screen alcohol inventories will be presented, including major themes, administrative procedures, and instrument effectiveness. Discussion will include issues related to legal and ethical matters, as well issues involving diversity and multiculturalism regarding assessing alcohol use and abuse. Recommendations for counselors will be presented, including brief screen utilization, application in various settings (community and schools), and noted limitations. Additional resources will be provided.

Advanced

*Mental Health/Private Practice Academy*  
**Client and Counselor Friendly Self-Report Questionnaires: DSM-5 Meets Clinical Practice**  
90-Minute Program, Advanced  
*Andrew Gersten, Self-employed, Manchester, NH*

One of the proposed revisions to the DSM system is to incorporate brief evidence based client and clinician friendly questionnaires into the assessment of depression, anxiety, anger, and other problems routinely encountered by counselors. Specific self-report adult and child rating scales will be discussed. This presentation is beneficial to students and professional counselors, especially those involved in the diagnosis and treatment of mental health problems because brief user friendly measures will likely be incorporated into the DSM-5 and national managed behavioral health care and other organizations will continue to require their use. Therefore, professionals counselors will need to be knowledgeable and adept at using them.

**Counselors’ Program Evaluation Toolbox: Effective Evaluation Principles and Strategies**  
60-Minute Program, Advanced  
*Sylvia Nassar-McMillan, North Carolina State University, Raleigh, NC, Abigail Holland, Jason Osborne, Lynn Zagzebski*

In our current age of accountability, counselors are increasingly called upon to document evidence-based outcomes and other metrics of program effectiveness. This program will review the key components of effective evaluation, providing case examples from a recent NASA project. This experientially-based program will demonstrate actual methodologies employed, and facilitate audience participation in order to engage attendees as evaluators. Results and implications of our own research project will be discussed, along with implications for counselors who wish to attend to the critical aspect of program evaluation in their own settings.

**The Development and Validation of the Perceptions of Mental Illness**  
30-Minute Project/Research Poster Session, Advanced
Allison L. Smith, Antioch University New England, Keene, NH, Elysia V. Clemens
The impact of stigma on those with a mental illness is immense; the stigma of having a mental illness can be as damaging as the symptoms. Thus, stigma and mental illness is an important area of investigation. Measurement of the construct stigma toward individuals with mental illness is a challenge that faces researchers engaging in efforts aimed at the eradication of stigma. This presentation will introduce the Perceptions of Mental Illness (PMI), a current, psychometrically sound instrument to measure mental illness stigma. Additionally, audience members will learn about mental illness stigma, and the process used for developing an instrument in the social sciences.

**Best Practices**

*Presidential Featured Session*

*Best Practices Academy*

**ACA Past Presidents’ Forum: Counseling and the Challenge of Social Transformations**

90-Minute Program

Courtland Lee, University of Maryland, College Park, MD, Patricia Arredondo, Loretta J. Bradley, Brian S. Canfield, David Capuzzi, Brooke B. Collison, Rose Cooper, Doris R. Coy, Thelma Thomas Daley, Jane Goodman, Sunny Hansen, Colleen Logan, Mary Finn Maples, Jane Myers, Mark Pope, Lee Joyce Richmond, Tom Sweeney, Marie A. Wakefield, Garry Walz

A panel of ACA Past Presidents will address how counseling and ACA can help to improve peoples’ responses to the physical, emotional and spiritual challenges posed by major social transformations. The focus of the forum will be on how counseling and ACA can add value to peoples’ lives as they confront major contemporary challenges to health and well-being.

*Child & Adolescent Counseling Academy*

*Best Practices Academy*

**Children and Chronic Sorrow: Reconceptualizing the Emotional Impact of Parental Rejection and Its Treatment**

60-Minute Program


Parental rejection is not a singular event, but instead, is re-experienced by children regularly through rejecting parents' continual disappointments, broken promises, and dashed hopes. When the grief of rejection has been targeted for intervention, it has been viewed as a normal reaction to the finite loss of parental involvement, with recovery involving a child’s movement from the loss through progressive stages of healing. Research suggests that children who experience perpetually recurring losses may not be subject to traditional emotional responses but, rather, to Chronic Sorrow, a distinct type of emotional distress that requires specialized considerations for counseling intervention.

*Best Practices Academy*

**Chronic Pain: What Counselors Need to Know and How We Can Help**
60-Minute Program
*David Farrugia, Canisius College, Buffalo, NY*

The generic skills of most counseling practitioners can be used to help clients experiencing chronic pain. However, an awareness of biopsychosocial factors related to chronic pain is a necessary foundation to understand and help clients who are in pain. This workshop will provide that foundation and will review evidence-based psychological and counseling approaches to help clients in chronic pain including assessment considerations, the use of psychotropic medications, cognitive-behavioral strategies, imagery techniques, family considerations, and positive psychology. The presentation will include video segments, case material and brief exercises to illustrate material.

Best Practices Academy
**Current Trends in Grief Counseling**
60-Minute Program
*Elizabeth Doughty, Idaho State University, Meridian, ID, Cyndia Glorfield, Adriana Wissel*

There has been an evolution in the understanding of the nature of grief since Freud’s initial work, *Mourning and Melancholia* (1917/1953). In recent years, researchers have moved away from universal models to focus on the unique nature of an individual griever’s experience within a particular social context, including the influence of culture, support systems, and the type of loss (Miller & Omarzu, 1998; Parkes, 2001; Rosenblatt, 2001, Stroebe & Schut, 1999). Unfortunately, many counselors are still using outdated methods such as Kubler-Ross to help clients deal with grief. This presentation will provide an overview of the current trends, theories, research and techniques relating to grief counseling.

Best Practices Academy
**Diverse Immersive Social Media: The Threats and Opportunities for Professional Counselors**
90-Minute Program
*Charles R. Crews, Texas Tech University, Lubbock, TX*

Diverse immersive social media reaches all demographics of people in this information era. For Baby Boomers through Generation Me the communication technologies available to professional counselors are as diverse as the clients and students we serve. This presentation will engulf the participant in a technological odyssey of sound, word, and imagery. Come explore how professional counselors may positively capitalize on commonly used media to enhance practice and avoid potential negative consequences of being technologically illiterate. Current research will be reviewed on the impact of using social media. Practical, ethical, and creative techniques will be presented as the participant learns about the use of social media in counseling.

Intimate Partner Violence and Substance Abuse
30-Minute Project/Research Poster Session
*Jennifer Moore Fowles, Carolinas Medical Center/Domestic Violence Healthcare Project, Charlotte, NC*
Attendees will gain increased knowledge about the prevalence of intimate partner violence and the role of substance abuse among perpetrators and victims. The Duluth model of power and control will be used and information will be shared to help providers recognize victim indicators and characteristics of perpetrators. Screening tools and conjoint therapy models will be reviewed. Attendees will also explore empirical studies and be provided a list of national resources.

**Maximizing Knowledge Utilization**
60-Minute Program

*Garry R. Walz, Counseling Outfitters, LLC, Chelsea, MI, Jeanne C. Bleuer, Robert C. Chope, Samuel T. Gladding, Cheryl Holcomb-McCoy, David Lundberg, Ruth Chao, Jerry Mobley, Kanamur Chandras, David DeLambo*

With the exponential expansion of knowledge and the increased breadth and scope of new technology, an effective contemporary counselor must be able to access the counseling knowledge base and use the new tools of social media. This program will present the insights and ideas of both new and experienced counselors who are using and contributing to VISTAS, ACA's premier online information system.

**Mental Health/Private Practice Academy**

**Best Practices Academy**

**Neurology for Smarties: The Counselor’s Role in Symptom Recognition and Support**
90-Minute Program

*Jessica Smith, Spokane Mental Health Center, Spokane, WA*

This presentation will provide an engaging means of teaching the basics of neuroanatomy, brain function, and common diseases of the brain. Counselors will learn to identify symptoms related to neurological dysfunction so as to make appropriate referrals. Attendees will learn the supportive role a counselor can take to assist individuals with neurological disorders and to educate and support family members of those struggling with neurological issues. Attendees will leave with increase knowledge, a 'cheat sheet' for indentifying symptoms, and the know-how for appropriate referral and supportive treatment.

**Best Practices Academy**

**Premenstrual Dysphoric Disorder: Controversial History, New Research Findings, and Proposed Changes to the DSM-V**
90-Minute Program

*Melanie Morlan, Community Colleges of Spokane, Change Point, Spokane, WA, Teri Schmehl, Tracy L. Green, Kathryn A. Anderson, Robi A. Fairbanks*

It is estimated that upwards of 80% of those who seek counseling services are female. Of those, a good percentage struggle with issues related to the menstrual cycle. Many of those issues have to do with premenstrual emotional, mental, and behavioral difficulties that can be at least partially alleviated with effective treatment. This presentation aims to detail the history of Premenstrual Dysphoric Disorder (PMDD), illustrate the symptoms of PMDD, provide foundation for best practice treatment for PMDD, and give a glimpse into the proposed changes in the DSM V for PMDD. A well prepared PowerPoint and
clinical vignettes will be utilized to reach the presentation objectives in an engaging yet informative manner.

**Shyness Types and Technology: Students’ Experiences of Shyness and Use of Technology for Communication**
30-Minute Project/Research Poster Session  
*John L. Rausch, John Carroll University, University Heights, OH, Danielle A. Goldstein, Katie Goodhue, Haley Bishop*

Shyness has been reported by nearly 50% of the US population. In this session, techniques involving using Computer Mediated Communication to help the shy develop social skills they could translate into face-to-face communication will be presented. A CBT and gradual exposure approach will be presented. Qualitative interview excerpts from a study with university students will relate situations that bring about shy reactions, symptoms, childhood triggers, and positive/negative aspects of shyness. Three cases will be used to encourage session participants to discuss strategies to use with clients having concerns about public speaking, social gatherings, or who have more pervasive types of shyness.

**AADA Day of Learning**  
**Best Practices Academy**

**Yoga as a Metaphor for Life: Helping Clients Integrate Mind, Body, and Spirit**  
60-Minute Program  
*Suzanne Degges-White, Purdue University Calumet, Hammond, IN, Cora Fetchko-Hopkins*

An intimate connection exists between the mind, body, and spirit. In this session, you will have the opportunity to learn about and to experience yoga and mindfulness as methods of enhancing these areas of well-being. A premise of yoga is the need to accept “what is” and to find the perfection in this current reality as we travel a path to life enhancement. Yoga and meditation promote feelings of liberation and an expanded understanding of how we define ourselves. We will offer evidence-based techniques to harmonize the flow between body, mind, and spirit to optimize overall well-being. These practices will benefit the clinician as well as the client. No prior yoga experience is needed and physical limitations will be accommodated.

**Advanced**

**Mental Health/Private Practice Academy**

**Neurofeedback: An Essential Counseling Intervention for Brain Dysregulation**  
90-Minute Program, Advanced  
*Lori Russell-Chapin, Bradley University, Peoria, IL, Theodore Chapin*

Participants will be introduced to the main constructs and skills of neurofeedback(NF)and neurotherapy. A simple NF definition is biofeedback for the brain utilizing electroencephalographic(EEG),computer technology and operant conditioning. Neurofeedback may correct irregular brainwave patterns and regional cerebral blood flow concerns associated with mental health and cognitive concerns such as ADHD, depression, anxiety, migranes, etc. It is a noninvasive technique with very few
contraindications. A powerpoint presentation, a NF video and an individual NF demonstration will be provided. As we learn more about the brain and its functioning, NF may be the counseling intervention that provides the missing link for our chronic clients.

**LCA Sponsored Session**
**Wellness Academy**
**Best Practices Academy**

**Techniques and Principles of Stress, Sleep, Mindfulness, and Meditation Therapies**
90-Minute Program, Advanced
*Vincent Anthony Escandell, Veteran's Affairs Medical Center Alexandria, Alexandria, LA, Cindy Burch Escandell*
Techniques supported by psychophysiological and cognitive research on producing healing and growth for diagnosis of depression, pain and anxiety as well as head trauma.

**Career Development and Employment Counseling**

**Career Development/Employment Counseling Academy**

**A Complete Job Search Strategy for Counselors**
90-Minute Program
*J. Shannon Hodges, Antioch University New England, Keene, NH, Amy Reece Connelly*
This active session will focus on teaching graduate students and professional counselors the intricate nuances on how to conduct a successful job search. Participants will learn a job search model and will practice skills learned during the session. This session is ideal for any counselor contemplating a job search.

**NECA Day of Learning**
**Career Development/Employment Counseling Academy**

**Trauma/Disaster Mental Health Academy**

**Bioenvironmental Counseling Solutions for People and Communities Impacted by a Natural Disaster**
60-Minute Program
*Kimberly Key, Encompass Work & Family, Austin, TX*
The number one challenge of a natural disaster is dealing with its aftermath. Communities and the environment are re-traumatized via continued environmental damage leading to long-term impacts on ones health, home, job, family, and the community as a whole. Mother nature has ways of restoring itself, however, human beings often don t receive the same kind of systemic healing approach that nature implements. In this session, Kimberly will share her experiences as a bioenvironmental counselor and will discuss the hidden systemic impacts from natural disasters on people, their work, their families, and communities.

**NCDA Sponsored Session**
**Career Development Initiatives in Peru**
30-Minute Project/Research Poster Session
*Cheri Butler, The University of Texas at Arlington, Arlington, TX*
The National Career Development Association board members along with the Executive Director have reached out to many developing and emerging countries in recent years to share best practices and talk about the state of career development in the United States. Recently four representatives from NCDA visited Peru to speak with universities and the Ministers of Labor and Education to discuss how NCDA could assist them in their efforts to expand career development practices and resources. Come to hear about this initiative and how NCDA has become the leading provider of career development resources in the world.

**NECA Day of Learning**

**Career Flow: A Hope-centered Model for Career Intervention**

60-Minute Program

Roberta Neault, Life Strategies Ltd, British Columbia, CA

Hailed as a holistic approach to address the range of stressful issues, resulting from career transition, underemployment or unemployment, Neault will introduce a new vision of career intervention. Using Career Flow: A Hope-Centered Model for Career Intervention, participants will learn how to help their clients build essential career self-management competencies, a new model grounded in hope and positive psychology.

**Career Development/Employment Counseling Academy**

**College Counseling Academy**

**Daydream Believer: A Glimpse Into the Secret Career and Lifestyle Aspirations of College Students**

60-Minute Program

P. Clay Rowell, North Georgia College & State University, Dahlonega, GA, Christopher T. Pisarik

College students often harbor vivid, detailed, and fascinating career and lifestyle aspirations in the form of daydreams. These daydreams are rarely shared which is unfortunate, as they provide great potential as a tool for career choice assessment, and as a strategy for career/lifestyle planning. This program will report the findings of an intriguing qualitative study that examined the “work” and “lifestyle” based daydreams of college students. By doing so, the presenters will offer participants glimpses into the private career and lifestyle goals and desires of college students. The use of work-based daydreams as both a career assessment strategy and a career counseling intervention will be thoroughly discussed and demonstrated.

**ACES Sponsored Session**

**Career Development/Employment Counseling Academy**

**Counselor Education & Supervision Academy**

**Excitement and Challenge of Teaching Career Development Counseling**

60-Minute Program

Kevin Glavin, Nova Southeastern University, Fort Lauderdale, FL, Kathy Evans, Jane Goodman, Mark Pope, Mark Rehfuss, Lourdes Rivera, Mei Tang, Carlotta Willis

We spend roughly 80,000 hours of our lives engaged in work. Assisting clients with fitting meaningful work into their lives is exciting work. The ACES/NCDA Commission for the Preparation of Career Counselors will engage attendees in experiential activities.
useful to all who are challenged to teach interactive career development classes and to lead career development groups. Activities are useful for teaching career development theory, skills, and concepts for career decision making, career adjustment, career crisis, and other career development issues.

NECA Day of Learning
Trauma/Disaster Mental Health Academy

Holistic Solutions for Harnessing Resiliency in Times of Crisis
60-Minute Program
Michael Lazarchick, Holistic Employment Counseling of New Jersey, Mays Landing, NJ
Michael Lazarchick has spent a lifetime helping people overcome trauma and find their personal strength by tapping into their hidden sources of resilience and healing. He has helped the underprivileged find employment, the wounded find healing, and the hopeless find meaning. In this one of a kind workshop, Michael is going to give us a peek into his holistic formula. Expect the unexpected and leave feeling more hopeful, healed, and motivated than ever before.

NECA Day of Learning
Trauma/Disaster Mental Health Academy

How to Be an Effective Crisis Leader
60-Minute Program
Tom Ayala, People Solutions, LLC, Lebanon, OR
An important aspect of managing a crisis involves knowing how to be an effective crisis leader. Organizational leadership consultant, career and family counselor, Tom Ayala, will provide common scenarios that leaders face in a crisis and how to deal with them in ways that promote health and endurance for the leader. He will address the typical mistakes leaders often make in such situations and provide methods of overcoming them.

NECA Day of Learning
Trauma/Disaster Mental Health Academy

Lifespan Focused Treatment in a Natural Disaster
60-Minute Program
Carolyn Greer, Texas A&M University - Central Texas, Killeen, TX
Not all people face trauma the same way especially when they are at different ages. Carolyn Greer will address critical lifespan issues and will share methods for helping clients of different ages heal in a crisis. She will also provide self-soothing tricks for adults that have to go back to work after living through a natural disaster.

Career Development/Employment Counseling Academy
School Counseling Academy

Preparing Students With Disabilities for Their Future Careers
60-Minute Program
Melinda M. Gibbons, University of Tennessee, Knoxville, TN, Blair Mynatt
Counselors working student-clients receiving special education services must understand the unique career and educational needs of this population in order to assist with their transition from secondary school. This presentation provides an overview of the transition
services section of an IEP and offers ideas and resources for assisting in the career and postsecondary planning for students in special education. School counselors and mental health counselors working with adolescents with special needs will benefit from this program by learning about both the legal and practical aspects to providing transition services. An extensive handout will be provided.

**Career Development/Employment Counseling Academy**

**Stand Out From the Crowd: Aggressive Job Search Tools for Tough Economic Times**
60-Minute Program

*Michael Lebeau, University of Alabama at Birmingham, Birmingham, AL, Patrice Hinton Oswalt*

Counselors are seeing more individuals suffering from situational depression and anxiety related to job loss. As the job market recovers it is not returning to what it was before and counselors need new tools to assist their clients. What can counselors do to empower their clients to more effectively manage their job search with greater success? What more aggressive methods and self-initiated approaches can candidates use when the job market is especially competitive? Learn assertive approaches and progressive methods to give your clients the mindset of a job candidate, one who is an initiator in the job search. Give your client’s a solid plan that will result in job interviews and offers, as well as access to the “hidden job market”.

**Career Development/Employment Counseling Academy**

**The Virtual Card Sort: Preliminary Findings on a Free Career Card Sort**
60-Minute Program

*Debra Osborn, University of South Florida, Tampa, FL, Detra Bethell*

Are you interested in learning about an online free career assessment tool? This session will present the Virtual Card Sort (VCS), as well as share experiences of two career development course instructors (one for the Master’s level, one for the bachelor’s level) in using the VCS with their students. Included in the presentation will be a review of various aspects of the VCS, the report generated, and its potential use with career classes and in career counseling. Additionally, we will present preliminary findings that compare the results of the VCS with tools such as the Self-Directed Search, Strong Interest Inventory, Campbell Interest and Skill Survey and the Interest Finder (CHOICES) for graduate and undergraduate students.

30-Minute Project/Research Poster Session

*Kristen M. Sockriter, University of Central Florida, Orlando, FL*

The American School Counselor Association (ASCA) developed the ASCA National Model to assist Professional School Counselors in developing and implementing comprehensive programs to enhance the academic, career, and personal/social growth of all students. Career education is most typically thought of in regards to middle and high school; however, critical components of career education are emphasized in many ways to even younger children. Attendees will: a) identify the ASCA National Model's K-5
career development standards, b) evaluate the appropriateness of career related activities/resources for diverse populations at the elementary school level, and c) examine the implications of using culturally appropriate career related activities.

NECA Day of Learning
What to Do When Long-Term Unemployment Is Extended From a Natural Disaster
90-Minute Program
Bill Fenson, Fenson Counseling, Dallas, TX
Bill Fenson specializes in helping the long-term unemployed get re-employed. In this session, Bill will address the impacts of natural disaster on the unemployed and provide strategies on how to help them find empowerment and employment. Bill incorporates critical multicultural and social justice issues into his discussion and employment counseling solutions.

NCDA Sponsored Session
Career Development/Employment Counseling Academy
What’s Your Story? Exploring Post-modernism and Narrative in Career Counseling
60-Minute Program
Lisa Severy, University of Colorado at Boulder, Boulder, CO
Is career the boring subplot to people’s life stories or an integral part of the authoring of one’s biography? Counselors are asking these questions and, in a blending of rich history and openness to new ideas, are exploring post-modern theories and accompanying techniques to create a new spirit of excitement in the field. This program is designed to give counselors an introduction to post-modernism and the use of narrative in career counseling. With its roots in Trait & Factor theories, career counseling has been burdened with the reputation of being boring and simplistic. As the link between career and personal development has become more important, the role of career counseling has begun to emerge from this shadow. New approaches and theories are exciting both counselors and clients, as well as helping everyone to recognize the importance of career health in overall health.

Advanced
Career Development/Employment Counseling Academy
21st Century Career Counseling: It’s More Than Just Finding a Job
90-Minute Program, Advanced
Pamelia E. Brott, Virginia Tech - Northern Virginia Center, Falls Church, VA
Become a lifestyle editor! Learn about lifestyle narratives, life roles, and story construction to uncover the client's current story and write future chapters for preferred ways of being based on motivations, interests, and abilities. Applications for adolescents and adults dealing with career transitions across the life span will address our changing definition of the working role in 21st century knowledge societies. Demonstrations of counseling techniques and case studies for review will assist participants in assimilating the lifestyle editor approach in their professional practice.
NCDA Sponsored Session
Career Development/Employment Counseling Academy
Counselor Education & Supervision Academy

A New Supervisor Curriculum for Those Who Supervise Career Professionals
60-Minute Program, Advanced
Cheri Butler, The University of Texas at Arlington, Arlington, TX, Deneen Pennington
There have been training programs for many years addressing the special issues regarding the supervision of professional counselors. There is much research and literature available on this topic as well. There has been, however, no attempt to address the unique needs of those who supervise career professionals including those who provide career services in a variety of settings including higher education, workforce development and in corporate settings. At the behest of the Japan Career Development Association, the National Career Development Association undertook the task of developing a curriculum to train supervisors of Career Professionals. Sandy Manoogian, as part of her doctoral dissertation, created and piloted the curriculum which will be translated by JCDA. NCDA conducted a second, more thorough pilot last fall and will be releasing the curriculum this spring. This session will outline the training and highlight the sections that address the special needs of this population.

Career Development/Employment Counseling Academy

LGBT Academy

Career Development of Transsexual Women and Men During Gender Transition
90-Minute Program, Advanced
Varunee Faii Sangganjanavanich, The University of Akron, Akron, OH
Gender transition generally presents challenges to transsexual women and men in various aspects of life including career development. Gender transition requires urgent and critical attention from career development practitioners. To create a new paradigm of change in counseling service to transsexual clients, this presentation (a) addresses career development issues of transsexual women and men during gender transition, and (b) provides practical strategies and resources to assist practitioners in facilitating this population during gender transition. Multicultural and ethical considerations are discussed.

ACEG Sponsored Session

Military Careers: Understanding the Relationship Between RIASEC Codes, Career Clusters, and Military Occupations
30-Minute Project/Research Poster Session, Advanced
Ted Hagert, ASVAB Career Exploration Program, North Chicago, IL
Presenter will demonstrate how military career specialties represent numerous Career Cluster and RIASEC code groups. Traditionally, military careers have been stereotypically categorized as a part of the Government & Public Administration cluster representing Realistic or Social interest types. Presenter will provide diagrams that display military careers available within each Career Cluster and RIASEC code group. Presenter will show how this information can assist counselors when discussing career options with secondary and postsecondary school students.
The Constructivist Resume: Promoting the Career Adaptability of Graduate Students in Counseling Programs
30-Minute Project/Research Poster Session, Advanced
Mark B. Scholl, East Carolina University, Greenville, NC, Jason Cascone
The presenters describe the Constructivist Resume, an original four-session model developed to promote professional identity development and career adaptability (i.e., concern, curiosity, confidence, and control) in students completing graduate-level counselor training programs. The authors discuss underlying theories including Peavy's (1998) SocioDynamic Model, and their application to career counseling. They also provide a detailed case illustration, and sample constructivist resumes produced by graduate students in counseling programs. Finally, they make practical recommendations for effective implementation, and note the advantages and limitations of the approach.

Career Development/Employment Counseling Academy
Counselor Education & Supervision Academy
Using Career Construction Counseling in Counselor Supervision
60-Minute Program, Advanced
Kevin B. Stoltz, The University of Mississippi, University, MS, Rebekah Reysen, Susan R. Barclay
Counselor supervision takes place at two critical stages in a counselor’s career development. Although supervision is focused traditionally on developing clinical skills, there is significant literature that supports additional roles for the supervisor. We posit that one role is that of career counselor. In this session, participants will learn about Career Construction Theory and how to use concepts from the theory to support supervisee’s career self-concept. Helping supervisees understand their idiosyncratic career self-concepts and adaptability attributes lays a foundation for supporting their transitions into the world of professional counseling. Participants will receive handouts, case studies, and a reference list.

Child and Adolescent Counseling

Addressing Adolescent Aggression With a Culturally Sensitive Brazilian Form of Martial Arts Treatment: Capoeira
30-Minute Project/Research Poster Session
Isaac Burt, Long Island University, Brookville, NY, Kent Butler, Sally V. Lewis, Samir H. Patel, Tiphanie Gonzalez
Martial arts training provides individuals with physical and moral instruction which embodies becoming one with the total being. Receiving instruction in this medium can provide persons with a non-violent approach to understanding the ethical principles and teachings associated with determination, goal-orientation, pro-social bonds, and positive role modeling. This proposal integrates martial arts and therapeutic principles into a culturally sensitive model that cultivates change in the aggressive behaviors of disenfranchised adolescents. The art form of Capoeira (a martial arts form from Brazil) is proposed for promoting positive behavioral change with traditionally underserved populations.
Children and Grief: Developmentally Speaking
60-Minute Program
Dolores Meier, Troy University Southeast Region Fort Walton Beach, Fort Walton Beach, FL, Gregory A. Dawson, Deanna Bishop Eddy
Children are not immune from the tragic death of a loved one. Helping children grieve in a way that will allow for healthy resolution of the emotional wounds caused by the loss will be the focus of this presentation.

Counseling in the World of Silence: Play Therapy With Low Language/No Language Children
60-Minute Program
Jill Van Horne, Families Together, Asheville, NC
Counselors are sometimes called to assist students who have experienced trauma who possess little to no language skills, either due to ESL, hearing or various developmental issues. Play therapy will be examined for its applicability to these types of students. Counselors will gain an understanding of the unique factors that come into play when working with students effected by trauma who are low or no language students. Modifications of programs will be identified, discussed and explored for their effectiveness.

How To Support Grieving Military Children: The Effects of OEF/OIF War on U.S. Children and Teens
60-Minute Program
Judith J. Mathewson, National Guard Bureau, Arlington, VA, Nawal Aboul-Hosn
This session assists therapists and school counselors with strategies for helping grandparents or step-parents with teens and children of those whose loved one has died in the line of military service. The type of deaths discussed include combat actions and suicide. We will explore Bowlby’s Attachment Theory, to include how he revolutionized our thinking about a child’s tie to the mother and its disruption through separation, deprivation, and bereavement. We will facilitate discussions involving experienced community and military therapists in grief, loss and bereavement issues. After a sudden, violent death, children and adults react in different ways. This interactive presentation provides tools to help those who grieve.

No Sexting or Cyberbullying: Media Literacy Ideas for Tweens, Teens, and Parents To Foster Appropriate Use of Social Media
30-Minute Project/Research Poster Session
Christine Suniti Bhat, Ohio University, Athens, OH, Jamie A. Linscott, Will Soto
Social networking, cell phones, and YouTube are here to stay! The benefits include providing an avenue for self expression, social interaction, and learning. But with these benefits come risks. Extreme risks include suicides related to cyberbullying and sexting,
and violent attacks fuelled by and filmed for social media. Attend this presentation to learn how to provide effective social media literacy training to youth and parents. Obtain copies of social networking and cell phone “contracts” and other useful resources. Go beyond responsive services to preventing immature, unethical, inappropriate, or dangerous use of social media.

*Trauma/Disaster Mental Health Academy*

*Child & Adolescent Counseling Academy*

**Playing Through Trauma: Using Play Therapy to Help Children Work Through Their Grief**

60-Minute Program

*Morgan L. Lavender, University of North Carolina at Charlotte, Charlotte, NC, Chad M. Matson*

This program will provide an understanding on the importance and effectiveness of using play therapy with children who are experiencing trauma and grief for participants of all skill levels and settings. Research, guidelines, and resources will all be presented to help participants meet the children’s needs. Participants will leave with a better understanding and perspective of play therapy and it’s usefulness in working with trauma or grief of children. Through small groups, participants will experience communicating emotions and events, both non-verbally and verbally, from the vantage point of a child.

**Pre-, Peri-, and Post-migration Experiences and Adjustment of Adolescent Refugees in the U.S.: Implications for Counselors**

30-Minute Project/Research Poster Session

*Bellah Kiteki, The University of North Carolina at Greensboro, Greensboro, NC*

The ongoing wars and political conflicts around the world has contributed to a mass migration of many civilians seeking refuge in developed countries. These civilians include refugees fleeing their home countries for safety. It has been estimated that nearly half of the world's 42 million people forcibly uprooted from their homelands are children and adolescents under the age of 16 years (UNHCR, 2008; UNHCR, 2006). Pre-, peri, and post-migration experiences may adversely impact adjustment of adolescent refugees in resettlement. Therefore, it becomes urgent for service providers to have a working knowledge of these experiences in order to better serve this population. Implications for practice also will be presented.

**Advanced**

**Combining Solution-Focused and Multimodal Theories for Creating Data-Driven Counseling With Children and Adolescents**

30-Minute Project/Research Poster Session, Advanced

*Robert D. Colbert, University of Connecticut, Storrs, CT*

“Keep your hands to yourself unless somebody hits you first”… Do you include the values of African American and Latino children and their families in your counseling practice? Teachers complained that students were getting into too many physical fights in school and that if they didn’t stop students would be dropped from the gifted and talented program? This educational session will share how combining Solution Focused Brief
Counseling and Multimodal approaches served as an effective framework for providing culturally relevant individual counseling to 18 African American and Latino 4th-6th grade students. Come learn to ensure you accept and include ALL family values in your counseling practice and training.

**Growing Up Latina: Interrelations of Ethnic Identity, Acculturation, and Motherhood as a Teen Mom**  
30-Minute Project/Research Poster Session, Advanced  
*Diana P. Ortiz, George Mason University, Fairfax, VA*

The Latino population in the U.S. is growing faster than any other ethnic group. Before the age of 20, a teen Latina has more chances of getting pregnant than not. This presentation will explore the impact on self-concept of being a teen mother and the expression of ethnic identity developing with motherhood. Semi-structured interviews were conducted with young Latinas who were teen mothers and daughters of teen mothers; salient themes such as acculturation and ethnic identity development, and the struggles of being a teen mother will be discussed. Strategies to work with young Latinas, their children, and families will be presented. Suggestions for further research will also be discussed.

**Play and Filial Therapy With Asian American Children and Families Confronting Acculturation Issues**  
30-Minute Project/Research Poster Session, Advanced  
*Nancy Nguyen, The Pennsylvania State University, State College, PA*

This program will help participants enhance their multicultural competency in working with Asian American children and families. The program will focus on the use of play and filial therapy with this population and the impact of acculturation. Current research on the use of play and filial therapy with Asian American clients will be reviewed and the need for further research in this area that includes acculturation will be discussed. Attendees will learn about the presenter’s research project on counselor’s perceptions of play and filial therapy with this population and discuss implications for future research. Practical information on approaches and skills in working with this population in culturally sensitive ways will also be provided.

**Child & Adolescent Counseling Academy**  
**Play Therapy and Related Interventions To Reach Children at Risk of Juvenile Delinquency in an Urban, High Poverty School**  
60-Minute Program, Advanced  
*Jeff Cochran, University of Tennessee, Knoxville, TN, Lindy A. Cohen, Aliya E. Alewine*

The REACH Project (Relationship Enhancement and Child Harmony) provides child-centered play therapy (CCPT), empathic communication for conflict resolution (ECCR), and parent skills training (PST) to reach children and families at high risk of juvenile delinquency at a large, urban, high poverty elementary school. Presenters share project outcome data, including children and families’ success stories, explanations and training in intervention methods, funding strategies and project challenges in order to prepare participants to replicate the project or integrate aspects of the work in their communities.
REACH is sponsored by the Office of Juvenile Justice Delinquency Prevention and the Tennessee Commission on Children and Youth.

Child & Adolescent Counseling Academy

**Promoting Mental Health and Reducing Barriers to Learning: Maximizing Collaboration Between Mental Health and School Counselors**

90-Minute Program, Advanced

*Elizabeth A. Mellin, Penn State University, University Park, PA*

Despite the fact that many schools employ school counselors, schools are still not adequately staffed to address significant mental health issues that contribute to students’ failure to achieve. To more adequately address the mental health needs of students, many schools are partnering with community mental health agencies to offer comprehensive school-based mental health services. Given the increasing integration of mental health and school systems and the promise of this model of practice, this presentation will provide counselors with a practice model and innovative strategies (e.g., boundary spanning, cultural brokering) for maximizing collaboration between mental health and school counselors.

Child & Adolescent Counseling Academy

**Sibling Sexual Abuse: Consequences and Counseling Considerations**

90-Minute Program, Advanced

*Mandy M. Morrill-Richards, Valparaiso University, Valparaiso, IN, Lauren Martin*

Over the past several decades the study of sexual abuse and its consequences has been brought to the mainstream of the clinical world. In spite of these advances, sibling sexual abuse has been grossly overlooked. This presentation offers an overview of sibling abuse (including defining the difference between abuse and rivalry), a review of the prevalence and consequences of sibling sexual abuse, an analysis of an empirical study conducted by the primary presenter related to long-term mental health consequences for survivors and perpetrators of sibling sexual abuse, and an outline of treatment considerations for individual, group, and family care when working with this population.

Treatment of Binge Eating in Adolescent Girls: A Sociocultural Perspective

30-Minute Project/Research Poster Session, Advanced

*Laura Choate, LSU, Baton Rouge, LA*

Today’s adolescent girls experience sociocultural pressures and life stressors which result in negative mental health outcomes, including binge eating. The purpose of this presentation is to present a model for counseling adolescent girls who engage in binge eating. The components in this model include: (a) Feminist Therapy to emphasize client empowerment and the importance of sociocultural context in understanding girls’ concerns; (b) Cognitive Behavior Therapy to help clients to eliminate dieting and to cope with pressures for attaining the beauty ideal; (c) Dialectical Behavior Therapy to assist clients in coping with emotions; and (d) Interpersonal Therapy to help clients improve relational transitions and disputes.

College Counseling
Boots to Books: The Role of the Counselor in the Transition From Soldier to Student
90-Minute Program
Danette Heckathorn, University of Arkansas, Fayetteville, AR, Josette Cline
An estimated 250,000 military veterans are expected to enroll in institutions of higher education across the nation by 2011. Is your campus ready? Among the challenges faced by returning veterans as they enter or re-enter an academic environment is attending to their academic, social, and health and wellness needs. These can run the gamut from coping with serious service-related disabilities such as amputations, traumatic brain injuries, military sexual trauma, or posttraumatic stress disorder, to balancing pressures of academic life. This presentation will provide an opportunity to assess your institutions’ response to student veteran needs as well as identify the next steps to developing a “veteran friendly” campus.

College Counseling in the Campus Setting
60-Minute Program
MJ Raleigh, St. Mary's College, St. Mary's City, ME, Kevin Gaw
The campus setting module offers a review of key departments on campus that are essential to develop working relationships with the college counseling center. The discussion will include a review of the core mission of each of these departments, positive ways to build connection and collaboration with departments and a conversation about ways to avoid common mistakes when working with other departments.

Factors Affecting College and Graduate Students Who Experience Psychological Distress: Empirical Findings and Treatment
30-Minute Project/Research Poster Session
Charlotte R. Hamilton, Webster University, Columbia, SC
This presentation will define psychological distresses in college and graduate students on a local college campus. Factors leading up to psychological and emotional breakdowns are discussed. Additionally, how to recognize the warning signs from students and how to assist in matters of concerns will be discussed and current research will be presented.

Lived Experiences of International Students: Immigration, Acculturation, and Resilience
30-Minute Project/Research Poster Session
Suguna Mukthyala, Duquesne University, Pittsburgh, PA
This ethnographic research with a phenomenological perspective is an exploration of how the immigrant status along with racism and discrimination has an impact on the overall functioning of the international students in American university settings. A literature review on immigration, acculturation process and resilience of international students as well as the findings from the research analysis will be presented. This research will help counselors, counselor educators and supervisors in gaining a better understanding of the
process of acculturation of international students. Additionally, the research findings will help in the development of appropriate university support services for international students.

**ACCA Day of Learning**  
**College Counseling Academy**  
**Outreach Programming in College Counseling**  
60-Minute Program  
*Brian Van Brunt, Western Kentucky University, Bowling Green, KY, Angela Shores*  
The outreach programming module offers a comprehensive review of the various areas of outreach which happen on a college campus. The discussion will include a summary of which areas that are most important to address, how to identify resources in each of these areas and how to evaluate the effectiveness of programs that are offered. Marketing and advertising of programs will also be addressed to increase attendance and stay within budget constraints.

**ACCA Day of Learning**  
**College Counseling Academy**  
**Student Development Theory and College Counseling**  
60-Minute Program  
*Carolyn Kern, University of North Texas, Denton, TX, MJ Raleigh, Derrick Paladino*  
The student development module offers a review of key student developmental theories that are useful in understanding the changes college students experience. The discussion will include special considerations that impact development such as: gender, minority status, international students and non-traditional students. A foundational understanding of student development theory will also be helpful for college counselors who often work within a student affairs department.

**Suicide Prevention Gatekeeper Programs on College Campuses: What is the Long-Term Impact of Training?**  
30-Minute Project/Research Poster Session  
*Darcy Haag Granello, The Ohio State University, Columbus, OH, Katharine Stough*  
Many college campuses participate in Suicide Prevention Gatekeeper Training programs to help students, staff, and faculty know how to intervene with a potentially suicidal individual. Suicide Gatekeeper Training has been identified by SPRC (Suicide Prevention Resource Center) as a promising practice, but there is little research to determine its effectiveness. This project trained more than 2500 Suicide Gatekeepers at a large university and then evaluated training effectiveness at follow-up. Results indicated 89% of those who saw warning signs for suicide attempted to intervene (compared with 32% prior to the training). Importantly, 97% of those who intervened felt comfortable or very comfortable and 100% felt confident or very confident.

**ACCA Day of Learning**  
**College Counseling Academy**  
**Ten Ideas of Awesomeness**  
90-Minute Program
Greta Davis, Private Practice, Richardson, TX, Brian Van Brunt
This session will briefly review ten different awesome ideas that are implemented in college counseling across the country. These ideas will related to clinical service delivery, treatment issues, outreach and programming, training topics, staff development and creatively working with staff, faculty and students.

College Counseling Academy
Rehabilitation Counseling and Disability Issues Academy
The Relationship Between Coping With Humor, Type of Disability, and Quality of Life Among College Students With Disabilities
60-Minute Program
Amanda Freeman, The Florida State University, Tallahassee, FL, Deborah Ebener
Humor as a coping strategy is discussed in relation to quality of life in college students with disabilities. An overview of the major theories of coping with humor, quality of life, and psychosocial / educational issues of college students with disabilities is presented. The research methodology and findings of a university-wide survey of students with disabilities is presented. The results of the study (the relationship between quality of life, type of disability, and coping with humor) are discussed in relation to implications for practice and future research. Counseling interventions that facilitate the use of humor in coping and improvement in quality of life is discussed.

Advanced

College Access Counseling: Coursework for Post-master’s Degree Counselors
30-Minute Project/Research Poster Session, Advanced
Cheryl Moore-Thomas, Loyola University Maryland, Baltimore, MD, Jennifer Watkinson
School counselors play an important role in college access counseling. Few school counseling training programs, however, address college access counseling beyond the basics. This presentation provides participants with a template for advanced, in-depth study of college access counseling for school counselors working in K-12 settings. Implications for college access counseling for K-12 students from underrepresented and underserved populations are addressed. Course sequence and descriptive materials will be provided. Additionally, lessons learned and tips for program implementation will be shared.

College Counseling Academy
Rehabilitation Counseling and Disability Issues Academy
Coping With ADHD: A Group Intervention for College Students With ADHD
90-Minute Program, Advanced
Deborah Ebener, Florida State University, Tallahassee, FL, Susan Miller Smedema, Amanda Freeman
This session will present a group counseling intervention for college students with ADHD. The purpose of the group intervention is to improve students’ academic outcomes, quality of life, and ability to cope with the daily challenges of ADHD. The 8-week cognitive-behavioral group intervention is based on theories of adaptation and research related to adaptation to disability, quality of life, and college outcomes. This
presentation will include an overview of the group topics and the psychosocial, academic and substance use outcomes of this approach. Strategies to develop and implement counseling services for college students with ADHD will be discussed.

College Counseling Academy
Multicultural Counseling Academy
Creating Stepping Stones: Counseling Working Class Students in College Counseling Centers
90-Minute Program, Advanced
Darcie A. Davis-Gage, University of Northern Iowa, Cedar Falls, IA, Carol Klose Smith
College students who transition from a working class background into a college or university setting can have difficulty adjusting to this new environment. Presenters will share results of their research which will highlight themes of presenting problems and strategies which these students found to be most helpful in the counseling session. Presenters will provide case examples and attendees will learn strategies to improve services to these students.

Factors Influencing People To Actively Cope With Relationship-Related and Work-Related Stress: A Cross-Cultural Study
30-Minute Project/Research Poster Session, Advanced
Ming-hui Li, St. John's University, Queens, NY
This study explored factors that lead individuals to actively cope with stressful situations associated with relationship and work in the U.S. and Taiwan. Participants were 128 U.S. and 186 Taiwanese college students. The most important finding was that a match between secure attachment and work-related stressful situations could activate individuals’ active coping in U.S. and Taiwanese samples, implying that counselors can encourage their work-stressed clients to actively cope with stress by enhancing the clients’ secure attachment, regardless of the clients’ cultural backgrounds. Practical implications regarding multicultural counseling will be discussed.

College Counseling Academy
First-generation College Students: A Group Therapy Approach to Success
60-Minute Program, Advanced
Angela L. Zapata, Marquette University Counseling Center, Milwaukee, WI, Kelsey M. Latimer
First-generation college students (FGCS) are a diverse group of student who face unique challenges in a college setting. Not only do they have lower retention rates than their non-FGCS peers, but they also face identity, family, financial and social issues more complex than their non-FGCS peers. This educational session presents research about the unique challenges facing FGCS, as well as a model for a First-Generation College Student support group that is based on collaboration and empowerment of FGCS. Participants will leave with a working knowledge of how to develop their own collaborative and empowering FGCS support or therapy group, including marketing strategies, recruitment and screening ideas, and format suggestions.

Counseling Theory
Designing an Integrative Approach to Counseling Practice

90-Minute Program

*Gerald Corey, California State University - Fullerton, Fullerton, CA, Jamie Bludworth*

An overview of key concepts of selected contemporary counseling theories as applied to practice. The key question is: How does theory influence your counseling practice? Presenters describe their personal perspectives on integrative counseling, based on these theories: psychodynamic, Adlerian, existential, person-centered, Gestalt, reality, behavioral, cognitive-behavioral, feminist, and postmodern therapies. The integrative model demonstrates ways to use various techniques at each of the stages of counseling. The emphasis is on the practical advantages of developing a systematic way of drawing on a wide variety of techniques that are applicable to working with diverse client populations.

Integrating the Innate: Helping Students Integrate Their Innate Theoretical Orientation Into Their Work

30-Minute Project/Research Poster Session

*Travis W. Schermer, Kent State University, Pittsburgh, PA, Michelle S. Hinkle, Keshona T. Beasley*

Counseling students present for their education with pre-existing ideas about counseling theory. This is an innate theoretical orientation, it is unaffected by any formal training and is an intimate reflection of each individual person. Through education, students may get the message that their orientation is not correct, that they need to fit into one of several particular ways of being a counselor. This poster presentation will present findings from an original Q methodological study that examined mental health counseling students’ theoretical perspectives over the course of a theories class. Suggestions will be made for counselor educators and supervisors to help students and supervisees stay connected/reconnect with their innate theory.

Advanced

Child & Adolescent Counseling Academy

Attachment and the Primary School Teacher: How Community and School Counselors Can Support the Learning Environment

60-Minute Program, Advanced

*Terry L. Morris, University of New Mexico, Albuquerque, NM, Michele Coleman*

Research suggests that working with children suffering from disorganized attachment disorders require specific modalities of treatment. In addition, since children spend large portions of their day in school where their behaviors can cause serious disruptions and lead to mislabeling, the importance of involving school personnel in the treatment process cannot be understated. This presentation will provide to community and school counselors the latest in neuroscience attachment research, effective treatment strategies, and support tools that can aide school personnel and families in recognizing the symptoms of disorganized attachment and working with these children more effectively in the classroom.
Fido and Freud Meet! Integrating Animal-assisted Therapy Into Traditional Counseling Theories
60-Minute Program, Advanced
Laura Bruneau, Adams State College, Alamosa, CO
The use of animals can be a wonderful addition to the counseling process. Counselors of all specialty areas can use Animal-assisted therapy (AAT) with their clients/ students. This presentation will provide a brief introduction to AAT, including the history of AAT, the benefits of AAT, and potential limitations of this modality. Emphasis will be given to traditional counseling theories/ interventions that blend well with AAT’s theoretical foundations, such as reality therapy and solution-focused therapy. AAT can provide endless possibilities to your professional work; come ready to be inspired about AAT!

Helping Clients Change: The Relationship—Story and Strengths—Goals—Restory—Action Model of Counseling in Action
60-Minute Program, Advanced
Allen E. Ivey, University of South Florida, Sarasota, FL, Mary Bradford Ivey, Carlos P. Zalaquett
Counseling and psychotherapy are concerned with clients stories and change. This session demonstrates the application of the relationship—story and strengths—goals—restory—action model of counseling. This model emphasizes (a) counselor-client relationship and the importance of listening to client stories respectfully, ethically, and with consideration to their cultural/ethnic backgrounds, (b) focus on issues and strengths, (c) definition of mutually agreed goals, (c) work with client to create new narrative, and (d) action based on new story. A videotaped session would illustrate the use of the model to rewrite and restory old narratives into new, more positive and productive ones. Additional applications in counseling will be discussed.

Social Justice Academy
Poor But Empowered: The CARE Model for Helping People Living in Poverty
60-Minute Program, Advanced
Louisa Foss, Southern Connecticut State University, New Haven, CT, Margaret Generali
People living at or below the poverty level are more likely to experience mental illness than the non-poor. Daily struggles to survive and the experience of stigma may complicate client care. Instead of meeting the needs of this population, the values, expectations, and requirements for counseling may reflect those of upper-middle class values rather than those of the poor. This program will present the four basic components of the CARE model for counseling people living in poverty: cultivate relationship, acknowledge realities, remove barriers, and expand upon strengths. Specific interventions, implications for future research, and strategies for client advocacy will also be explored.

Mental Health/Private Practice Academy
Self-Esteem or No-Self: From Feminism to Buddhism, An Exploration of Authenticity and Self
90-Minute Program, Advanced
Jaime Jasser, Ohio State University, Columbus, OH, Matthew Fleming
According to Buddha, “Nothing ever exists entirely alone; everything is in relation to everything else.” This presentation will explore “what is authenticity” and how authenticity in relationships relates to theories of self development. Learners will be exposed to several theoretical constructs of authenticity and self. This will help learners to develop their own framework for these constructs as a way to become more intentional therapists. Audience participation will be encouraged as we develop ideas of self. The program is intended to address practitioner tension associated with the difficulty of cultivating both acceptance and empowerment in themselves and their clients. Experiential exercises from several world views will be included.

**Spiritually Present Counseling**  
30-Minute Project/Research Poster Session, Advanced  
*Robyn Brammer, Central Washington University, Ellensburg, WA, Christina Ingram*  
This theory focuses on the person of the counselor and her interaction with clients. To do this, we explore counseling as a spiritual process. Just as in religious conversion, counseling clients report feeling completely known and accepted. In this presentation, we will discuss how to cultivate these feelings from clients, how various ethnic and cultural groups will arrive at this point differently, and how working from within the client’s perspective (to the best of your understanding and ability) is the strongest technique you can employ. Through case studies, group exercises, demonstrations, and discussions, attendees will convey acceptance of a client’s “spirit” without encouraging harmful actions.

**The Personal is Political: Integrating Feminist Theory With Other Theoretical Applications**  
60-Minute Program, Advanced  
*Joanne Jodry, Monmouth University, West Long Branch, NJ, Kathleen Armstrong*  
This advanced interactive workshop will allow the counselor to integrate the use of feminist principles within other well used theoretical models. This session will allow the counselor, who already has a basic knowledge of feminist counseling theory, as well as other frequently adopted theoretical models, to integrate feminist theory into practice. Egalitarian relationships will be discussed in a multicultural context with emphasis on multiple oppressions and privilege and how these concepts can be integrated into most counseling modalities. A developing model of feminist integration will be examined and applied.

**Counselor Education and Supervision**

*Counselor Education & Supervision Academy*  
*Multicultural Counseling Academy*  
**Attending to Resistance in Multicultural Courses: Helping Students of Color Focus on Their Learning**  
60-Minute Program  
*Derek X. Seward, Syracuse University, Syracuse, NY*  
Research has supported the effectiveness of multicultural courses in enhancing students’ cultural competence, however these courses may neglect the training needs of students of
Color because they focus too heavily on training White students. In this presentation, current research that has explored the multicultural course experiences of students of Color is presented. Particular attention is given to the unique resistances students of Color can experience in training and the active steps students of Color themselves can take to enrich their learning. Additionally, specific recommendations for how educators and supervisors can improve the multicultural learning space for students will be discussed.

Counselor Education & Supervision Academy
Multicultural Counseling Academy
Becoming a Multicultural Professor: Insights for Evolving a MC Professorial Identity
90-Minute Program
Colette T. Dollarhide, The Ohio State University, Columbus, OH, Nikol V. Bowen, Caroline A. Baker
To be ethical, professors of multiculturalism must understand our own journey of MC identity development and then foster the MC identity development of our students. Using ethnography as a research methodology, three teachers from very different backgrounds examined their cognitive/affective journey in teaching MC counseling skills, and developed insights designed to help other MC instructors on their journey of multicultural identity and multicultural instructor identity development. Application of the affective taxonomy to counselor education will give participants a way to facilitate the affective growth of self/students, clearing the way for enhanced growth in cognition, skills, and identity.

LCA Sponsored Session
Big Education in the Big Easy
30-Minute Project/Research Poster Session
The CACREP approved Master’s and Doctoral programs at the University of New Orleans (UNO) will highlight its unique and award winning programs. Faculty, students and their important research and special program initiatives that complement and enhance the curriculum will be featured. Displays on the accomplishments of UNO’s Alpha Eta chapter of Chi Sigma Iota as well as the popular Big Easy Workshops will focus on activities designed to expand the training and professional development of UNO’s students and the community. Master’s and doctoral students along with faculty will assist in the presentation and provide their own individual perspectives on UNO’s program.

Career Development/Employment Counseling Academy
Choosing Your First, Second, or Nth Counseling Career: Expanding Career Options for Students and Graduates
60-Minute Program
Brooke B. Collison, Oregon State University, Corvallis, OR, Keith Dempsey, Howard B. Smith, Peggy Hines, Bree A. Hayes, Scott Christie
Counselor education programs are excellent preparation for a wide variety of professional positions. This program will emphasize the personal experience and a procedural
approach to increasing the career options available to students and practitioners in the counseling profession. Rather than focus on developing a singular specialty in counseling, participants, regardless of current career status, will be presented with examples and procedures to help envision a first, second, third, or nth career specialty which utilizes counseling skills. A panel of experienced counselors will present life histories and participants will have an opportunity to use a structured career interview technique during the program.

Counselor Education & Supervision Academy
Trauma/Disaster Mental Health Academy
Crisis Supervision: Promoting Counselor Resilience
60-Minute Program
Madeleine A. Dupre, James Madison University, Harrisonburg, VA, Jennifer L. Hatter, Rebecca J. Heselmeyer
Counselors work with clients in crisis every day. In these emotionally charged situations they run the risk of being overwhelmed and demoralized. Resilience-based crisis supervision mitigates the risk for compassion fatigue and promotes post-traumatic growth. This workshop will explore key themes embedded in resilience-based crisis supervision and identify supervisory attitudes and behaviors that enhance counselor self-efficacy and optimism. It will include didactic presentations, a brief structured experiential exercise, and clinical vignettes. At the conclusion of this workshop, participants will describe essential ingredients in crisis supervision and identify tools and strategies to use in their counseling and supervision practice.

Funded or Perish: Addressing the Need for Sponsored Research in Counselor Education
30-Minute Project/Research Poster Session
Jose A. Villalba, The University of North Carolina at Greensboro, Greensboro, NC, Kelly Wester, J. Scott Young
This session is designed to provide counselors, educators and community practitioners with training for pursuing external funding. Recently, limited economic resources have led universities and community agencies to depend more on external funding to conduct research and provide services. This has resulted in a new emphasis at the university, community agency, and K-12 school levels to foster an environment of “funded or perish.” In response to this emphasis, we will share strategies for selecting, writing, and receiving external funding based on our experiences, as well as our counselor education department’s efforts to assist junior faculty in pursuing and applying for external grants through community engagement.

How To Light Candles Without Burning Out Your Own: Reducing Burnout in Counselor Educators
30-Minute Project/Research Poster Session
Susannah C. Coaston, University of Cincinnati, Cincinnati, OH, Kerry E. Sebera, Christina M. Baker
Counselor education faculty must learn to balance their personal and professional lives, but this can be difficult to achieve. As universities face financial constraints, the faculty is
often expected to be entrepreneurs, highly productive, and more efficient. This pressure has escalated the pace and expanded the workload for faculty. With the pressure to publish, teach, obtain external funding, and provide service, how can new faculty members flourish in this hectic environment? The presenters will share research on common sources of faculty stress then explore strategies for balancing teaching, scholarship, and service to gain reappointment and/or tenure, to achieve a healthy personal life, and avoid common professional pitfalls.

Counselor Education & Supervision Academy
Wellness Academy
I Will Care for You and You Will Care for Them: Attending to Wellness in Supervision
60-Minute Program
A. Stephen Lenz, Texas A&M University - Corpus Christi, Corpus Christi, TX
Ready to start helping your supervisees do as they say and not as they do? By integrating the principles of holistic planning into your supervision, supervisees can meaningfully begin to value their wellness through the processes of education, assessment, planning, and evaluation— all skills that may contribute to work with clients. You will learn the basic tools for including the Wellness Model of Supervision into your training or professional practice and also receive some necessary materials that can guide your implementation of this strategy immediately following conference attendance. Through didactic interaction extend your use of wellness concepts in supervision in a way that declares “I will care for you and you will care for them.

Ignite Professional Passion by Infusing Evidence-based Classroom Management Skills Into Counselor Training and Practice
30-Minute Project/Research Poster Session
Mike Bundy, Carson-Newman College, Jefferson City, TN, Jeannine R. Studer
School counselors without teaching experience report a need for more knowledge of classroom management (CM). The question for most counselor educators is how this need can be infused into the curriculum. An innovative graduate course designed for non-teacher counselors integrates best practices in CM with counseling theories appropriate for school settings. Over two years of evaluation data show how this course successfully uses online learning, supervised skill practice during field experiences, and student reflections to build effective CM knowledge in prospective school counselors. Session attendees will receive a course outline, details of learning activities, list of course materials, and data on course effectiveness.

Incivility in the Classroom: Current Trends, Implications, and Best Practices
30-Minute Project/Research Poster Session
Lisa Rene' Jackson-Cherry, Marymount University, Arlington, VA, William Sterner
Reports of student incivility has increased in higher education over the years. Tolerance of these behaviors has focused on fear of decreased enrollments, ‘consumer mentality’ of students, generational differences regarding the learning process, and an increased enrollment of students with psychological and learning issues. Regardless, disruptions potentially interfere with the learning environment, impede student academic and
personal growth, interfere with classroom management, and can cause burnout for faculty. This panel discussion will focus on current research being conducted, faculty experiences, and 'best practices' for implementing strategies to maintain classroom control and to create a positive learning and teaching environment.

**ASERVIC Sponsored Session**

**Integrating Spiritual and Religious Issues in Counseling Programs: Reports of Resistance, Comfort Level, and Competence**

30-Minute Project/Research Poster Session

Lisa Rene Jackson-Cherry, Marymount University, Arlington, VA, William Sterner, Paul Smith, Steve Spatz

Treating the whole person begins with training the whole counselor-in-training. However, there appears to be a continued lack of information on spiritual/religious issues integrated into most counseling programs for a variety of reasons. This poster presentation will explore responses from a national survey sent to counselor educators and counselors-in-training from community counseling, school counseling, and pastoral counseling programs regarding the integration of spiritual and religious issues into counseling programs. Perceptions of resistance, comfort level, and competency from both faculty and students gathered from the survey will be explored and strategies for best practices for integrating spiritual and religious issues into course curriculum as well as recommendations for programs and supervision will be shared with participants.

**Learning Through Landro-Based Supervision: A Preliminary Grounded Theory**

30-Minute Project/Research Poster Session

Shawn P. Parmanand, Western Illinois University, Moline, IL, Erin E. Binkley, Brandon J. Wilde, Ann M. McCaughan

This presentation outlines a qualitative study investigating the experience and process of learning through Landro Play Analyzer (LPA) in counselor training and supervision practice. Landro Play Analyzer allows for valuable supervision time to be utilized more effectively by focusing on salient aspects of the counseling process. Audience members will gain insight into the use of technology in counseling training and practice while implications for integrating technology with current supervision practice will also be discussed.

**Motivational Interviewing Principles: Are They Viewed by Counselor Educators as Being Important to the Therapeutic Alliance?**

30-Minute Project/Research Poster Session

Samir H. Patel, Murray State University, Murray, KY, W. Bryce Hagedorn, Evadne E. Ngazimbi, Jonathan H. Ohrt

Both ACA and CACREP highlight the ethical responsibility to teach evidence-based practices (EBPs). However, current literature indicates that counselor educators struggle to integrate EBPs into their curricula due to the disparity that exists between the philosophical roots of counseling and EBPs. Motivational interviewing (MI) offers counselor educators an EBP that closely resembles the counseling profession’s humanistic and developmental perspective. The content of this program will not only highlight the tenets of MI, but it will also illustrate the results from a study that assessed
whether counselor educators’ level of agreement towards the presence of MI principles in the counseling relationship impacted their attitudes towards EBPs.

*Counselor Education & Supervision Academy*

**Panel Discussion on Student Learning Outcomes in Counselor Education**

90-Minute Program

*Robert Urofsky, CACREP, Alexandria, VA*

The purpose of this program is to bring together counselor educators that have already begun to incorporate student-learning outcomes and related assessment practices to discuss what they are doing and the challenges and successes they have encountered along the way. This panel will provide programs that are just starting with student-learning outcomes a variety of models for different strategies of incorporating student-learning outcomes into overall programs. The panel also will provide programs that have already started to incorporate student-learning outcomes and related assessment practices with examples of challenges and successes that will enable them to avoid potential pitfalls and make useful program modifications.

**Person-First Language Training Needed in Higher Education**

30-Minute Project/Research Poster Session

*Vickie Ann McCoy, West Chester University, West Chester, PA*

This presentation is based on a study conducted to examine whether or not college students in introductory counseling courses used person-first language to describe persons with disabilities. Two hundred and forty-three respondents were asked to identify a person with a disability and these responses were examined and categorized as person-first language or not. The results revealed that the majority of the counseling students used stigmatizing language, rather than the more empowering person-first language. The results are discussed in regard to language sensitivity and the training of counselors. It is the opinion of the investigator that there is still a need for focused person-first language training in counselor education programs.

**LCA Sponsored Session**

**Preparing Excellent Future Counselors: Helping Rebuild More Than Just a City**

30-Minute Project/Research Poster Session

*Carolyn C. White, Our Lady of Holy Cross College, New Orleans, LA, Roy Salgado, George HayJoan Fischer, Holly Baudier, Geoffrey Brazda*

The presentation will showcase the Graduate Counseling program at Our Lady of Holy Cross College in New Orleans, LA. Within the program, we have three areas of concentration: Community (to become Clinical Mental Health Counseling), Marriage and Family, and School Counseling. Through teaching, research, and public service, these programs foster not just intellectual learning, but also encourage the students to develop themselves spiritually, culturally and with a sense of responsibility. The presentation will highlight ways that the counseling department has grown with the community since Katrina and where we are headed in the future.

**Project Pathways: Teaching the Skill of Intentionality to Counseling Students Through Interactive Multimedia Technology**
30-Minute Project/Research Poster Session

*Joseph W. Davis, Old Dominion University, Norfolk, VA, Penny Makris*

The world is changing. Counselor educators must adapt to the changing face of education. Project Pathways, a multimedia technology involving videotaped sessions and choices, serves as a tool for Counselor Educators to promote the use of intentionality in beginning counseling students. Participants will view the program and discuss potential implications.

*Counselor Education & Supervision Academy*

**Promoting Sexual Identity Development Through Experiential Learning: Activities for Counselor Education**

*60-Minute Program*

*Kylie P. Dotson-Blake, East Carolina University, Greenville, NC, J. Scott Glass, Angela R. Holman*

This presentation proposes a tripartite framework for promoting sexual identity development in counseling graduate students. Presentation participants will gain increased awareness of the sexual identity developmental trajectory and will leave armed with tools and activities to promote the sexual identity development of counseling students and clients. This presentation is appropriate for counselor educators, students and practicing counselors seeking to explore sexual identity development for personal growth or to promote the self-awareness of students or clients. Experiential activities that can be applied in counselor education classes or in practice with clients will be shared in a hands-on, interactive format.

*Counselor Education & Supervision Academy*

**Removing the Masks: Exploring the Self Awareness, Personal Growth, Cognitive, and Moral Development of Graduate Students**

*90-Minute Program*

*Julaine Field, University of Colorado at Colorado Springs, Colorado Springs, CO, Joseph Wehrman, David Fenell, Rhonda Williams, Jacqueline L. Flanagan, Michelle Bull*

The 2009 CACREP standards and the Ethical Standards of ACA both require that graduate programs evaluate the personal development of counseling students to ensure that self aware, ethical practitioners are employed as helping professionals. Despite these requirements, there is limited research to suggest what constitutes “effective” self awareness and personal growth among counselors in training. What deliberate interventions assist students with developing the necessary moral reasoning and cognitive complexity to 'know themselves'? This interactive, research based session will address specific practices used by a counselor training program to enhance self awareness, personal growth, cognitive and moral development among students.

*Chi Sigma Iota, Int’l*

**Research in the Counseling Profession: What Is Needed Now**

*90-Minute Program*

*Kelly L. Wester, University of North Carolina at Greensboro, Greensboro, NC*
Research has been a buzz topic among counseling professionals. More specifically discussions of how to use research, the integrity and usability of research, and how to conduct research have been the focus during the past few years. Research is important to address issues raised by the curiosity of any counselor who wondered if there was a better way to help those within their school, agency, classroom or counseling practice. What are the best practices? How can we verify our experience through research that addresses issues in our work? Come and explore the status of counseling research and what is needed to help enhance our profession’s research applicability.

NCDA Sponsored Session
Career Development/Employment Counseling Academy
Counselor Education & Supervision Academy
Strategies for Teaching Graduate Level Career Development Classes: What 25+ Years of Teaching Has Taught Us
90-Minute Program
Debra Osborn, University of South Florida, Tampa, FL, Pat Schwallie-Giddis, Levette S. Dames
Are you teaching the Master’s level career counseling course? Are you a newbie, or looking for some fresh ideas for teaching the course? This session will share activities for face-to-face and online career courses from the presenters, as well as the results from a national survey about the attitudes, pedagogical tools and activities, and advice of instructors of this course. Come be encouraged and inspired!

Supervision 2.0 Thinking Inside the Box: Future Possibilities Utilizing Online Technology in Clinical Supervision
30-Minute Project/Research Poster Session
Michelle Wade, Ultreya Therapy, La Plata, MD
Do you work in a remote area and wonder how to maximize your supervision experience? Do you wonder how to move your counseling program’s practicum and internships into the twenty-first century? Do you wonder if there are ways to use technology to better hone your skills as a novice counselor? This education session will provide attendees with a chance to see potential benefits and possible pitfalls with the technology in clinical supervision. Come and learn how to apply programs like Skype, WebEx, and Second Life to clinical supervision. It is time to think inside the box, and make our computer technology benefit our supervision experiences.

Teaching in Counselor Education: Engaging Students in Active, Meaningful Learning
30-Minute Project/Research Poster Session
Jane A. Cox, Kent State University, Kent, OH, John D. West, Julie Lineburgh
Counselor educators are charged with teaching in a manner that engages students in active and relevant learning experiences, ones which ultimately lead to enhanced client care and increased counselor self/other awareness. This program will facilitate reflection on how to establish an inviting learning environment which promotes students’ active engagement in learning. The presenters and participants will consider how to: establish student-teacher relationships that nurture professional lives; present content in an
The 2009 CACREP Standards: Developing an Assessment Plan
30-Minute Project/Research Poster Session
Teresa J. McCartney, Adams State College, Alamosa, CO, Don T. Basse, Mark M. Manzanares
This presentation will allow counselor educators to take a fresh look at the alignment of program mission, objectives, student learning outcomes, and assessment in meeting the 2009 CACREP standards. Participants will learn how the process unfolded at one institution and how they might use this information to create their own comprehensive, systematic assessment plan.

Counselor Education & Supervision Academy
The BIG and Not So EASY: Solutions for Meeting CACREP 2009 Standards
90-Minute Program
Leigh Falls, Argosy University - Dallas, Dallas, TX, Beverly L. Mustaine, David Hargis, Dale Septeowski, Penny Dahlen, Joffery Suprina, Michael J. Maxwell
Progressive programs are pressured to meet 2009 standards, increase enrollment, lower costs, & increase online/weekend formats to meet economic realities. A national panel will discuss how they are working together to develop creative solutions to meet these challenges including: admissions; advising & mentoring; funding & resource allocation; developing quality faculty for consistent educational experiences across formats; curriculum development; creating community among adult-learning environments; & ensuring systematic developmental assessment & early intervention for professional, personal, and academic growth & gatekeeping. A resource CD with suggested processes, rubrics, and forms will be provided.

The Bottoming Out Experience and the Turning Point: A Phenomenology of the Cognitive Shift From Drinker to Non-drinker
30-Minute Project/Research Poster Session
Kristina DePue, University of Central Florida, Orlando, FL
'Everyone's bottom is different.' This research has given insight into this well-known phrase, describing what the bottoming out experience looks like and the commonalities that exist within it for individuals within A.A. The research provides evidence that the bottoming out experience does influence the change process; however another point, called the turning point, is directly correlated with the change from drinker to non-drinker. This presentation will focus on the relationship of the bottoming out experience and the turning point within the change process for the alcoholic, and how each of the experiences serve specific functions within the span of sobriety.

The Counselor Competencies Scale©: A Phenomenological Investigation
30-Minute Project/Research Poster Session
David L. Ascher, UCF, Orlando, FL, Glenn W. Lambie
This session presents the results of a phenomenological investigation of the Counselor Competencies Scale© (CCS). Counselor educators have an ethical obligation to develop
competent counseling professional; however, the assessment of counseling competencies in a psychometrically sound fashion is difficult. The Counselor Competencies Scale© (CCS) was developed to meet the requirements of counselor educators and supervisors to assess counseling students’ competencies. Prior research supports the psychometric properties of the CCS and this investigation identified experiences of students’ and supervisors’ with its use. Implications for counselor educators and supervisors will be discussed relating to the assessment of counseling competencies.

**The Development and Validation of the School-Based Counseling Self-Efficacy Scale**
30-Minute Project/Research Poster Session
*Erica Boughfman, Ozark Guidance Center, Springdale, AR, Dan Kissinger, Kristin Higgins*

This presentation will provide information about the development and initial validation of the School-Based Counseling Self-Efficacy Scale (SB-SES). The SB-SES is an instrument designed to measure counseling self-efficacy specific to the roles and responsibilities of school-based counselors. Information about the psychometric properties of the SB-SES will be presented. Additionally, the potential uses for the SB-SES and the implications for supervisors, counselors, counselor educators, and agency personnel will be discussed.

**Using Strength Cards to Elicit and Develop Client and Counselor Strengths**
30-Minute Project/Research Poster Session
*Teri Reuter, Strength-Centered Counseling, Orlando, FL, Colin C. Ward*

Do you have the strengths you need to overcome the obstacles in your life? Do you overuse the same methods to face your struggles? This session will introduce you to a new tool for eliciting and developing your own and your clients' strengths. Strength Cards help do more than rely on the usual, sometimes overused, methods for solving problems. You can help your clients to discover strengths that may be hiding under the surface and to develop these to meet life challenges and gain resiliency for facing future adversity. You will receive a set of Strength Cards and will have the opportunity to use Strength Cards to identify your already present strengths and to discover your opportunities for continued growth as a counselor.

**Using the Critical Cultural Domains Model and Teaching With Media to Demonstrate Why History Matters**
30-Minute Project/Research Poster Session
*Marie A. Wakefield, UNLV, Las Vegas, NV, Douglas L. Garner, Dale E. Pehrsson*

Cultural competency has emerged as a dynamic initiative and critical need shaping education, the work of practitioners, and research. It is an active process, an ongoing pursuit of self-reflection, knowledge acquisition, and skill development. The media’s use of documentaries and popular film series brings forth a cultural perspective. Yet, each culture has a story of struggles and strengths. As competent counselors work to integrate issues of diversity into their counseling work, exploring the media’s historical context of underrepresented populations with a Critical Cultural Competency Domains Model (CCCDM) can offer a meaningful approach to facilitating greater understanding of diversity, aligning interventions, and promoting change.
Advanced

Counselor Education & Supervision Academy
Spirituality and Religious Values Academy

Barriers To Integrating Religion and Spirituality Into Counselor Education: Implications for Practice, Training, and Supervision
90-Minute Program, Advanced
Christopher M. Adams, East Carolina University, Greenville, NC, Ana Puig, Adrienne Baggs, Cheryl Pence Wolf

Religion and spirituality (RS) are often important parts of clients’ cultural heritages, backgrounds, and identities. Surveys show that most Americans are RS-oriented and express a desire to discuss RS issues in counseling. Therefore, counselors need to be prepared to address these with clients. Despite numerous calls to include RS into counselor education, graduate programs continue to inadequately train students to address these. This presentation outlines results of a study conducted to examine potential barriers to integrating RS issues into counselor education, identifies possible strategies for overcoming these, and addresses ways for counselors, counselor educators, and supervisors to better integrate RS into their work.

Counselor Supervision and Technology: Let’s Get on Board!
30-Minute Project/Research Poster Session, Advanced
Jonathan Lent, John Carroll University, University Heights, OH, Paula J. Britton, James B. Shepherd

Computer-based clinical supervision is becoming more prevalent. It has the benefit of increased flexibility, cost-effectiveness and accessibility. However, online supervision can be a daunting task, especially to supervisors who have limited background in technology. Due to ethical concerns regarding informed consent and confidentiality, it is critical that supervisors are stringent in setting up online supervision appropriately. This workshop, driven from survey data, will provide attendees with practical guidelines to help them get started in developing and implementing ethical online supervision with their trainees. Attendees will be provided information as to how to develop an informed consent for use with students and clients.

Counselors’ Traumatic Experiences and Identity Change and Its Implications in Counselor Education and Supervision
30-Minute Project/Research Poster Session, Advanced
Heesook Lee, University of New Orleans, New Orleans, LA

The program will present the research findings on counselors’ traumatic experiences in light of self-care and wellness since their return to New Orleans after the Katrina evacuation. Main themes and patterns were explored along with the consultation with relevant theories to trauma, self-care and wellness. The presentation will offer benefits for fuller understanding of the struggles and issues that those counselors lived and worked in the city through the traumatic events. The implications of the findings will provide some insights on effective ways of education and supervision in counselor training related to counselors’ traumatic stress, wellness and self-care.
Current Research Findings in Wellness, Self-Care, and Burnout Prevention in Supervision With Master’s Degree Counselors
30-Minute Project/Research Poster Session, Advanced
Shannon Trice-Black, College of William and Mary, Williamsburg, VA, Melodie H. Frick, Heather Thompson
Counselors-in-training face the challenges of balancing academic, professional, and personal obligations as they navigate their journeys towards becoming mental health professionals. Counselor supervision is designed to facilitate the academic, personal, and professional development of counselors-in-training (CACREP standards, 2009). Many counselors-in-training, however, report a lack of attention and instruction regarding personal wellness and prevention of counselor burnout. Counselor educators, counseling supervisors, and counselors-in-training will benefit from this presentation that goes beyond defining counselor burnout and includes research-based recommendations to improve counselor supervision and increase counselor wellness.

Counselor Education & Supervision Academy
Counseling Ethics & Legal Issues Academy
Cyber-Supervision: Ethical and Cultural Pitfalls and Rewards
60-Minute Program, Advanced
Andrew Burck, Marshall University, South Charleston, WV, Lori Ellison, Carol M. Smith
Supervisors of counselors in rural environments face unique ethical dilemmas that the ACA Code of Ethics (2005) addresses only partially. Potential cultural misunderstandings between rural community members and university-trained mental health professionals add supervision complexity. This workshop identifies the strengths and weaknesses of current technology in distance supervision with special emphasis on the multicultural aspects and ethical considerations of rural supervisees. Attendees will learn appropriate responses to pitfalls and troubleshooting strategies to maximize efficacy of cyber-supervision.

Engaging Students in Ethics Courses: Methods That Encourage Active Learning
30-Minute Project/Research Poster Session, Advanced
Julie Koch, Oklahoma State University, Stillwater, OK, Adrienne Erby
Think Ethics is boring? Do your students think your Ethics class is boring? Liven your classes up with some active teaching strategies. These teaching methods will engage you and your students, promote critical thinking skills in students, and allow students to practice real-life application. The methods to be presented are based upon a recent qualitative study regarding students’ perceptions and learning in a counseling ethics course. Attendees will engage in discussion, hands-on activities, and will take away handouts for use in their own classes.

Experience Is the Only Teacher: Expanding Future Counselors’ Worldviews Through Constructivist Education
30-Minute Project/Research Poster Session, Advanced
Cheryl Warren Neale-McFall, Old Dominion University, Norfolk, VA, Christina Renee Washington, Cheryl L. Shiflett, Kathy John Maalouf, Sean B. Hall
This presentation will teach participants how to facilitate cognitive development using constructivist approaches to education. Live demonstration of non-experiential teaching and conference program presentations will be contrasted to dynamic constructivist teaching and presentations. Participants will learn four dimensions of constructivism, in the form of reflexivity, moral development, cognitive complexity, and dialectical thinking. Each will be demonstrated so that participants can implement them into their teaching and supervision.

**Hallelujah, Halleluyah, Alleluia: Strengthening the Supervisory Alliance While Broaching Spiritual Issues**  
30-Minute Project/Research Poster Session, Advanced  
*William O'Connell, Seattle University, Seattle, WA, Rhonda Norman*  
Cultural disconnects' may occur in counselor supervision that may be related to differences in race, ethnicity, gender, sexual orientation, ability, privilege or religious identity. This session will explore the intersection of multiple areas of difference with a focus on spiritual and religious issues. A case study approach will be utilized including opportunities for feedback from the audience. The presenters will offer pragmatic strategies for building a successful counseling supervision relationship and also methods for repairing cultural disconnects when possible.

**ACES Sponsored Session**  
Counselor Education & Supervision Academy  
Multicultural Counseling Academy  

**I Could Be Illegal: Exploring Students’ Perceptions of the National Debate on Mexican Immigration**  
60-Minute Program, Advanced  
*Selma D. Yznaga, The University of Texas at Brownsville, Brownsville, TX*  
The explosive population growth of immigrant Latinos in the United States has immediate implications for counselor educators and supervisors. Recent laws such as Arizona’s SB 1070 have polarized the nation and resulted in an increase in Latinos’ perception of racial discrimination, regardless of their citizenship status. The immigration debate involves compound dimensions, most of which are not fully exposed in the popular media. This session is an experiential role play portraying the multiple voices involved in the immigration dialog. The objective is to provide a deeper understanding of Latinos’ shifting demography in the United States in order to guide students toward culturally respectful treatment and socially responsible action.

**International Doctoral Students’ Experiences of Supervision Training in CACREP-Accredited Counselor Education Programs**  
30-Minute Project/Research Poster Session, Advanced  
*Hongryun Woo, University of Iowa, Iowa City, IA, Yoo Jin Jang*  
Little is known about how international doctoral students perceive current supervision training and what counselor educators can do to enhance their professional development. International doctoral students in counseling programs may have unique experiences and challenges in supervision training because of higher levels of developmental requirements and program expectations. This presentation aims to provide counselor
educators an with preliminary qualitative research findings on international doctoral students’ perceptions of current supervision training offered in their programs and their unique training needs to grow as a competent supervisor. Also, presenters’ own reflections on and experiences of supervision training will be shared.

**JCD and JMCD: Five Years of Multicultural Sampling Trends**
30-Minute Project/Research Poster Session, Advanced
*Jobie Skaggs, Bradley University, Peoria, IL, Robert Aviles*
Giving voice to current and previously underrepresented groups has become a primary goal among CACREP Programs, Counselor Educators, and Professional Counselors. Consequently, sampling methods are critical with regard to response rates and appropriate application of existing research. Presenters explored sampling trends of studies published in JCD and JAMCD over the last five years. Descriptive findings, implications, limitations, and future research sampling methods will be shared with attendees.

**Navigating Supervisor-Supervisee Cultural Differences: Using the Working Alliance To Promote Supervisee Development**
30-Minute Project/Research Poster Session, Advanced
*Stephanie Crockett, Old Dominion University, Norfolk, VA*
The field of counseling is becoming increasingly diverse, however, research suggests that cultural differences between the supervisor and supervisee may negatively impact supervisee functioning. Given that supervision is a critical component in training effective counselors, this presentation will provide counselor educators and supervisors with an understanding of how to provide effective multicultural supervision through the development of a strong supervisory working alliance. Findings from a recent study concerning the supervisory working alliance’s role in mitigating negative supervision outcomes will be presented. Participants will also learn applicable techniques and strategies for strengthening the supervisory alliance.

**Counselor Education & Supervision Academy**
**Spirituality and Religious Values Academy**
**Overcoming Personal and Institutional Obstacles To Incorporating Spirituality Into Counselor Education Curriculum**
60-Minute Program, Advanced
*Harriet L. Glosoff, Montclair State University, Montclair, NJ, Seth Hayden*
The majority of counseling students may not be adequately professionally prepared to conceptualize or work with spiritual or religious issues as part of the counseling process. This interactive presentation is for counselor educators and supervisors who have a working understanding of the ASERVIC Competencies and ACA Multicultural Competencies. The presenters will provide a brief review of a research study on obstacles to infusing spirituality into counseling curricula and discuss ethical issues and specific strategies to overcome these obstacles. Presenters will also share creative suggestions for incorporating spirituality into the curricula. Handouts and suggestions for syllabi development and teaching activities will be provided.
Post-master’s Clinical Experience and the Pursuit of CES Doctoral Degrees: A Survey of the Field
30-Minute Project/Research Poster Session, Advanced
Nancy Bodenhorn, Virginia Tech, Blacksburg, VA, Nadine Hartig, Laura Farmer, Michelle Ghoston, Jasmine Graham, Jesse Lile, Corrine Sackett
How much counseling work experience is needed before applying for doctoral programs? This program presents research results from faculty, doctoral students, and faculty job announcements regarding post-masters counseling experience. Are you interested in applying for doctoral programs? Come to learn if you have the required or preferred background for doctoral studies and why recent students think this background is important to their success. Are you or will you be an advisor to master’s students? Come to learn how your advice to students compares to a national standard, and how you can provide appropriate advice. Are you or will you be a CES faculty member? Come to compare your admission and hiring policies with a national standard.

Predicting Licensed Mental Health Professionals’ Inclusion of ASERVIC Competencies in Clinical Practice
30-Minute Project/Research Poster Session, Advanced
Michelle J. Cox, George Fox University, Salem, OR, Larita Brown, Shannon Madsen, Noelle Lantz, Rebecca Barden
Little research is available assessing the effects of spiritual integration in counselor education on the incorporation of spiritual integration in clinical practice. Bronfenbrenner's Ecosystemic Theory provides the foundation for the hypothesis that the more realms of life in which clinical mental health professionals experience spiritual integration, the greater the likelihood they will adhere to the ASERVIC competencies in clinical practice. For the purpose of this study those realms, or what Bronfenbrenner would call mesosystems, included family, church, school, work, volunteer activities, social and peer group activities, and professional membership activities. 468 licensed Oregon clinicians responded to the survey.

AMHCA Sponsored Session
Counselor Education & Supervision Academy
Mental Health/Private Practice Academy
Promoting Effective Collaboration Between University and Field Supervisors in Clinical Mental Health Training
90-Minute Program, Advanced
Linda L. Barclay, Walsh University, North Canton, OH, Gail F. Mears
Clinical field supervisors take on enormous responsibility in working with CMHC interns, often managing both work and training supervision requirements. Universities, per CACREP standards, orient field supervisors to university placement processes. However, our discussions with clinical field supervisors indicate that they would appreciate closer collaboration with university faculty in regard to clinical field training strategies and tools. This session will explore strategies for promoting such collaboration while respecting the clinical management integrity of field placement sites. Participants are invited to share their successful collaboration strategies in CMHC field training.
Counselor Education & Supervision Academy
Mental Health/Private Practice Academy

The DSM-V in Counselor Education: Opportunities to Reinforce Counselor Identity
60-Minute Program, Advanced
James Hepburn, Waynesburg University, Canonsburg, PA
This workshop will provide strategies for teaching counselors–in–training to use the DSM-V while adhering to the developmental and contextual perspectives inherent in the counselor identity. While the DSM-V continues to be based on the medical model, a number of the anticipated changes in the fifth edition to the DSM may enhance the ability of counselors to consider contextual and developmental factors. The workshop will focus on the opportunities to reinforce the values and principles of professional counseling by offering specific strategies to highlight the central conflicts--and ways to resolve these conflicts--for counselors working in the clinical mental health field.

Counselor Education & Supervision Academy
Transformational Field Placement: Innovative Strategies for Promoting Counselor Identity and Improving Internships
90-Minute Program, Advanced
Richard Ponton, Ocean Twp Human Services Department, Oakhurst, NJ, Alan Cavaiola
Field placement is the capstone experience for trainees, by which they are invited to move from student to counselor. It is the means by which the culture of our profession jumps off the pages of books and into the hearts and minds of the trainees. Therefore, all counselors have a practical and ethical stake in effective field placement experiences. This advanced program for educators, field placement supervisors, and training directors, provides an opportunity for dialogue between academicians and direct service providers as it presents a conceptual framework and practical strategies to promote a systematic approach to field placement that more effectively addresses the trainee’s professional identity development.

Couples, Marriage, and Family Counseling

IAMFC Sponsored Session
A Comparison of Online and Traditional Marriage and Family Counseling Course: Instructional Preferences and Educational Climate
30-Minute Project/Research Poster Session
Brande’ N. Flamez, Walden University
The extraordinary pace of technological advancements in counselor education is a major trend. With the exponential growth of online courses in counselor preparation programs researchers have began to study differences in online and traditional counseling approaches. This empirically based research explored the differences in learning styles and perception of the educational climate between students enrolled in an online and a traditional, face-to-face course. Subjects included master level students enrolled in a Council for Accreditation of Counseling and Related Educational Programs (CACREP) Introduction to Marriage and Family Course.

IAMFC Sponsored Session
Addictions Academy
Couples & Family Counseling Academy
Babies, Bottles, and Booze: Counseling Moms in Recovery to Develop Health-Protective Behaviors Using an Integrative Group Approach
60-Minute Program
Wanda P. Briggs, Winthrop University, Rock Hill, SC, Virginia A. Magnus, Susan R. Furr, Pam S. Lassiter
The goal of this IAMFC/IAAOC sponsored session is to promote awareness of the problems of mothers in recovery. The objectives of this session provide opportunities for participants to develop (1) a deeper awareness of the determinants, context, and common characteristics of mothers in recovery; (2) an understanding of the consequences of substance abuse in mothers; and (3) an understanding of an integrative group counseling approach aimed at developing health-protective and developmental behaviors in mothers in recovery.

IAMFC Sponsored Session
Couples & Family Counseling Academy
Military Counseling Academy
Marriage in the Military: How Professional Counselors Can Help
60-Minute Program
David L. Fenell, University of Colorado at Colorado Springs, Colorado Springs, CO
If the Army wanted you to have a wife(or husband), it would have issued one to you! This humorous saying clearly reflects the fact that maintaining successful military marriages is very challenging especially in times of global conflict. This program will present the challenges facing military marriages and describe how professional counselors can provide needed support for military couples.

IAMFC Sponsored Session
Movies That Move: Using Motion Pictures to Work With Families
30-Minute Project/Research Poster Session
Mary B. Ballard, Southeastern Louisiana University, Hammond, LA, Bret Hendricks, Hunter D. Alessi
This poster presentation demonstrates how motion pictures can be utilized to facilitate communication among family members on a limitless number of issues that often bring them to counseling. Research has shown that clients are often willing to discuss difficult or troubled people in complex or complicated circumstances if they feel somewhat removed from the situation. Movie viewing provides an excellent vehicle for having clients examine themselves by identifying with movie themes and character depictions. Movie viewing is also a great activity for bringing an often disjointed family together in a pleasant environment. As the movie "rolls" the defense mechanisms of family members usually weaken, laughter ensues, and a path to healing is revealed.

Nurturing Connections: Using Attachment Theory To Foster More Satisfying Couple and Family Relationships
30-Minute Project/Research Poster Session
Travis Smith, Southeast Missouri State University, Cape Girardeau, MO, Kirsten Murray
Attachment theory has been a key topic in mental health related fields for more than 50 years. Attachment theory provides a way for counselors to conceptualize common couple and family issues through a positive and strength based lens. This presentation will educate attendees on key concepts of attachment theory and how to employ these concepts to create secure bonds among family members. Models and theories that incorporate attachment theory concepts and interventions will be applied to common couple and family issues through the use of case study materials and audience dialogue.

IAMFC Sponsored Session
Research and Practice: Couple and Family Counseling
30-Minute Project/Research Poster Session
Robert L. Smith, Texas A&M University - Corpus Christi, Corpus Christi, TX, Brande’ N. Flamez, James M. Devlin, Janet E. Froeschle
Research on theory and techniques used in marriage, couple and family counseling is presented. Best practices are reviewed.

Saturday, March 26, 2011
10:30 am - 12:00 pm
IAMFC Distinguished Speaker Session
Couples & Family Counseling Academy
Sexual Therapy: What Counselors Need To Know
90-Minute Program
Stephen Southern, Mississippi College, Clinton, MS
This program will provide an overview of developments in sexual counseling and therapy. Over 50 percent of clients and couples experience sexual difficulties and disorders, yet counselors may feel unprepared to address their concerns. We will consider origins and dynamics of sexual disorders and basic treatment techniques for the common sexual concerns of those who seek help.

The Impact of Parental Stress on Intimacy
30-Minute Project/Research Poster Session
Shazia Mirza, UCF Marriage and Family Research Institute, Orlando, FL
Do the stresses of parenting lower intimacy? Can marital satisfaction overcome these stresses? This workshop will introduce participants to the many factors that influence stress on parents and its effect on intimacy. Various issues will be covered including the many challenges of parenting, the related decline in marital satisfaction, and current research about parenting and the marital relationship. Participants will also learn to recognize the impact of parental stress, the quality of the marital relationship, and interventions to balance their lives. Participants will learn about the importance of incorporating fun and pleasure into their lives. Experiential exercises and activity demonstrations will be incorporated into this workshop.

LCA Sponsored Session
The Power of Gratitude to Heal, Energize and Change Our Lives
60-Minute Program
Reflect on the concept of gratitude in your personal and professional live and reach out to various populations and community groups to share about the power of gratitude. Presentations and groups focusing on gratitude can be incorporated into the counseling process and shared with the greater community. Learn how outreach to communities throughout the state of Louisiana has touched a diverse population. The presenters have created a gratitude video, presented gratitude related sessions; and developed curriculum and materials to offer gratitude presentations and group sessions in a variety of sessions throughout Louisiana.

Advanced

Career Development/Employment Counseling Academy
Couples & Family Counseling Academy
Career Counseling With Couples: Strategies for Navigating Issues Throughout the Relationship
60-Minute Program, Advanced
W. Matthew Shurts, Montclair State University, Montclair, NJ, Melinda M. Gibbons, Derrick J. Williams
Career development is a central component of individuals’ lives. In addition, couples often struggle with career-related issues. However, there is a dearth of practical recommendations for addressing career-related issues within conjoint couples counseling. The purpose of this session is to provide concrete strategies for addressing career-related issues with couples. During this session, attendees will: 1) Understand the importance of proactively addressing career-related issues in couples/marriage counseling; 2) Learn the potential career-related factors affecting couples across the lifespan; 3) Learn & apply multiple concrete interventions and activities for addressing career-related issues with couples.

Couples & Family Counseling Academy
Rehabilitation Counseling and Disability Issues Academy
Children Diagnosed With Autism Spectrum Disorder: What Impact Does the Diagnosis Have on Mothers?
90-Minute Program, Advanced
Tracie Self, University of Iowa, Iowa City, IA, Cindy Boyle
As diagnosed cases of Autism Spectrum Disorder (ASD) continue to rise, so does the need for skilled practitioners in schools and communities to work with these families. Specifically, it is mothers who are consistently identified in research literature as the most greatly impacted family members, experiencing their own unique challenges. Attendees will explore both positive and negative outcomes through the use of case studies and discussions. Strategies to establish coping mechanisms, identification of potentially mitigating factors, national resources, and techniques for assisting mothers in dealing with changes in social role expectations will be explored with participants.
Continuum of Conflict and Control: A Conceptualization of Intimate Partner Violence Typologies
30-Minute Project/Research Poster Session, Advanced
Ryan G. Carlson, University of Central Florida, Orlando, FL, Matthew D. Munyon
For the past 30 years, any incidence of domestic violence has been viewed as the result of power and control. Thus, the recommendations for treatment have been for the couple to split, and the offender to attend batterer’s intervention programs. This approach to treatment of domestic violence does not fit for all instances of relationship violence. During the past 15 years, researchers have identified types of violence across relationships. Similarities exist across types, and implications for treating couples with intimate partner violence result. This presentation will present a conceptual model for types of intimate partner violence, and discuss implications for treating couples with relationship violence.

Couples & Family Counseling Academy
Multicultural Counseling Academy
Cultural Dissonance in Intercultural Relationships: Transformative Opportunities for Intercultural Couples and Their Children
60-Minute Program, Advanced
Cheryl Crippen, University of California, Irvine, Orange, CA, Leah Brew
This session presents findings from two studies on cultural diversity within families. The first is a qualitative study of the experiences of intercultural couples, using parenthood as a lens to explore the ways in which they successfully navigate cultural differences. The second study examines the social and emotional adjustment of children who are identified as multiethnic and/or are being raised in multicultural households. Using a social constructionist and resiliency framework, these studies will provide counselors with insight into how couples negotiate cultural difference in ways that are integrative, and the ways in which multicultural families provide transformative opportunities for both couples and their children.

Family Therapy and Foster Care: A Proposal for Family Reunification Therapy
30-Minute Project/Research Poster Session, Advanced
Michelle Zeilman, University of Missouri - St. Louis, St. Louis, MO, R. Rocco Cottone
Professional Counselors and Family Therapists are increasingly becoming involved in providing family counseling services to the foster care population. Professional Counselors and Family Therapists need to be aware of the special issues that surround this population. In particular, the systemic relationship between the foster care system, the foster family, the birth family, and the child must be addressed. These relationships are often ignored though problems rising from these relationships may impede the possibility of family reunification. This presentation provides a systemic framework for conceptualization and possible mode of treatment to address these issues while preserving the goal of family reunification.

Strengthening the Links to Our Future: Incorporating Mindfulness To Improve Parent-child Attachment
30-Minute Project/Research Poster Session, Advanced
Kristin Stewart, Kent State University, Kent, OH
Being a parent is a challenging, overwhelming, and exciting undertaking that many of our clients face on a daily basis. Teaching mindfulness skills to parents is a new and exciting area of research that shows promising effects on the parent-child relationship. This presentation will explore how mindfulness concepts are being integrated into parenting skills to create mindful parenting practices. Attendees will receive a review of the cutting edge research on mindful parenting and its implications on parent-child attachment. Clinicians attending will learn how to incorporate mindful parenting skills into their work with clients as well as the benefits of incorporating mindfulness into their wellness plan for their personal self-care.

Couples & Family Counseling Academy
Utilizing the Therapeutic Power of Play in Family Counseling
60-Minute Program, Advanced
Teresa Christensen, Regis University, Denver, CO, Jill Thorngren
Research and professional literature continue to illuminate the benefits of play therapy with various clients in a variety of settings (APT, 2008), including adults and families (Gil, 1994; Murphy, 2010). Yet counselors continue to struggle with locating training opportunities about how to incorporate play within the context of family counseling. Thus the purpose of this presentation, to provide participants with the philosophical/theoretical rational regarding play therapy, offer non-directive and directive interventions, play techniques, and therapeutic methods with diverse populations.

Creativity in Counseling
Addressing Client Resistance Through Metaphoric Stories
60-Minute Program
Melissa N. Freeburg, Bridgewater State College, Bridgewater, MA, Louise B. Graham
This presentation is designed to stimulate counselors to make better use of metaphors with clients. Participants will be exposed to techniques in which they may increase personal skill in noticing client’s own use of metaphors and methods to enhance the utility of metaphors. Most importantly, this presentation will discuss four elements required for counselors to create unique metaphoric stories designed with the intentional use with a specific client/presenting concern. Participants will be provided opportunities to interact with client case examples and the employment of, 1) gathering client information, 2) isomorphism in metaphor creations, 3) metaphor “outcome” story arcs, and 4) use of intentional syntax reflections.

ACC Day of Learning
Appreciative Inquiry: Reconnecting With the Awe and Wonderment of Childhood
90-Minute Program
Tonya R. Hammer, University of Houston - Clear Lake, Houston, TX
Everyone is born with an inherent capacity to experience the world through the lens of wonderment and awe. We have the potential to view events in our lives with simple clarity, to maintain a sense of humor and joyful perspective, and, above all, to avoid wasting energy on distracting thoughts, including the fear of humiliation. (Klein, 2004, p.
4). In this light, participants will learn about the theory of appreciative inquiry and how we can change and enhance our counseling relationships as well as our personal relationships by learning how to reconnect with the awe and wonderment of childhood. The session will include interactive modalities to help us as individuals and groups reclaim our inner child, in a good way.

**Combining Animal-assisted Therapy and Emotional Intelligence: Lessons Learned**

30-Minute Project/Research Poster Session

*Shelly A. Chandler, Beacon College, Leesburg, FL*

Are you looking for a way to focus your client who is diagnosed with Attention Deficit Hyperactivity Disorder? Are you looking for a creative way to reach the nonverbal client with Autism Spectrum Disorder? By using animal-assisted therapy new possibilities emerge. Participants in this session will learn the importance of emotional intelligence and how it can be enhanced with animal-assisted therapy. Current theoretical frameworks and evidence based practices will be discussed as they apply to an innovative twelve week group therapy program. Learn what works and what does not while gaining effective techniques that can be immediately put in practice.

**Introduction to Animal-Assisted Therapy in Counseling**

30-Minute Project/Research Poster Session

*Leslie Stewart Shelton, Georgia State University, Atlanta, GA, Michael Leeman*

Animal assisted therapy in counseling (AAT-C) is defined as the incorporation of pets as therapeutic agents into the counseling process, thus utilizing the human-animal bond in goal directed interventions as part of the treatment process (Chandler, 2005). AAT has been found to facilitate the development of a positive therapeutic alliance (Wesley, Minatrea and Watson , 2009), which is the strongest predictor of treatment success (Barber et al., 2009). In this education session, the presenters aim to familiarize attendees with concepts and potential interventions surrounding AAT so that they can be informed aids to clients who might benefit from the technique.

**ACC Day of Learning**

**College Counseling Academy**

**The Counselor’s Survival Kit: 30 Creative Intervention Tools**

60-Minute Program

*Victoria E. White Kress, Youngstown State University, Youngstown, OH, Samuel T. Gladding, Nicole Adamson, Nicole Bradley, Kimberly G. Beck, Victoria Grice, Eric Michael Crumley, Alyse Michelle Anekstein, Gregory Lee Pollock, Emily R. Herman*

During this presentation, a panel of counselors and members of the ACC graduate student committee will present their favorite creative counseling interventions. A detailed handout containing 30 creative activities that can be used in counseling a wide variety of populations will be provided. Attendees will have an opportunity to ask the panel questions related to the use of creativity and creative interventions in counseling.

**ACC Day of Learning**

**Couples & Family Counseling Academy**

**Using the Enneagram in Relational Counseling: Helping Couples Reconnect**
The Enneagram Personality Typology is a powerful tool for self-discovery. When used in a relational context, this approach can help couples gain deeper awareness of themselves and understanding of their partners. Counselors can use this tool to facilitate greater understanding and cooperation between invested partners. The Enneagram provides a framework and strategies for personal and relational growth. In this workshop, participants will learn about the basics of the Enneagram, and see how these strategies in action.

Advanced

School Counseling Academy

ArtBreak: A School-Based Creative Counseling Group Intervention Based on the Expressive Therapies Continuum
60-Minute Program, Advanced
Katherine Ziff, Athens City School District, The Plains, OH, Patricia Barrington, Jeremy Yehl, Kacey Cottrill, Sue Johanson, Lori Pierce

Learn about ArtBreak, a small group counseling intervention for students based on the Expressive Therapies Continuum (ETC). ArtBreak, featuring multi-age groupings and choice-based art-making, was piloted to support student learning at The Plains Elementary in Athens County, Ohio. You will learn about the ETC, properties of various media and how they build skills that support students’ personal, social and academic growth; key elements of an ArtBreak program; and how to tailor an ArtBreak counseling program to fit your needs, resources, skills, interests and budget. You’ll find out about setting up a green work space and use of recycled and repurposed materials.

Creative Techniques That Work: Using Props, Chairs, and a Whiteboard To Access More Parts of the Brain
90-Minute Program, Advanced
Ed E. Jacobs, West Virginia University, Morgantown, WV, Chris Schimmel

This active, fast moving workshop will focus on simple, practical creative techniques that can be used with a wide range of clients. Creative techniques will be demonstrated that focus on issues such as low self-esteem, anger, guilt, abuse, and addiction. Emphasis will be placed on working with difficult case situations and with clients who are mandated into counseling by a judge, principal, or some other authority. Our goal is for each participant to see counseling in a slightly different way. Creative techniques linked to major counseling theories will be shown. We want all participants to walk out with at least 15 new ideas and a desire to be more creative in their practice.

ACC Day of Learning
Counselor Education & Supervision Academy

Five Creative Techniques for Teaching Key Concepts in Required Courses in Counselor Education Programs
60-Minute Program, Advanced
Stella Beatr Kerl-McClain, Lewis and Clark College, Graduate School of Education and Counseling, Portland, OR, Julia Y. Porter

This presentation will explain and demonstrate creative teaching activities for core concepts in required classes in counselor education programs. Attendees will be asked to participate in several of the activities, which will include activities for teaching group, theories, diagnosis, and others.

ACC Day of Learning
Child & Adolescent Counseling Academy
Relational-Cultural Therapy With Young Adolescents: How and Why
60-Minute Program, Advanced
Catherine Tucker, Indiana State University, Terre Haute, IN, Heather Trepal, Sondra Smith

Relational-cultural theory (RCT), which holds that healthy connection to others is the primary goal of human development, is a natural fit for working with young adolescents. RCT can offer helpful illustrations of healthy/unhealthy relationships in their lives, as well as strategies for nurturing healthy relationships and limiting unhealthy relationships. In this presentation, we will use the frameworks developed by RCT theorists to guide creative and experiential interventions for young adolescents. Bibliotherapy, drawing, films/media, and other creative approaches will be demonstrated that can be used within an RCT approach. Case examples will also be used.

Diagnosis and Treatment

ACCA Day of Learning
Mental Health/Private Practice Academy
Clinical Foundations in College Counseling
60-Minute Program
Brian J. Van Brunt, Western Kentucky University, Bowling Green, KY, Perry Francis, MJ Raleigh

The clinical foundations module offers focused training for those counselors, social workers and psychologists who are looking for specific information related to psychotherapy practice on a college campus. This module will review basic administrative clinical operations (supervision, accreditation, record keeping) and ongoing practice issues (testing, assessment, scope of practice, development of groups)

Mental Health/Private Practice Academy
Dialectical Behavior Therapy: An Introduction and Useful Techniques for Mental Health Counselors
60-Minute Program
K. Michelle Hunnicutt Hollenbaugh, The Ohio State University, Columbus, OH

Dialectical Behavior Therapy (DBT) is empirically supported as an effective treatment for Borderline Personality Disorder. Since its introduction in 1993 by Marsha Linehan, DBT has been implemented worldwide to help clients afflicted with a variety of disorders. This program will present attendees with an introduction to DBT and its implementation in mental health treatment. Several DBT techniques and skills will be
presented, with discussion focused on the application of this knowledge to individual and
group therapy. Participants will be invited to interact and practice these skills and
techniques, and will leave the session with usable ideas for clinical practice.

AMHCA Sponsored Session
Best Practices Academy
Mental Health/Private Practice Academy
Fundamental Changes in DSM-V: Spectrum Disorders, Dimensional Ratings, and
the Multiaxial System
60-Minute Program
Gary G. Gintner, Louisiana State University, Baton Rouge, LA
Most of the comments about the proposed DSM-5 draft have focused on the introduction
of a number of new disorders. Less attention, however, has been paid to more
fundamental changes such as the recommendation to merge axis I-III, the creation of
various spectrum disorders and the introduction of dimensional rating scales. This
program examines the rationale and supporting evidence for each of these changes and
discusses implications for counselors, clients and the delivery of mental health services.

Child & Adolescent Counseling Academy
Healing the Hungry Heart: Treating Eating Disorders and Self-Harm
30-Minute Project/Research Poster Session
Mary Bartlett, Magnolia Creek Treatment Center for Eating Disorders, Chelsea, AL
This session will discuss effective counseling strategies to treat people with eating
disorders, who generally struggle with thoughts of self-harm and suicide. The
presentation brings theory, empirical data, and extensive research together to deliver a
better understanding of the correlation between eating disorders and the suicidal mind
and how counselors can help these clients regulate emotions and recover in a healthy
manner.

Mental Health/Private Practice Academy
Re-Thinking Anxiety Disorders: Projected DSM Changes, and How They Will
Affect Our Work
60-Minute Program
Sean B. Hall, Old Dominion University, Norfolk, VA, Anita Neuer
This presentation will review the current literature on proposed revisions to Anxiety
Disorders and elucidate the effects of these changes on clinical practice, training, third-
party reimbursement, and advocacy. Professional counselors must keep abreast of these
changes and their implications to ensure competent and ethical treatment. Attendees will
learn what changes will be made under the new DSM-V classification for Anxiety
Disorders and strategies for obtaining an accurate diagnosis. Finally, this presentation
will explore how revisionsto the DSM will influence the therapeutic relationship,
documentation for treatment, and navigating managed care.

Mental Health/Private Practice Academy
Therapy on the Cutting Edge: Perspectives on and Implications of the Inclusion of
Self-Injury in the DSM-V
Therapy on the Cutting Edge: Perspectives and Implications of the inclusion of Self-Injury to the DSM-V. Research finds there are a growing number of young people across the nation intentionally cutting, injuring, or mutilating their bodies. Many professionals warn the number is growing because the problem is becoming worse and involving younger children. This session will inform participants of the significance and implications for the inclusion of self-injury in the DSM-V. Attention will be given to rationale for the diagnosis, contemporary issues facing therapists and clients, and practical suggestions for effective therapeutic intervention strategies.

Thought Process and Weight: The “Skinny” on Why Some Overweight/Obese People Are Depressed and Some Are Not
30-Minute Project/Research Poster Session
Gwendell W. Gravitt, Avita Community Partners, Flowery Branch, GA, Teresa B. Fletcher

“Why do some overweight or obese people report depressive symptoms while others do not?” This cutting-edge research adds depth and breadth to obesity-depression research that has not answered this question. Cognitive theory and CBT outcomes studies for treating distress associated with eating disorders suggest maladaptive cognitive moderators likely could offer significant understanding of these opening questions. The empirical findings were that negative cognitive schemas are significant predictors of depressive symptoms in overweight/obese adults. Depressive symptoms were less for those without negative cognitive schemas. Study results will be discussed interactively in terms of implications for clinical practice and future research.

Advanced

Best Practices Academy
Mental Health/Private Practice Academy
Clinical Techniques for Managing Suicidal Clients
60-Minute Program, Advanced
Darcy Haag Granello, The Ohio State University, Columbus, OH, Darcy Haag Granello

Suicide is the 11th leading cause of death, 2nd among adolescents, yet the average amount of time spent on suicide in counselor education programs is less than one hour. This program will provide counselors in all types of settings with concrete, practical information on suicide assessment and intervention. Participants will be given extensive resources to conduct culturally and developmentally appropriate risk assessments as well as intervention guidelines for treatment.

Mental Health/Private Practice Academy
Diagnosing From the Heart: A Humanistic - Existential Response to the DSM-V
90-Minute Program, Advanced
Clemmont E. Vontress, The George Washington University, Washington, DC, Fred Bemak, Courtland Lee, Rita Chi-Ying Chung, Paul Tschudi, Lawrence Epp
Existential Diagnosis is a rich and profound approach to helping clients identify the issues that cause suffering in their lives. Unlike DSM-V Diagnosis with its emphasis on symptoms, Existential Diagnosis focuses on the eternal issues of love, loneliness, meaning, suffering, and death that each of us face daily. It is applicable to all problems-in-living; but it is especially appropriate when one’s client feels lost in the movement of a life without meaning or freed to choose a meaning in life that offers passion. A leading existential counselor and a panel of five scholar-practitioners discuss the impact of existential ideas on their ways of understanding their clients.

**AACE Sponsored Session**  
**Mental Health/Private Practice Academy**  
**Multicultural Counseling Academy**  
**Diagnosis, Cultural Factors, and the Clinical Decision Making Process**  
60-Minute Program, Advanced  
*Elizabeth A. Prosek, Old Dominion University, Norfolk, VA*  
The United States population continues to diversify as a culturally mosaic society. This diversification impacts how counselors serve the emotional needs of clients with mental health concerns. Counseling program curriculum and diagnostic tools, such as the Diagnostic and Statistical Manual for Mental Disorders, have responded with multicultural competence considerations. This presentation furthers discussion of multicultural competence, extending research to include degree of cultural match between counselor and client. The degree of cultural match is discussed in terms of relationship to the clinical decision making process of counselors and counselor trainees. Implications to practice and program development are discussed.

**Mental Health/Private Practice Academy**  
**Rethinking Bulimic Dissociation: A Self-psychology Approach to Client Conceptualization and Treatment of Bulimia**  
60-Minute Program, Advanced  
*Rebecca Heselmeyer, James Madison University, Harrisonburg, VA, Eric W. Cowan*  
Clinicians have long acknowledged the difficulty of treating bulimia. Even the most effective interventions for bulimia fail to help a substantial number of clients. This presentation offers an alternate approach to the conceptualization and treatment of bulimic clients. Empirical research has linked dissociation and bulimia, and dissociation is commonly understood to function as a defense. This presentation will explain core concepts in self-psychology to reveal a second function of dissociation in bulimia. Resulting implications for counselors and specific counseling interventions will be discussed, in addition to the broader application of self-psychology theory for other mental health disorders in which dissociation is present.

**LCA Sponsored Session**  
**Mental Health/Private Practice Academy**  
**Snatching Failure From the Jaws of Success: Treating Self-defeating Behavior**  
90-Minute Program, Advanced  
*Justin E. Levitov, Loyola University, New Orleans, LA, Ellen S. Levitov*
Successful interventions for self-defeating behaviors demand a unique therapeutic alliance and an appreciation for the forces that produce them. This session explores the pattern, its etiology and offers serviceable treatment options.

Disaster Mental Health

A Qualitative Research on PTSD Symptoms on People Who Survived From Wen Chuan Earthquake in China
30-Minute Project/Research Poster Session
Fangzhou Yu, University of Texas at San Antonio, San Antonio, TX, Yen-Ling Lin
Recently multiple severe disasters happened in many different courtiers, including Wen Chuan earthquake happened in China in which almost 70,000 people died. It is very important for counselors to master certain techniques in counseling with survivors from these disasters especially from a multicultural perspective. The sample of this research were the survivors from Wen Chuan earthquake in China. The audience will learn how to use culturally sensitive assessment to evaluate PTSD and gain insight on how people cope with PTSD from a multicultural point of view.

Asian American College Students Experiences After the Virginia Tech Tragedy
30-Minute Project/Research Poster Session
Sara Cho Kim, Messiah College, Grantham, PA
Since the Virginia Tech (VT) tragedy, there have been concerns about campus safety and the psychological well-being of undergraduates across the nation (Virginia Tech report, 2007). As universities and institutions of higher education develop plans to address critical incidents and ensure the safety of students, less attention has been given to understanding the psychological and emotional experiences of undergraduates post-VT. This study will highlight the experiences of Asian American college students with a focus on their responses to traumatic events and an exploration of coping strategies used.

Calmness After the Storm: A Strength-based Empowerment Model for Mental Health Disaster Intervention
30-Minute Project/Research Poster Session
Ngozi Okose, Private Practice, Houston, TX
There is an epidemic of global disasters with attendant geographical displacement of victims. Many are able to overcome severe emotional trauma and adversities in their new environment. This study helped to develop a strength-based empowerment model for mental health disaster intervention using facets of coping strategies of immigrants in the U.S. The mélange of cultures in the U.S. calls for the need for interdependency in coping strategies. Data was collected from 48 adult culturally diverse immigrant victims of disasters. Information served to decode the principles of their strengths and resiliency following disasters. Result is significant for help with population that is vulnerable to psychological implosion when faced with adversities.

Trauma/Disaster Mental Health Academy
Child & Adolescent Counseling Academy
Counseling Traumatized Children With Creativity
It is estimated that approximately 20 million American children have PTSD. Over 1.5 million children in the United States are exposed to a traumatic natural event each year. With these astounding numbers, Counselors need to have as many techniques available as possible to serve this vulnerable population. The presenters will present a treasure chest of creative techniques for working with traumatized children to help them identify feelings, learn coping strategies and enhance post-trauma life skills. The techniques help provide a playful and effective means to engage children in the therapeutic process while assisting them in working through their treatment issues in a safe and non-threatening manner.

Disaster Mental Health and Community Emergency Response Teams (CERT)
30-Minute Project/Research Poster Session
Cecile Brennan, John Carroll University, University Heights, OH
When oil spills in your gulf, or a gas explosion occurs in your neighborhood, will you know how to be helpful? Community Emergency Response Teams (CERT’S) provide a way for counselors to participate on a team of early responders who are activated during crises and community mobilizations. Team members receive training and are then called upon to serve in their local communities. This program will explain this process to participants and provide information about how they can become involved with their local CERT.

Trauma/Disaster Mental Health Academy
LGBT Academy
In the Eye of Recovery: Disaster Interventions and Considerations With Sexual Minorities
60-Minute Program
Paul F. Hard, Auburn University at Montgomery, Montgomery, AL, Glenda P. Reynolds
Sexual minorities often find that they are in the quiet but dangerous 'eye' of disaster recovery. LGBT service organizations and counselors are faced with the stark reality that those who were already living on the margins before a disaster will likely find that their situation is worsened without community support for grief and loss as well as challenges for daily living. This presentation explores and summarizes the extant literature on the subject of the special challenges of LGBT persons in disaster recovery situations. The presentation also investigates the experiences of counselors and other services providers to sexual minorities following a natural or man-made disaster.

Trauma/Disaster Mental Health Academy
On Being an Example of Hope: Culture-Specific Responses To Recovering From a Natural Disaster
60-Minute Program
Kim Marie Vaz, Psychological and Social Foundations, University of South Florida, Tampa, FL
This interactive presentation is based on a phenomenological qualitative study of how survivors of hurricane Katrina are carrying the culture of New Orleans into the City’s
recovery. The use of “masking” traditions and 'second-lining' embody a spirit of protest and resilience that have traditionally been used by members of the African American community to survive other collective traumas. The presentation demonstrates the meaning making process that is based in the survivor's culture as a key indicator of thriving and resilience after collective trauma. We focus on one 'masking-tradition,' of a century-old practice of the 'Baby Dolls.'

LCA Sponsored Session
Trauma/Disaster Mental Health Academy
Overview of Disaster Relief Training to Aid Evacuees: Real-Life Examples From Northwest LA to Katrina/Rita/Gustav Evacuees
60-Minute Program
Meredith G. Nelson, Louisiana State University - Shreveport, Shreveport, LA
A Disaster Relief Model utilizing Psychological First Aid (PFA) Techniques will be outlined. Real-life examples will be illustrated from a North Louisiana Hurricane Evacuation site. Events will be recounted that demonstrate the establishment of effective mental health support for evacuees and the evolution of that into an integrated medical/mental health model using local and national resources.

Trauma/Disaster Mental Health Academy
Reflections on Katrina From Experienced Disaster Mental Health Professionals Who Were There
60-Minute Program
Howard B. Smith, VA, Robert L. Dingman, Robert E. Hayes
This program will present the experiences of three American Red Cross Mental Health volunteers during the occurrence and aftermath of Hurricanes Katrina and Rita. The presenters have more than 50 years combined experience in Red Cross disasters and they will discuss their varied perspectives related to these two hurricanes. Each presenter was assigned to different locations during their experiences and will discuss several aspects of service delivery. These include recruitment, training, service delivery, organizational difficulties and limitations, and overall effectiveness of the recovery of disaster services.

Advanced

Trauma/Disaster Mental Health Academy
Coping With the Rollercoaster: Effectively Handling Emotions Triggered by Disasters
60-Minute Program, Advanced
Julia Y. Porter, Mississippi State University, Meridian, MS
Natural and man-made disasters are a part of the fabric of life. These events which are beyond the control of individuals often trigger strong emotions in clients and clients are not prepared to effectively cope with those emotions. This session focuses on the use of creative techniques that include the use of horticulture, music, journaling, poetry, art, and laughter to help clients effectively deal with anger, sadness, fear, and other negative emotions in a healthy way.
Counselor, Heal Thyself: Preventing, Recognizing, and Addressing Vicarious Trauma

60-Minute Program, Advanced

Victoria White Kress, Youngstown State University, youngstown, OH, Nicole Adamson, Matthew Paylo, Denise Ben-Porath

Counselors working with those who have experienced isolated traumatic events (e.g., natural or human-made disasters,) or repeated traumas (e.g., enduring child abuse) are susceptible to Vicarious Trauma (VT). Both neophyte and seasoned counselors can benefit from an enhanced understanding of their VT risk factors and their personal strengths which may insulate them from VT. Case study applications will allow participants to learn VT principles and how to advocate for culturally sensitive strategies for VT prevention practices. Each participant will be actively engaged in developing an action plan intended to insulate them from VT, and address current VT reactions.

Cultural Competence and Ethical Dilemmas in International Disaster Mental Health Response: Lessons From Haiti

90-Minute Program, Advanced

Laurie A. Persh, US Conference of Catholic Bishops, Washington, DC, Stephanie Scott

Months after the earthquake happened in Haiti, volunteer workers continue to come and go. This workshop will present a synthesis of lessons learned based on the deployment experiences of two seasoned mental health professionals. Case scenarios which highlight true ethical challenges for providing culturally competent care will be shared and presented for interactive group discussion. Current models of crisis intervention for disaster mental health (CISM and Psychological First Aid) will be reviewed for their application. Suggestions for interventions and best practice will be discussed, along with ideas about broader implications. Participants will receive a packet of information and suggestions.

Culturally Responsive Post-disaster Counseling: The Disaster Cross-Cultural Counseling (DCCC) Model

60-Minute Program, Advanced

Rita Chi-Ying Chung, George Mason University, Fairfax, VA, Fred Bemak

There is a critical need for culturally responsive counseling in post-disaster situations. The DCCC Model was developed to create interventions that would be culturally responsive and effectively address trauma and significant stress that follow every disaster situation. This presentation will provide an overview of the DCCC Model which has been used in 2 national and 4 international post-disaster situations and will discuss critical components in providing culturally competent post-disaster counseling, training, and on-site counseling supervision in post-disaster situations.
Disaster Mental Health and Trauma Research: Integrating Key Concepts for Disaster Mental Health Response
60-Minute Program, Advanced
Julie Uhernik, Private Practice, Parker, CO
The field of Disaster Mental Health is rapidly evolving. Ongoing research is pointing to evidence informed mental health disaster support and interventions. At the same time, research in the field of trauma and neurobiology has given a greater understanding of human behavioral responses common in a disaster. The basic drive to seek connection (attachment) in time of stress is an area of focus in trauma study. This presentation will highlight the intersection of current research in disaster mental health and trauma, and the implications for counselors called to respond in disaster.

Disaster Mental Health: Integrating Counseling Intervention and Prevention Measures in Communities and Schools
30-Minute Project/Research Poster Session, Advanced
Melissa A. Odegard, Southeast Missouri State University, Cape Girardeau, MO, Rebecca L. Koltz
With the increased focus on crisis intervention strategies in the field of counseling, audience members will gain knowledge regarding the most current evidence-based practice to integrate in their work as counselors. The audience will also be given opportunities to apply these strategies to both micro and macro level crisis cases for immediate application in their counseling roles. Ethical and diversity implications will be addressed through the case studies presented. Finally, those attending as supervisors or counselor educators will be given the opportunity to consider ways that they will facilitate success as their counselors consider crisis intervention and prevention.

Disaster Mental Health: The Impact of Traumatic Events on College Faculty
30-Minute Project/Research Poster Session, Advanced
Kimberly Nicole Frazier, Clemson University, Clemson, SC, Tanisha Guy
Traumatic events in various settings are becoming less of a phenomenon and more common in the landscape of the world both nationally and internationally. The importance of conducting disaster mental health counseling in order to meet the needs of those impacted by these traumatic events is imperative. Counseling professionals need to be familiar with the symptomology that manifests for clients after experiencing traumatic events and to be able to better select effective interventions for this specific clientele. Presenters will present research conducted following the traumatic event of hurricane Katrina and the need for disaster mental health counseling following traumatic events.

Disaster Response and Recovery in New Orleans: Collaboration in Addressing Cultural, Individual, and Community Needs
30-Minute Project/Research Poster Session, Advanced
Rebecca L. Toporek, San Francisco State University, San Francisco, CA, Sarah Hoffpaur, Michael Mobley
This presentation highlights response initiatives unique to New Orleans in two different large scale crises: Hurricane Katrina and the most recent oil disaster in the Gulf Coast region. The impact of these crises and the effect on the mental health of individuals and
the well-being of the community as a whole will be described. Further, initiatives for crisis response will be discussed highlighting the importance of collaboration across organizations, cultural competence, and the unique needs of this very diverse community. Participants will have the opportunity to identify cultural competence needs and the potential for collaborative work in their home communities.

*Trauma/Disaster Mental Health Academy*

*Child & Adolescent Counseling Academy*

**Pathways to Resilience: Play-Based Disaster Intervention Techniques**

60-Minute Program, Advanced

*Lennis G. Echterling, James Madison University, Harrisonburg, VA, Anne L. Stewart*

Creative, play-based disaster interventions offer many benefits to survivors. These techniques can normalize reactions, invite survivors to try out new coping strategies, modify cognitive distortions, increase self-soothing, enrich relationships, enhance social support, and leave children and families with a sense of hope. Using the conceptual framework of attachment and resilience, we demonstrate a variety of creative interventions for children and families who have survived catastrophic events. The techniques require minimal materials, are developmentally appropriate and culturally sensitive, and can be implemented in virtually any setting.

**Rebuilding Lives: Career Counseling in the Aftermath of a Natural Disaster**

30-Minute Project/Research Poster Session, Advanced

*Mary E. Buzzetta, The University of Texas at San Antonio, San Antonio, TX, Lizette Nale*

The impact and recovery from a natural disaster greatly extends into the world of work. As a result, counselors from a variety of settings play unique roles in assisting disaster victims in the adjustment process. This presentation will identify the disaster variables that contribute to job change among disaster survivors, in addition to highlighting the difficulties individuals and families face as a result of relocating. Specific strategies on how to successfully facilitate the adjustment process will be discussed. Audience members will be provided resources that will assist them in targeting and disputing the negative career thoughts that many disaster victims experience as a result of their losses.

**The Use of Critical Consciousness in Counseling: Outcomes From Outreach to the Haitian Community in Florida**

30-Minute Project/Research Poster Session, Advanced

*Rachael D. Goodman, University of Florida, Gainesville, FL, Angela M. Calderon, Kevin Tate*

The increase in disasters worldwide and across cultures indicates the need for training in disaster mental health that is social justice-oriented and culturally competent. This presentation will discuss outcomes from a qualitative study that explored the experiences of counselors who provided outreach to the Haitian and Haitian American community in Florida following the earthquake in Haiti. The counseling outreach was conducted using critical consciousness theory in order to facilitate the development of personal awareness and social justice-based counseling in which collaboration and empowerment are emphasized. The presenters will discuss implications for conducting effective outreach and recommendations for counselor training.
Will Counselors Be Left Out? It’s Time for an ACA Disaster Mental Health Certification
30-Minute Project/Research Poster Session, Advanced
Jane Webber, New Jersey City University, Jersey City, NJ, J. Barry Mascari, Michael Dubi
Responding to disasters like September 11, Hurricane Rita, Virginia Tech, and Haiti resulted in hard lessons learned. Are counselors ready for the next disaster? Can trained and highly qualified counselors be deployed rapidly? Learn how one state’s mental health professionals created a coordinated training, certification, and registration system to prepare counselors for events we hope will never happen again. The Disaster Response Crisis Counselor certification model will be shared with a call to action for an ACA disaster mental health training and certification for its members.

Ethics and Legal Issues

Counseling Ethics & Legal Issues Academy
Hot Topics in Counselor Ethics
60-Minute Program
Patrice Hinton Oswalt, University of Alabama at Birmingham, Birmingham, AL, Michael Lebeau
We all know about the 2005 ACA Code of Ethics revisions – or do we? Understanding our professional code of ethics and acting upon them are two very different things. Join us for an in-depth discussion of the hot areas of counseling ethics. We will cover the big five (multicultural and diversity issues, counselor/client relationships, dual relationships, scientific basis for treatment modalities, and client privacy and confidentiality) with real world examples and tools for counselors to bridge the gap between ethical knowledge and ethical action.

LCA Sponsored Session
The Dilemmas of Diagnosis
30-Minute Project/Research Poster Session
Judith G Mirantiavier University of Louisiana, New Orleans, LA, Kristy Brunfield
Practitioners experience ethical dilemmas when confronted with assigning a code for insurance/managed care companies. Couples and families are especially problematic since many insurance companies do not accept V codes for reimbursement. Also, it is unethical to assign an individual code in order for the client to receive reimbursement. Practitioners can be placed in a situation that could be cause for insurance fraud. This poster session will address these ethical dilemmas, solutions for avoiding insurance fraud, and the proper use of the current Diagnostic Statistical Manual.

Counseling Ethics & Legal Issues Academy
Top 11 in 2011: What Counselors Must Know Now About Law and Ethics
90-Minute Program
Anne "Nancy" M. Wheeler, Private Law Practice, Loyola, MD, Burt Bertram
Presenters will provide suggestions for handling 11 legal/ethical dilemmas, which often lead to licensure board complaints and lawsuits. Topics include: 1) confidentiality, privilege and privacy (highlighting subpoenas and HITECH, the successor to HIPAA); 2) social media; 3) boundary violations; 4) custody quagmires; 5) threats of harm to self or others; 6) consultation vs. supervision; 7) documentation; 8) employing an ethical decision-making model; 9) implications of institutional policy; 10) reporting duties; and 11) protection through adequate insurance.

Counseling Ethics & Legal Issues Academy
LGBT Academy
Ward vs. Wilbanks et al.: Can Counselors use Religious Beliefs as the Basis for Refusing to See a Homosexual Client?
60-Minute Program
Barbara Herlihy, University of New Orleans, New Orleans, LA, Mary Hermann, David Kaplan, Michael Kocet

Ward vs. Wilbanks et al. is a seminal court case that has significant implications regarding whether or not professional counselors may refuse to counsel LGBT clients because of the counselor’s religious convictions. The case was recently decided and the summary judgment will be presented by four experts in counseling ethics who wrote expert testimony for the defendant: Eastern Michigan University. The implications of the case for the counseling profession will be discussed and audience reaction will be solicited.

Who’s on First? Ethical Issues in Determining Authorship Credit in Faculty-Student Collaborations
30-Minute Project/Research Poster Session
Ryan D. Foster, Texas A&M University - Commerce, Commerce, TX, Dee C. Ray

Publishing research is imperative to both counselor educators and students in counseling programs. Furthermore, faculty-student publication collaborations can often be a mutually beneficial professional endeavor. However, determining order of authorship can be a complex ethical issue. Presenters review professional literature regarding ethical issues in determining authorship order in published faculty-student collaborations. The presenters will highlight complexities of determining authorship between faculty members and graduate students. Presenters will offer step by step guidelines for preventing and resolving authorship issues and incorporate publication ethics into counselor education coursework.

Advanced

Counseling Ethics & Legal Issues Academy
Ethics and Technology
90-Minute Program, Advanced
Laura Hahn, Cognova Consulting, Inc., Atlanta, GA

Wondering how to best use technology in your counseling practice? Using the NBCC and ACA Ethics Codes as a foundation, this workshop will focus on a variety of topics ranging from advertising and public statements to confidentiality and mandated reporting.
Focus will be on sections of the ethics codes that refer explicitly to “electronic transmissions” and use of technology. Ethics content areas will include informed consent, confidentiality and privacy, public statements and disclosures, and boundaries and conflicts of interest. These areas will be discussed with respect to Internet practices such as the use of email, blogs, websites, social networks, and online counseling.

**Ethics Interest Network (ACA)**

30-Minute Project/Research Poster Session, Advanced  
*Paul David Fornell, New Mexico Highlands University, Las Vegas, NM*

The purpose of the ACA Ethics Interest Network is to connect professional counselors, counselor educators, graduate students and other professionals with an interest in professional counseling ethics. This session is intended for all professionals in counseling and other helping professions with a deep interest in professional counseling ethics who understand the need for expanding the work of professional counselors and our ethical studies and behavior through all segments of ACA and across the country. The goals of the Ethics Interest Network can be applied in all settings where professional counselors work, and there will also be ample opportunity to share research and publishing interests as well as workshops and other activities.

**Counseling Ethics & Legal Issues Academy**

**HIPAA Has Grown New Teeth: Update on Confidentiality, Privilege, and Privacy**  
90-Minute Program, Advanced  
*Anne "Nancy" M. Wheeler, Private Law Practice, Loyola, MD, Burt Bertram*

Bertram and Wheeler will introduce an updated legal/ethical decision-making model. Through use of case study, they will clarify the terms confidentiality, privilege, and privacy. Presenters will provide guidelines for responding to a subpoena and discuss the new breach notification provisions of HITECH, which update HIPAA. They will demonstrate how confidentiality, privilege and privacy interface with documentation and informed consent. Presenters will provide suggestions for counselors regarding the burgeoning use of social networking and other cyber-activities.

**Counseling Ethics & Legal Issues Academy**

**Introspective Ethics: Using Self-awareness to Develop Ethical Sensitivity and Enhance Ethical Behavior**  
90-Minute Program, Advanced  
*Cecile Brennan, John Carroll University, University Heights, OH*

Tired of attending ethics presentations which focus on the do’s and don’ts, which reiterate principles you already know by heart? This program moves ethics instruction to a new level. While knowledge of ethical codes and laws is important, it is not enough. Applying some of the same principles used in work with clients, this introspective approach moves beyond rule-based instruction into the realm of the emotional, temperamental and psychological. Participants are guided toward understanding the internal basis of ethical actions and of developing a proactive, individualized ethical plan.

**Walking the Line: A Qualitative Study on Counseling Student Perceptions of Facebook and Ethics**
Little to no research currently exists that explores the ethical perception of counseling students in relation to online social networking. This presentation will highlight qualitative research conducted with counseling students about their perceptions of Facebook and use of online social networking. Gaps currently exist in the ACA code of ethics and research will be presented that illustrates those gaps and opportunities will be given to participants to discuss ethical ways of managing those gaps.

LCA Sponsored Session
Counseling Ethics & Legal Issues Academy
Working With Minors: Ethical and Legal Concerns
90-Minute Program, Advanced
M. Janelle Disney, McNeese State University, Lake Charles, LA
When mental health professionals work with minors, special ethical and legal issues must be considered. This presentation will focus on a variety of potential problems when working with minors in the areas of custody, confidentiality, informed consent, and records. Pertinent Federal and state laws will be reviewed. Audience participation will be an essential part of this presentation. Participants will learn: 1. about how laws related to mental health services and custody of children were developed, 2. about the ethical concerns of confidentiality and legal concerns of privileged communication when working with different aged children, 3. about minor clients records and informed consent issues related to the age of the child.

Gerontological Counseling
Addictions Academy
Alcohol Use in Older Adults: Risk Factors, Impact, and Implications for Counselors
60-Minute Program
Melanie Robbins, Indiana University, Bloomington, IN, Ellen Vaughan
As the population of older adults continues to grow, their need for mental health and counseling services steadily increases. Alcohol use is frequently correlated with a number of mental health factors, including depression. This indicates a need to increase the awareness of the implications of alcohol use in older adults in the counseling field in order to implement appropriate treatment plans and actions. This program discusses relevant risk factors that contribute to alcohol use in older adults, as well as intervention methods that counselors can utilize. Because alcohol use in older adults often goes unnoticed, presenters will also discuss assessment techniques and signs and symptoms that counselors should be aware of.

Creative Interventions When Counseling Terminally Ill in Rural Appalachia
30-Minute Project/Research Poster Session
Katie Kostohryz, Ohio University, Athens, OH
Individuals and families are not often prepared for a diagnosis of a terminal illness. The dearth of literature (Werth & Crow, 2009) suggests counselors are equally unprepared when working with the terminally ill. Participants will learn about the history and culture
of rural Appalachia while exploring ethical, legal, personal, and competence issues related to end of life decisions and care. Lastly, participants of this session will walk away with tangible interventions and strategies for counseling the terminally ill.

**Effective Counseling With Aging Boomers**

60-Minute Program  
*Hilda R. Davis-Carroll, HR Davis-Carroll, Nashville, TN*

Eric Erickson proposed that aging adults try to make sense of their lives. More recently, gerontologists distinguish among the “young-old,” “old-old” and “oldest-old” using cognitive, emotional and behavioral abilities rather than chronological age to categorize older adults (Motta et al., 2005.; Aldwin & Gilmer, 2003). Counselors need to be prepared to work with aging boomers as they identify their dreams and goals for their next stage of generativity.

**Advanced**

*Couples & Family Counseling Academy*

**When Aging Loved Ones Need Our Care: An Adlerian Approach for Preserving Everyone's Sanity**  
90-Minute Program, Advanced  
*Radha Janis Horton-Parker, Old Dominion University, Norfolk, VA, Christine L. Currie, Elizabeth Marie Koivisto*

Caring for an older adult can be demanding, regardless of the setting. As elders age, their sense of belonging can be compromised, resulting in behaviors that are taxing for their adult children or caregivers. Using Adlerian theory and techniques, the presenters offer strategies for working with this growing population. Via lecture, video vignettes, and experiential exercises, participants will learn techniques for understanding and assisting the older adult population.

**Graduate Student Issues**

*For Graduate Students and New Professionals Only*

**Finding a Meaningful Life After Graduate School**  
60-Minute Program  
*Gerald Corey, California State University - Fullerton, Fullerton, CA*

Dr. Gerald Corey will share his thoughts and personal perspective with graduate students and new professionals about finding a meaningful professional life after graduation. Questions from the audience will be invited.

*For Graduate Students and New Professionals Only*

**Get a Job! Finding a Counseling Job in This Lousy Economy**  
60-Minute Program  
*Rebecca Daniel-Burke, American Counseling Association, Alexandria, VA*

Even with the bad economy, many graduate students and new professionals are getting good jobs. A counselor and agency director who spent years hiring counselors will help you find the answers to the question: What are the successful ones doing right? Learn
how to: beef up your resume, circulate it to the right people/places, anticipate the questions you may be asked at your interviews, make a lasting impression during that interview, and manage your expectations.

For Graduate Students and New Professionals Only
Got Spirit? Our Clients Do
60-Minute Program
Carman Gill, Argosy University, Washington, DC, Arlington, VA, Stephanie Dailey
Currently, 93% of Americans consider themselves to be religious and/or spiritual and nearly 75% believe that the spirituality is integral to their daily life. However, many counselors express apprehension when addressing these issues with clients. If this sounds familiar, come explore the “how to” of becoming a spiritually competent counselor. Specifically tailored for students and new professionals, this discussion focuses on innovative activities aimed at promoting awareness, knowledge and skill when addressing issues of spirituality/religion.

For Graduate Students and New Professionals Only
Office Politics 101
60-Minute Program
Lynn Linde, ACA Past President, Alexandria, VA
You’ve graduated and gotten a job as a counselor, or you are starting a new position. Now what? Having the training and credentials are just part of being successful in your position. Come talk with an experienced counselor and other new counselors and learn how to negotiate the politics of the work environment and to develop strategies for thriving in your position.

For Graduate Students and New Professionals Only
What Graduate Students and New Professionals Need To Know About Navigating the Profession Through Service Leadership
60-Minute Program
Rhonda Bryant, Albany State University, Albany, GA
Eager to find a niche in their professional organization, many graduate students and new professionals find themselves trying to determine a pathway to leadership through professional service and involvement. This workshop will provide graduate students and new professionals the opportunity to explore and plan leadership through service opportunities in the American Counseling Association and its divisions. This workshop will include tangible ‘take-aways’ that will facilitate service leadership planning over short and long term periods.

ACA Foundation Sponsored Session
Award Winning Words: Winners of the ACA Foundation Graduate Student Essay Contest Share Their Thoughts and Strategies for Writing
60-Minute Program
Samuel T. Gladding, Wake Forest University, Winston-Salem, NC, Anita A. Neuer, Julie Hammontree, Cyndi B. Dennemann, Donny L. Baca, Thomas J. Sherman
This program will feature the winners of the 2010 ACA Foundation Graduate Students Essay Contest. Each of the five students on the program will briefly read his/her essay followed by a discussion of the strategies used in writing and the importance of the issues about which they wrote. The audience will have an opportunity to question and comment on each presenter's words and work as well as the collective ideas brought forth on these important issues in counseling.

*AADA Day of Learning*
*Counselor Education & Supervision Academy*
**Adults Returning to Doctoral Education: Transition Strategies That Impact Family, Career and Your Personal Well Being**
60-Minute Program
*Jane E. Rheineck, Northern Illinois University, DeKalb, IL, Catherine B. Roland, Amy Zavadil, Rick Brown, Vincent Viglione*
This is an interactive workshop expressly for adults who are considering, planning, hoping, or dreaming about continuing their education in a Counselor Education doctoral program. Returning to graduate school at mid-life presents unique and unexpected challenges. We will address issues and strategies such as supporting students in life transition; family upheaval; and risks of earning a degree that includes the ability to relocate to areas never before considered, therefore impacting family and quality of life. Real life experiences of adults who returned to graduate school, leaving a successful career, will enhance our panel. There will be time for open discussion and general mentoring to occur. Previous research and experience inform this workshop.

**Applying, Surviving, and Thriving in Graduate School: Practical Tips for Master’s and Doctoral Students**
60-Minute Program
*Rebecca Earhart Michel, Old Dominion University, Norfolk, VA, Maggie E. Walsh, Eric S. Davis, Sonya S. Lorelle*
Presenters from three diverse universities will provide insight into the essential elements of graduate school, from application to diploma. In this interactive education session, participants will learn to create a successful application package for masters and doctoral counseling programs. Participants will also gain experience developing academic goals and assessing their current balance in life. Participants will learn effective time management techniques, strategies for leadership development, and tips for passing comprehensive exams. This program will inform prospective and current students on best practice techniques to utilize throughout their educational and professional journey.

**Calling all Master’s Students: Finding Your Way Post-graduation**
90-Minute Program
*Kerry Bartlett, University of Nevada Las Vegas, Las Vegas, NV, Asti Sproul, Nicole Weatherman, Ryan F. Reese, J. Seth Korn, Erik Herrmann*
Global stress on the economy has hindered graduates’ abilities to secure employment. Many anticipated jobs are not available forcing graduates to consider alternate avenues. This panel of recent graduates will support future graduates via transitional mentorship while discussing current obstacles and providing salient suggestions to these challenges.
Discussion topics will include but are not limited to pursuing professional practice vs. continuing education, passing the national counselor examination, locating supervision for obtaining licensure, fulfilling requirements for practice in several states, and finding answers to new questions when they arise. Participants are encouraged to attend to obtain resources and a sense of direction.

**Disaster Relief Kit: A Reflection of Hope for Black/African American Female Graduate Students**
30-Minute Project/Research Poster Session

_Latasha Y. Hicks, NC Department of Health and Human Services-Division of Vocational Rehabilitation Services, Mocksville, NC, Aisha Lusk, Sabrina N. Gilchrist, Asabi Dean, Tamika Oliphant_

A panel of Black female graduates of counseling programs offer insight to educators and students based on qualitative research and their personal lived experience. This presentation serves as a catalyst for ongoing relationships and conversation among Black female counseling students and will offer suggestions for educators and program administrators to enhance minority recruitment efforts. A brief review of the literature regarding African-American resiliency will be provided, however, the primary information presented will be from the lived experiences of Black female study participants.

**Counseling Ethics & Legal Issues Academy**

**Ethical and Legal Considerations for Student Remediation: Best Practices for Emerging Graduate Counseling Programs**
60-Minute Program

_Ellen N. Emerson, South University, Savannah, GA, Devin A. Byrd, Kathryn Klock-Powell, Baljinder Uppal_

Counseling programs must be mindful of ethical/legal mandates regarding faculty’s role as gatekeepers. CACREP requires developmental, systematic assessment of student progress including academic, professional, and personal development (CACREP, 2001). Since Universities have been called to court to defend their remediation policies (McAdams, Foster & Ward, 2007) clear policies and procedures are imperative. The latest research on remediation in graduate programs (i.e., policy, admissions, at-risk student identification, regular student and clinical supervisor evaluations), outcome data, and a demonstration of our current model of remediation and retention will be presented along with student feedback on the remediation process.

**The Complete Proposal: Integrating IRB Requirements Into the Research Proposal Development Process**
30-Minute Project/Research Poster Session

_Carol Doyle, Lewis & Clark College, Portland, OR_

The approval of research projects using human participants by an IRB is a federal mandate and ethical requirement of the ACA. However, too often this process is considered an add-on to a research proposal rather than a vital component of the research proposal itself. This education session provides participants in depth information regarding the basic components of an IRB application and the ways consideration and
integration of these components throughout the conceptualization of a research project may lead to the development of a stronger, more ethically sound research proposal.

Group Work

Group Work Academy
Military Counseling Academy

Group Counseling Interventions for Military Personnel With Brain Injury
60-Minute Program
Anna M. Harpster, Texas Tech University Health Sciences Center, Lubbock, TX, Leigh Green

Approximately 22% of military related injuries involve some form of brain injury. Participants will learn specific group counseling interventions that have been shown to be effective with individuals with brain injury, with a focus on military personnel. With roughly a quarter of military personnel who are injured sustaining a brain injury, effective interventions are needed to help this population rehabilitate back into the workforce. Participants will also gain a better understanding of the multidisciplinary dynamics that lead to successful rehabilitation.

ASGW Sponsored Session
Group Work Academy
Multicultural Counseling Academy

Group Work Experts Share Their Experiences With Diversity in Groups
60-Minute Program
Janice DeLucia-Waack, University at Buffalo, SUNY, Buffalo, NY, Carolyn Thomas, A. Michael Hutchins, Niloufer Merchant, F. Robert Wilson

Experts in group practice and diversity will share their experiences and discuss best practices related to diversity in groups. Psychoeducational, counseling, and therapy groups will be discussed. Experts will share their thoughts about the value of diversity in groups and how to best acknowledge and utilize diversity to facilitate group process and therapeutic factors.

ASGW Sponsored Session
Group Work Academy
Multicultural Counseling Academy

Multicultural Creative Arts: Implications for Group Work Conducive to Healing and Wellness
60-Minute Program
Bogusia J. Skudrzyk, Fairfield University, Fairfield, CT, Julieta Monteiro-Leitner, Jonathan Orr, Stephanie Eberts, Holly Mensching, Kim Hugle

The creative use of cultural symbols, expressions and rituals has been important in portraying human experiences. While the forms of creative expressions vary throughout the cultural groups, a unifying element embedded into the creative works, seems to prevail. The unifying element might be conceptualized as the search for meaning and connecting in the midst of sorrow as well as to nurture wellness. Presenters will model and invite participants to experience multicultural creative expressions that foster healing.
as well as wellness. Emphasis will be placed on understanding relational dynamic essential to creating safe and caring communities for one another. Communities that take time and make time to focus on Service Learning and Social Justice. Implications for working with children, adolescents, and adults, in school and community settings, across life span, during crisis and "ordinary" moments will be emphasized. Group dynamics conducive to wellness and healing will be addressed.

**Redefining Anger Management With Underserved Populations: A Leadership Driven Anger Management Group With Latino Youth**

30-Minute Project/Research Poster Session

*Isaac Burt, Long Island University, Brookville, NY*

Research indicates that group specialists and school counselors encounter specific difficulties when working with traditionally underserved cultural populations, such as Latino and Black youth. In order to increase the effectiveness of traditional methods, this presentation introduces a leadership driven model into school-based anger management groups. Based on social cognitive theory, this integrative design potentially reduces aggression while increasing leadership in underserved, angry youth.

**Group Work Academy**

**Military Counseling Academy**

**Spouses Supporting Spouses: A Counseling Group for Spouses of Deployed Soldiers**

60-Minute Program

*Linda C. Osterlund, Regis University, Colorado Springs, CO, Megan K. Numbers, James Ungvarsky*

Spouses of active-duty soldiers experience grief and suffering during deployment. The problems faced by spouses are becoming more prevalent due to the increasing number of deployed soldiers, and more spouses are seeking services. Preliminary research on the spouse's grief experience during deployment will be presented. The purpose, benefits, and design of a counseling group specifically for military spouses whose husbands are deployed will be introduced. Participants will learn how to structure a group so that members can share their unique experience; learn how the stages of grief apply to the cycle of deployment, and address topics relevant to their experience.

**Group Work Academy**

**Using Focal Conflict Theory To Understand and Influence Group Interaction in Psychoeducational Groups**

90-Minute Program

*Julia Champe, Southern Illinois University, Carbondale, IL, Deborah Rubel*

Focal Conflict Theory (FCT) is an effective, easy way to understand and influence group interaction. A model for conceptualizing conflict in groups, FCT helps group counselors make sense of group-as-a-whole, subgroup, and individual interactions, frames leader observations, and guides leader interventions. This interactive presentation will help participants become familiar with FCT and apply it to a variety of psychoeducational groups in diverse settings. Case examples will be used to help beginning and experienced participants identify effective and ineffective group interaction and leader intervention.
Participants will also learn to plan and evaluate interventions for psychoeducational groups with diverse compositions using FCT.

**When Young Meet Old: Using Yalom’s Therapeutic Factors Scale To Evaluate the Success of an Intergenerational Program**

30-Minute Project/Research Poster Session

*Jeffrey Penick, Central Washington University, Ellensburg, WA*

This presentation describes the development and evaluation of the Meaningful Connections Program—a service learning program to increase social interactions for older adults and introduce undergraduate students to the issues of older participants. In a growth group format, older adults utilize reminiscence to influence their sense of purpose, while students learn more about themselves in relationship to others. The program is grounded in the theories and concepts of reminiscence, Erikson’s stages of development, group counseling, and therapeutic factors involved in group work. This program evaluation assesses what therapeutic factors are operating in the groups using an abbreviated form of the Therapeutic Factors Scale (TFS: Yalom, 2005).

**Advanced**

*ASGW Sponsored Session*

**A Phenomenological Exploration of Secondary School Counselors Who Conduct Groups**

30-Minute Project/Research Poster Session, Advanced

*Chinwe U. Williams, Argosy University, Atlanta, GA*

Groups of all types can assist adolescents in making successful transitions from childhood to adulthood. Groups offer support, opportunities for new learning, and diverse models for change (Malekoff, 1997). Effectively facilitated counseling groups have been demonstrated to positively impact the academic achievement of adolescent students (Prout & DeMartino, 1986). Given the high counselor-student ratios, groups are an efficient way of addressing not only the academic performance, but also personal and social needs of secondary students (Myrick, 1997; Schectman, 2002). Yet, group work remains an underutilized intervention, particularly with secondary school counselors. This program is the culmination of a research study which captured the group work experiences of 18 culturally diverse counselors. Presenters will describe emergent themes and subthemes.

*ASGW Sponsored Session*

**Group Work and Outreach on College Campuses: Coordination and Group Plans**

30-Minute Project/Research Poster Session, Advanced

*Trey Fitch, Troy University Panama City, Panama City, FL, Jennifer Marshall, Alexandra Miller*

Participants of this poster session will learn about planning and implementing specific group counseling and outreach plans for college students. The group work/outreach outlines cover academic, career, and psychosocial domains. Coordination and assessment ideas will also be delineated. The handout will provide an outline of what type of group work/outreach can be coordinated as part of a comprehensive counseling plan for college
counselors. Group work/outreach for targeted populations of students will also be addressed. Lastly, the topic of ethical considerations for group work/outreach at colleges will be reviewed.

**Group Work in Action: Facilitating Courageous Conversations on Race, Power, and Privilege**
30-Minute Project/Research Poster Session, Advanced
*Anneliese A. Singh, The University of Georgia, Athens, GA, Carmen F. Salazar*
Facilitating courageous conversations is a promising area of exploration for group leaders who want to integrate social justice consciousness into their work. Presenters will review the literature on “courageous conversations” (sometimes called “difficult dialogues”), including how the levels of awareness and readiness of the facilitator and group members influence these conversations. Group worker skills and activities for facilitating these dialogues are highlighted. Attendees learn how to purposefully explore issues of power, privilege, microaggressions, and other salient identities (e.g., race, gender). Attendees will participate in a brief experiential activity and receive hand-outs with practical skills for a variety of settings.

**ASGW Sponsored Session**
**Group Work Academy**
**Scholar Practitioners in Action: Navigating the Intersections of Group Work Scholarship and Practice**
90-Minute Program, Advanced
*Ana Puig, University of Florida, Gainesville, FL, Don Ward, Amy Nitza, Sam Steen, Sheri Bauman, Carmen Salazar, Chris Ward*
In this panel presentation, members will share brief stories of integrating research into group work practice and how group work events guide research. The panel moderator will lead the audience and panel members in a group exercise to help explore their situated perspectives, thoughts, and feelings about experiences and approaches to group work scholarship and practice. The audience will then break into small groups led by panel members to share and discuss salient lessons, processes, critical incidents, and research experiences. A selected spokesperson will report back to the group for further discussion. Finally, panel members will provide recommendations for further study and development of effective group work research and practice.

**ASGW Sponsored Session**
**Teaching Group Leadership Effectively to Master’s Students Through a Required Two-Course Sequence**
30-Minute Project/Research Poster Session, Advanced
*Alicia M. Homrich, Rollins College, Winter Park, FL, Derrick A. Paladino, Samuel Sanabria*
Group work taught in counselor education programs requires students to complete a course of study to fulfill CACREP standards. Curriculum typically addresses all necessary aspects in one course. This poster session presents a model of teaching group work and group leadership over two required courses: Introductory and Advanced (3 credits each). This approach allows students to experience group work both as a member
and as a leader. This model more effectively and actively develops students leadership skills through practice prior to their fieldwork experience than a single course experience. Curricular content, rationale, and specific pedagogical strategies have contributed in a higher level of group leadership efficacy in students.

**Group Work Academy**

**The Personal Is Political: Using Feminist Theory as a Model of Group Process**
90-Minute Program, Advanced  
Joanne Jodry, Monmouth University, West Long Branch, NJ, Kathleen Armstrong  
This interactive experiential workshop will allow the counselor to explore the use of feminist theoretical principles within existing group process models and as a standalone theory. This advanced session will allow the counselor, who already has a basic knowledge of feminist counseling theory and group process, to apply it to group process. Egalitarian relationships will be discussed in a multicultural context with emphasis on multiple oppressions and privilege. A developing model of feminist group process will be examined and applied.

**Human Development Across the Lifespan**

**A Paradigm Shift: New Strategies of Counseling Older Persons**
90-Minute Program  
Margaret Cooney, California State University - San Bernardino, San Bernardino, CA, Cheryl J. Simpson, Robert A. Butziger, Colwick Wilson  
This program will focus on the relevance of counseling for individuals over 50 which include the baby boomer generation. Some are joking that 60 is the new 40, and others feel like has-beens in a younger world of science and technology. While many have prepared for retirement, others are in denial. They face adjustment issues with social circumstances, such as being single in a coupled world, spiritual challenges that involve forgiveness of individuals and institutions, career transitions rising out of need, recognition of new limitations, and struggles with self-esteem. Using research, professional experience, and collaboration with participants, the panel will explore issues related to longevity and wholeness of older clients.

**Chi Sigma Iota, Int’l**

**Counseling Globally: Calling on Counselors**
60-Minute Program  
Samuel T. Gladding, Wake Forest University, Winston-Salem, NC  
This program will address the interests of counselors and counselor educators who have thought about service in other countries or how counseling is practiced in other countries. Based upon firsthand experience over many years of service and travel, this program will provide participants an opportunity to gain insights into not only counseling abroad but the needs of those for whom counselor training is particularly appropriate with its strength based, wellness orientation.

**From the Refugee Camp to the United States School System: The Transition Process for Adolescent Refugees**
30-Minute Project/Research Poster Session

Betty Cardona, University of Northern Colorado, Greeley, CO, Stephen Wright, Katie E. Sammons

This poster session presents the lived experience of adolescent refugees from a public Western high school system and their teachers. We will present findings of our research study exploring the transition process of adolescents refugees. We will identify specific themes and interventions and offer implications and practical recommendations for school counselors, clinical counselors, educators, and supervisors to enhance counselors' multicultural competence and counseling practice.

Child & Adolescent Counseling Academy

Growing Up Online: An Alternative Avenue for Adolescent Self-Discovery

Kimberly Mason, University of New Orleans, New Orleans, LA

Social media can provide adolescents opportunities to experiment with their identities. Because adolescence is a period where individuals begin to explore, experiment, and define who they are, the increased popularity of social media raises questions about the possible consequences of online communication for adolescents' identity development. In this session participants will learn how often adolescents engage in Internet-based identity experiments, with what motives they engage in such experiments, which self-presentational strategies they use while experimenting with their identity, and the impact online communication has on their identity development. Strategies to help them develop a healthy on-and-offline identity will be discussed.

AMCD Sponsored Session

Multicultural Counseling Academy

Gu a Latinoamericana de Diagn stico Psiqui trico: Lo que Aprendimos en Guatemala

Edil Torres Rivera, University of Florida, Gainesville, FL, Anabella Molina

La Gu a Latinoamericana de Diagn stico Psiqui trico es un intento de optimizar el uso y la utilizaci n del Cap tulo de trastornos mentales de la 10 revisi n de la Clasificaci n Internacional de Enfermedades (CIE-10; World Health Organization [WHO], 1992a), que fue desarrollada en Guatemala, sin embargo no es muy conocida en los Estados Unidos de norte America. Esta presentaci n tiene como objetivo el introducir esta gu a y comparar y contrastarla con el DSM.

Multicultural Counseling Academy

International Immersion: Critical Factors To Create Short- and Long-Term Transformational Effects for Counselor Trainees

Sejal Mehta, University of North Carolina at Greensboro, Greensboro, NC

As the frequency of participation in international immersion experiences increases, it is imperative to document and evaluate short and long-term outcomes coupled with critical factors that lead to prolonged transformation for counselor trainee participants. The purpose of this presentation is to present findings from several qualitative interviews.
done with counselor trainees from around the United States that have participated in an international immersion experience within the last 5 years. Additionally, future guidelines presented will include recommendations for planning, entering communities, attending to group processes, collaborating, developing cultural competence and transformative learning experiences.

### Advanced

*Counselor Education & Supervision Academy*

**Challenges, Lessons, and Implications for Training Counselors in a Global Setting**

90-Minute Program, Advanced  
*Mei Tang, University of Cincinnati, Cincinnati, OH, Siu-Man Raymond Ting, Shu-Chung Chen, Robert A. Ross*

Counselors in both US and international settings are trained to learn counseling theories and strategies based predominantly on Western culture. It is uncertain whether the Western-based theories apply well to the international settings. The panel will share their extensive experiences of teaching counseling in either US or non-US settings to illustrate challenges of applying Western-based counseling concepts to international students in and outside of US. The ecological analysis of complexity of teaching and practicing Western-based counseling theories to international populations or settings will be demonstrated for participants to examine and enhance their own teaching and practicing strategies with diverse populations.

**Presidential Featured Session**

**Roundtable Discussion: The Role of ACA in Advancing a Global Mental Health Agenda**

90-Minute Program, Advanced  
*Pillay Yegan, Ohio University, Athens, OH*

Counseling is evolving as a bona fide discipline globally. Attendees, representatives from ACA divisions and international counseling leaders are invited to participate in this interactive session. The objectives are to: i) examine the collaborative role that ACA and divisions within ACA can play in developing a global mental health agenda for mental health professionals and other relevant stakeholders. ii) engage in dialogue to identify and understand the unique professional objectives of counselors globally, and the role that ACA and its divisions can play in facilitating working toward meeting those objectives. iii) constitute a core working group to with purpose of developing a white paper that highlights a 5 year strategic plan that will guide the efforts of the International Committee and other entities within ACA to advance the global mental health agenda. This session is coordinated by the ACA International Committee.

**Validity and Reliability Evidence of the Intercultural Sensitivity Scale for Turkish University Students**

30-Minute Project/Research Poster Session, Advanced  
*Nur Cayirdag, Middle East Technical University, Ankara, AE, Sedat Sen*

The aim of this study is to present the validity and reliability evidence of the Intercultural Sensitivity Scale for Turkish students based on a sample of 633 university students.
Construct validity evidence will be provided via confirmatory factor analysis. Cronbach alpha estimation will be applied in order to calculate the internal consistency of the scale. Presenters will also discuss the usefulness of this information for higher education counseling services in the US. It helps counselors to have adequate knowledge to understand the worldview and needs of these students, and develop appropriate intervention strategies accordingly. Additionally, that instrument can increase clients’ self-awareness about their own cultural sensitivity.

**LGBT Issues**

“My Clients Don’t Know I’m LGBT Friendly!??!” Helping School and Mental Health Counselors Meet the Needs of LGBT Youth

30-Minute Project/Research Poster Session

Rachel Vitale, Student- Kent State University, Kent, OH

This session will provide useful information for both school and mental health counselors by focusing on counselor accessibility, case conceptualization, and treatment planning for youth who identify as LGBT. School and mental health counselors will benefit from learning how to use a model which utilizes specific techniques that foster acceptance and openness in the counseling relationship as well as provide session participants with a concrete take-home technique to add to their repertoires.

**LGBT Academy**

School Counseling Academy

Causes and Risks Associated With Bullying in Schools Towards Sexual Minority Youth

60-Minute Program

Keba Richmond-Green, DreamGirlz Unlimited, Inc., Atlanta, GA

GLBTQI youth and children face widespread harassment and violence in America’s schools. In the wake of this widespread harassment and violence, support is growing for implementation of gay-straight alliances, safe schools programs, nondiscrimination policies, and other interventions designed to counteract and prevent anti-LGBT violence and harassment in public schools. Come learn and talk about ways to improve and implement programs and policies to help bridge the gaps in our knowledge, our schools, and our communities of GLBTQI youth.

**ALGBTIC Day of Learning**

LGBT Academy

Military Counseling Academy

Covert in Camouflage: Understanding the Counseling Needs of LGBT Active Duty and Reserve Military Personnel

60-Minute Program

Kathleen A. Brown-Rice, University of North Carolina Charlotte, Charlotte, NC, Rebecca L. Stamler

Do you understand the U.S. Department of Defense’s policy regarding military personnel and sexual orientation and gender identity? How does this policy impact your clients who are LGBT and enlisted in military service? This presentation will provide you with
knowledge regarding how the U.S. Department of Defense relates standards of military readiness and effectiveness, as well as unit cohesion, to sexual orientation and gender identity, and furthermore how this impacts your clients. Specifically, you will be provided with research-based information and effective techniques to utilize when counseling LGBT clients who are engaged in military service.

Examining Counselor Competency With Gay, Lesbian, and Bisexual Clients: Are We There Yet?
30-Minute Project/Research Poster Session
*Laura Boyd Farmer, Virginia Tech, Blacksburg, VA*
This poster session will describe the results of a research study examining the self-perceived competency of counselors working with lesbian, gay, and bisexual (LGB) clients. The presentation will focus on factors that are related to and predictive of counselor competency with the LGB population. Implications for counselor education, training, and supervision will be shared. The presenter invites attendees' feedback, discussion, and thoughts related to their own experiences with LGB counseling, counselor training, and supervision.

Identifying Predictor Variables of Internalized Homonegativity in Lesbians
30-Minute Project/Research Poster Session
*Kristin A. Smiley, Oakland University, Rochester, MI*
Internalized homonegativity [directing anti-gay messages toward the self] has been linked to myriad of mental health issues. It's one of the main barriers to the development of a positive lesbian identity, and understanding its significance is a vital first step in the treatment of lesbians living in homonegative environments. This program offers the results of research that tested the following 6 variables for their predictibility of internalized homonegativity (IH) in lesbians: generational cohort, age, age at time of coming out, number of years since coming out, gender role non-conformity, & locus of control. Data collected from 712 lesbians will be assessed & interpreted through the lens of developmental & social constructivist models.

*AADA Day of Learning*

**LGBT Academy**

**The Role of Spirituality in LGBT Communities**
60-Minute Program
*Robert Dobmeier, The College at Brockport, Brockport, NY, Summer Reiner, Kitty Fallon, Elaine Casquarelli*
The program will focus on the role of spirituality among LGBT groups. Viewing LGBT communities as a cultural entity, the interface of culture, spirituality, and religion will be addressed as a backdrop to considering salient issues for LGBT individuals seeking to discover, live, and express spiritual values. The ASERVIC Spiritual Competencies and the results of a national survey of counseling students will frame discussion on the relationship of culture and spirituality. Participants will be invited to participate in experiential exercises involving individual reflection, group discussion, and role plays that contribute to self-awareness and self-discovery as persons and as counselors.
ALGBTIC Day of Learning

The Social Construction of Gender: Influences in Transgender Relationships
60-Minute Program
Jennifer Casani, Barry University, Miami Shores, FL
The audience will be invited to reconceptualize the dialogue of transgender couples. Social construction (Gergen, 1985) and cultural mediation/internalization (Vygotsky, 1978) will define and deconstruct traditional gender narratives. Meanings of gender will be used to describe how these definitions serve to constrain relationships; for transgender couples, these constraints perpetuate oppression and marginalization of the individual and relationship by reinforcing dominant heterosexual discourses. Transgender couples’ dialogues will be presented and discussion with audience will be used to develop a dialogue counselors and couples may use to language about and advocate for new constructions of gender in transgender relationships.

You’re Gay and It’s Ok: An LGBT Adolescent Focus Group Speaks to Homonegativity and Living in a Heterosexually Biased Society
30-Minute Project/Research Poster Session
Silvia Avila, Northwestern University, Evanston, IL, Beth Irwin
Presenters created a focus group of self-identified LGBT adolescents to compare past research findings using adult samples with present-day youth. Focus-group participants spoke to illuminate issues of the LGBT community such as identity, school, and family experiences. Their responses address problems of experiencing homonegativity in a heterosexual-biased society including internalizing negative values, attitudes, and beliefs. They compare 'coming out' stories and highlight various social reactions. Information is provided on how LGBT adolescents experience counseling in an urban, LGBT-focused, community mental health setting. This information is valuable to counselors working with LGBT adolescents to build stronger therapeutic alliances.

Advanced

ALGBTIC Day of Learning
LGBT Academy
Counseling LGBTQ Clients: Techniques, Homework, and Activities for Working With Adults
90-Minute Program, Advanced
Megan M. Mahon, Heidelberg University, Tiffin, OH, Tara Hill, Amber Lange
Counseling sexual and gender minorities can be challenging for a counselor with limited knowledge on the unique issues and needs that these clients present with. This advanced presentation will provide counselors with specific techniques for working with Lesbian, Gay, Bisexual, Transgendered and Questioning clients. The focus will be on Affirmative Counseling and how it can help facilitate the LGBTQ client’s expression of feelings, personal decision- making, and true acceptance.
Counseling Skills and Issues in Gay Straight Alliance Advisement and LGBTQ Youth
60-Minute Program, Advanced
Margaret Jones Farrelly, Seton Hall University, South Orange, NJ, Ramon Robles-Fernandez
Theory and research informs Gay Straight Alliance (GSA) effectiveness and advisement in high school settings, however little is written about the possibilities of mental health issues and the potential role of GSA advisor’s to screen for severe mental health issues among LGBTQ teens. This interactive presentation will explore the audience’s current understanding and knowledge, then proceed to review with the extant relevant literature, in conjunction with counseling theory, research, and skills, be applied both theoretically and practically, to promote the potential for effective counseling skills, mental health screening, and appropriate referral for LGBTQ student by their GSA advisor.

Couples & Family Counseling Academy
LGBT Academy
Daddy and Papa: Evidence-based Strategies for Counseling and Supporting Same-Sex Oriented Fathers
60-Minute Program, Advanced
Jason L. Patton, Walden University, Minneapolis, MN
This highly interactive presentation will explore the “essence” of same-sex oriented fathers’ experiences based on the presenter’s research. Evidence-based clinical implications will be explored, with focus given to supporting resilience in these families. The presentation will also facilitate group discussions about how to meet the needs of these men. Two new concepts, the Marginalization Paradox and the Normality/Advocacy Paradox, will be examined. Audience members will be invited to conceptualize counseling objectives given this information. Best-practices to support resiliency in these fathers will be delineated. Finally, a path for future research, advocacy, and counselor training will be outlined.

ALGBTIC Day of Learning
LGBT Academy
School Counseling Academy
Developing Safer School Environments for LGBTQ Youth—Research to Practice: The Critical Role of Counselors
90-Minute Program, Advanced
This is a research-based session focusing on the practice and advocacy implications of developing safer schools for LGBTQQ youth. The presenters will describe ongoing research exploring LGBTQQ bullying and violence prevention, as well as how the K-12 LGBTQQ student population is currently integrated in the preparation and practice of professional school counseling, school counselor education, and mental health counseling. Presenters will discuss how professional counselor/counselor educators can use these findings to construct bullying and violence prevention programs. Attendees will
receive materials to help translate research findings into practical take-away strategies they may immediately implement in their settings.

*LGBT Academy*

**North vs. South: Understanding Regional and Cultural Differences in Sexual Risk-taking Behavior Among Gay Men**

90-Minute Program, Advanced  
*Leslie Kooyman, Montclair State University, Montclair, NJ*

This interactive presentation will present surprising research findings from two large-scale studies that examined sexual risk-taking behavior and relationships of gay men from two regionally different areas of the country. One study was conducted in the Southeast (n=576) and the other in the New York metro area (n=542). Factors influencing sexual behavior of gay men will be presented with a comparison analysis of cultural differences in the two regions. Implications and strategies for counseling gay and bisexual men will be discussed. Racial, ethnic, and age differences will also be addressed.

**Reconciling Disparate Identities: A Qualitative Study With Women in the LDS Church Experience Same-Sex Attractions**

30-Minute Project/Research Poster Session, Advanced  
*Cindy L. Anderton, Milwaukee County - Behavioral Health Services, Milwaukee, WI*

Participants who attend this presentation will receive information regarding: current state of sexuality/spirituality conflict research, methods and purpose of study, in-depth information regarding the struggles study participants encountered while having same-sex attractions within a religious culture that was not accepting of a non-heterosexual sexual orientation, relevant ACA ethical standards. Participants will read and hear excerpts from actual interviews that were conducted with the women in this study. Participants will gain a more thorough understanding of how this study's findings are relevant in their own counseling practice when working with sexual minorities presenting with sexuality/spirituality conflict.

*ALGBTIC Day of Learning*

*LGBT Academy*

**Sexual Orientation Change Efforts: History, Harm, and Heterosexism**

60-Minute Program, Advanced  
*Jeff S. Lutes, Jeff Lutes Counseling & Consulting, LLC, Austin, TX*

Despite the affirmative position of most mental health professionals toward lesbian, gay, bisexual, and transgender (LGBT) persons, Sexual Orientation Change Efforts (SOCE) continue to proliferate. This presentation will review SOCE, often referred to as faith-based “ex-gay” ministries, reorientation therapy, conversion therapy, or reparative therapy. The presenter will discuss how SOCE are rooted in the larger problem of heterosexism - - the widespread social and religious assumption that heterosexuality is superior and preferable to homosexuality - - and can lead to discrimination, rejection, and self-hatred among LGBT people. The importance of dual roles as counselor and social justice advocate will be underscored.
The Broken Bond: Victim Experiences and Clinical Interventions for Domestic Violence in Gay Couples
90-Minute Program, Advanced
Greg Ammon, Beloit Health Systems, Beloit Memorial Hospital, Beloit, WI, Ryan Hancock, Michael Kocet
Participants will explore the issue of domestic violence within the gay male population, where legal, community and mental health intervention and care are needed. This population can face struggles with possible biases from law enforcement, medical caregivers, mental health professionals, shelter workers and family/support persons. Research on the topic of perception and intervention/lack of intervention on the gay victim population will be shared. A discussion of abuse definitions in conjunction with relevant domestic violence cycles will be explored, linking with the understanding of unique needs and specialized interventions for counseling as well as community advocacy.

Military Issues

Ambiguous Loss and Deployment: Assisting Military Veterans Through Application of Van Deurzen’s Four Worlds Model
30-Minute Project/Research Poster Session
Michael A. Keim, Harnett Central High School, Angier, NC, C. Nikki Vasilas
As military personnel return from deployments, many are seeking mental health assistance. Therefore, counselors must have an understanding of veterans’ experiences in order to serve the therapeutic needs of these individuals. Veterans’ continuing, unresolved issues related to deployment may be understood in terms of ambiguous loss, that is, experiences of loss or separation which defy closure. Van Deurzen’s Four Worlds Model provides not only a holistic, existential approach to address the physical, social, personal, and spiritual needs of these clients but also an appropriate framework for mental health service provision.

Couples & Family Counseling Academy

Military Counseling Academy

Building Resiliency and Preventing Suicide in Military Members and Families: What Civilian Counselors Need To Know
60-Minute Program
Mary L. Bartlett, Magnolia Creek Treatment Center for Eating Disorders, Chelsea, AL, Jeffrey Rose, Reginald Barnes
This presentation will equip mental health service providers with models and techniques for understanding military clients and their family members who present with suicidal ideation. The needs of members of the National Guard, who are present in nearly all civilian communities, and the unique challenges they present for civilian counselors will be discussed. Military members increasingly face challenges related to high suicide rates, stress management, issues related to service in the deployed arena, and successfully reintegrating with the family system and civilian society upon return. Understanding what
the National Guard is presently doing to assist military members will better equip the
civilian counselor who interfaces with them.

*LCA Sponsored Session  
Child & Adolescent Counseling Academy  
Military Counseling Academy  
Help! My Dad Has PTSD! (PTSD as Seen Through the Eyes of a Military Child)  
60-Minute Program  
Cindy Escandell, Louisiana National Guard, Pineville, LA  
Help! My Dad Has PTSD! addresses the invisible battle wound of PTSD through the eyes of a military child. Effective treatment strategies have been developed for PTSD in adults. However, kids may also be severely affected when a parent develops PTSD after deployment. This briefing will help mental health practitioners become familiar with military culture and see PTSD through the eyes of a military child and not simply through the DSM-IV-TR.

*Military Counseling Academy  
It’s Not All Guns and PTSD: Military Culture and the Need for Therapeutic Connections  
60-Minute Program  
Soldier. Afghanistan. Suicide. PTSD. These words are capable of evoking thoughts, emotions, and even stereotypes. Knowing this, many returning Veterans feel misunderstood and hesitant to "open up" to people about their experiences. This session will offer specific suggestions for establishing rapport and avoiding therapeutic pitfalls. Information provided is from insider perspectives of the presenters and a panel of today's Veterans. Troops will discuss what they really need from the mental health community and one presenter will share the challenges of counseling in a combat zone. Program attendees will examine actual shrapnel from one Soldier's fight for his life and receive a "Translation Guide" to military slang and acronyms.

*Child & Adolescent Counseling Academy  
Military Counseling Academy  
Kids Serve Too: An Overview and Evaluation of a Therapeutic Intervention for Children of Deployed and Injured Troops  
60-Minute Program  
Christine A. Ward, Old Dominion University, Norfolk, VA, Melissa Alvarado  
Having a parent sent to war can be one of the most stressful and traumatic experiences a child can face. Emotional and behavioral issues faced by children of deployed troops are widely documented, and include separation anxiety, aggression, sleep and attention difficulties, and depression. Learn about Camp C.O.P.E., a therapeutic intervention designed to help children and families of deployed, injured, and fallen troops cope with the stress and trauma faced when a loved one goes to war. Findings from an evaluation of Camp C.O.P.E.’s effect on family functioning and child/adolescent behavioral and emotional adjustment will be presented. Specific resources and interventions for working with military families will also be provided.
**ACEG Sponsored Session**

**Left Behind: The Experiences of Army Wives During Deployment**
30-Minute Project/Research Poster Session

*Jennifer L. Sztalkoper, Leisure Lifestyles, Columbus, GA*

This presentation will examine on-going research that focuses on the deployment experiences of Army wives. The primary focus of the research is on the coping strategies and support networks used by wives and the emotions felt during a deployment to Afghanistan. The research is qualitative in nature and uses a phenomenological approach to convey the experiences of Army wives. Transition theory is used to explain the development and importance of coping strategies and support networks during the spousal deployment.

**Military Counseling Academy**

**Military Families: The New Face of Counseling**
60-Minute Program

*Ljubica Malinajdovska, Argosy University, Atlanta, GA, Michelle D. Mitchell, J. Fidel Turner, Jr., Suneetha B. Manyam, Rhonda F. Jeter*

There is an increased need for the provision of counseling services for military personnel and their families. There is limited information about therapeutic practices and academic programs designed specifically for military families. The presenters will provide the audience with an overview of the complex mental health issues faced by soldiers, veterans, and their families. The presenters will apply the fundamental tenets of Bronfenbrenner's (1977) Ecological Model to the current literature about military families and provide participants with strategies for treatment. Presenters will explore the components needed for counseling curriculum that specifically address the needs of military personnel and their families.

**Military Family Transition: Transition Back to Civilian Family Life**
30-Minute Project/Research Poster Session

*Lagena A. Bradley, Mississippi Department of Rehabilitation Services, Meridian, MS, Latrecia Johnson*

This presentation will provide information for counseling professionals, and military personnel in order to assist them helping military families' transition back into the civilian family life. This presentation will discuss current approaches to assisting these families and resources that are currently available to them.

**Not Just Weekend Warriors: Counseling Army Reserve Soldiers and Their Families**
30-Minute Project/Research Poster Session

*Lisa Yanity, USAR, Atlanta, GA, Laura Reed Goodson*

Mobilized Reserve soldiers and their families in our communities are dealing with back-to-back extended deployment and combat stress. This session will introduce counselors to the challenges facing the Reserve Component and their families, and provide resources to assist in overcoming those situations. A Reserve veteran will share her 'boots on the ground' experience from working combat stress patrol in Afghanistan and helping families through the stages of readjustment and cycles of deployment.
Military Counseling Academy

**Peer Counseling in the Military**
60-Minute Program

*Richard Long, Columbus State University, Columbus, GA, Tammie Crews, Clifford Trott*

Because of the limitations of its mental health treatment plan for soldiers the military understands the need for civilian help. Statistics show that the numbers are worrisomely high in the following areas: suicide, soldier-on-soldier killings, mental health hospitalizations and the increase use of psychotropic medication. This program will provide counselor educators with an overview of military culture, an example of a peer counseling training program, a chance to outline a program of their own, and explore ways to tap into counseling in the military. An example of a peer counseling training will be provided for each attendee and handouts designed to reinforce session objectives.

Military Counseling Academy

**Professional Counseling With Military Members and Their Families: Challenges, Potential Obstacles and Successes**
60-Minute Program

*Neil Duchac, Capella University, Perrysburg, OH, Catherine Stower*

More than two million troops have been deployed since 2001, yet many counselors are still struggling with the knowledge and skills necessary to work with military members and their families. Counselor educators may be grappling with supervision and training ideas for graduate students entering their fieldwork and counselors throughout the country working with military and their families while seeking licensure have expressed concerns regarding the limited number of approved supervisors with necessary skills and knowledge. Developing an understanding of the diverse military culture, understanding the cycles of deployment, knowing where to find current resources, and utilizing best practices are considered as a priority for these presenters.

Child & Adolescent Counseling Academy

**Understanding and Responding to Children and Adolescents of Deployed, Injured, and Fallen Soldiers**
60-Minute Program

*Melissa Alvarado, University of Texas at Brownsville, Brownsville, TX, Christine Ward*

Since the terrorist attacks on September 11, 2001, Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) have been major operations that have involved millions of United States soldiers. The effects of such deployments on families and children have been a vital concern as tours multiply and become indefinite. This presentation will provide an overview of the effects of such experiences, the unique dynamics of military families, and demonstrate specific therapeutic techniques that can be employed when working with this population.

We Need You: Helping Civilian Counselors Connect With the Unique Culture of Military Families
30-Minute Project/Research Poster Session
This presentation is designed to empower and equip civilian counselors to work with the unique culture of military families. The presenters will discuss specific pressing issues that are unique to military families and the challenges that are inherent with deployment of a spouse/parent, such as intermittent single parenting, children’s emotional and behavioral reactions to a deployed parent’s absence, and the challenges faced by returning service members and their families associated with the reunion process. This presentation features a service member and spouse to discuss their personal experiences. Theoretical and best practices will be discussed, followed by a question-and-answer forum with our featured military guests.

Military Counseling Academy

Working With Female Veterans
60-Minute Program

Larry Ashley, University of Nevada, Las Vegas, Las Vegas, NV, Meghan Pierce

According to the United States Department of Veteran Affairs (2009), the population of woman veterans has reached a staggering 1,824,198. As the war progresses, this number will rise exponentially. Research has found that women have a higher vulnerability to developing PTSD when compared to men. This presentation discusses the affects of combat on female veterans and implications for gender specific treatment.

Advanced

A Call to Service: School Counselors Assisting Young Children Through Combat-Related Parental Deployment
30-Minute Project/Research Poster Session, Advanced

Angie Waliski, VA - Mental Illness Research and Clinical Center, North Little Rock, AR

Operation Iraqi Freedom and Operation Enduring Freedom has been a test of strength for numerous military service persons and their families. Many families have faced multiple deployments that have included stressful transitions during each reintegration. This presentation describes current research and progress toward the development and implementation of a school based prevention intervention for young children experiencing combat related parental deployment.

Military Counseling Academy

Bridging the Ocean: A Children and Family Perspective on Combat-Related PTSD and the Journey Toward Healing
90-Minute Program, Advanced

Sarah A. Sevedge, Gonzaga University, Spokane, WA

This presentation will provide a children and family perspective on healing from combat-related PTSD. The heart of this presentation will be a holistic model that relies on a spiritual foundation that assists clients in traveling this journey of healing as a family. This model incorporates Native American wisdom and healing techniques. It is a multimedia presentation incorporating power point and video footage. Attendees will
work through vignettes that make the model come alive so as to be applicable in practice following the conference.

**Combat-Related Mild Head Trauma: Implications for Military Personnel and Their Families**
30-Minute Project/Research Poster Session, Advanced

*Shannon Ray, Nova Southeastern University, Fort Lauderdale, FL, Tara Jungersen*

Combat veterans recovering from mild head trauma experience psychological symptoms that impact them and their loved ones. The presenters will address the psychological sequelae of combat related mild head trauma for military personnel and their families. Special focus on the holistic treatment needs of this population will be presented along with empirically supported psychoeducational information.

**Creative Strategies for Working With Children of Military Service Members Throughout the Stages of Deployment**
30-Minute Project/Research Poster Session, Advanced

*Cheryl McCloud, University of Central Florida, Orlando, FL*

Children are profoundly affected by a parent’s deployment. This interactive workshop will introduce attendees to creative strategies for use when working with children of military service members throughout the stages of deployment, and to ensure that children are dealing with deployment in a healthy way. These strategies are designed to promote children's resiliency and social and emotional health and to help children and teens avoid unhealthy behaviors during transition times.

**ACEG Sponsored Session**
**Trauma/Disaster Mental Health Academy**
**Military Counseling Academy**

**Diagnosing and Treating Trauma in Military Families**
90-Minute Program, Advanced

*David L. Fenell, University of Colorado at Colorado Springs, Colorado Springs, CO, Joseph Wehrman, Julaine Field, Rhonda Williams*

This program is designed specifically to prepare professional counselors to understand trauma experienced by combat veterans and their families and to competently diagnose their presenting concerns. This program will provide information about the multiple causes of trauma experienced by military personnel and their families; and to develop a framework for applying appropriate diagnoses to combat veterans and in as appropriate with family members. We will present effective treatment strategies for these diagnoses and discuss the contextual and ethical implication of the diagnoses assigned.

**Couples & Family Counseling Academy**
**Military Counseling Academy**

**Exploring the Unique Challenges Facing Military Couples**
90-Minute Program, Advanced

*Lynn K. Hall, University of Phoenix, Tucson, AZ, Bret A. Moore*

This workshop will explore the unique challenges of couples living in the military. We will briefly consider military demographics including rates of marriage, divorce and
stepfamilies and then focus on the specific concerns of the couple as they attempt to build, strengthen, and/or repair their relationship within the military culture. We will consider complex issues such as deployments, frequent moves and isolation from families. Military parenting issues and the world of military spouses as they attempt to maintain their personal integrity, keep their families together, and develop fulfilling social and work lives, will be explored. Participants will have a chance to consider a case presentation in a small group format.

ACEG Sponsored Session
Military Counseling Academy
From Diagnosis to Treatment: Helping the Soldier With PTSD or TBI Find and Access the VA Help They Require
60-Minute Program, Advanced
Lynna Morton Meadows, Comprehensive Counseling Associates, LLC, Huntsville, AL
The soldier returning from deployment faces many adjustments, but many find they cannot successfully adjust to the life to which they return. They may have Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI). They may have been diagnosed during their returning military mental health assessment (PHDRA). They may not be diagnosed until they see you, the counselor. Where do you go from there? This session will give an overview of how to diagnose and segway the soldier to the help he needs and is guaranteed by the Veterans Administration (VA).

Couples & Family Counseling Academy
Military Counseling Academy
Military Families and Wartime Stress: Implications for Counseling
90-Minute Program, Advanced
JoLynne Reynolds, Regis University, Denver, CO, Linda Osterlund, Andrea Hill, James Ungvarsky
This presentation provides participants with current research and information on the challenges faced by today's military families during wartime. The panel of presenters, counselors and marriage and family therapists, include those that have either served in the military and were deployed to war zones, or have had personal experience within a military family as a spouse or child of a veteran. Specific challenges faced by each family member will be discussed as well as the variables that increase resiliency of the individual family members and the family as a whole. The workshop will include didactic and discussion components.

Couples & Family Counseling Academy
Military Counseling Academy
Understanding the Nature of Attachment for the Children of Returning U.S. Military Veterans
90-Minute Program, Advanced
Daniel Williamson, Lindsey Wilson College, Columbia, KY, Jennifer Williamson, Richard E. Watts
Military veterans returning from extended absences are faced with many challenges especially within their immediate families including reconnecting with children and
reintegration and role identification within the family. Bowlby and Ainsworth suggested that during a child's development, a hierarchical structure of attachment based upon security and emotional support determines where individuals fall in that hierarchy. This education session focuses on identifying elements associated with attachment relationships and potential issues for returning veteran parents. Attendees will learn about changes in the Reactive Attachment Disorder diagnostic criteria as identified in the DSM V and acquire skills appropriate for helping veterans.

Couples & Family Counseling Academy
Military Counseling Academy
When Warriors Come Home: Using a Culturally Sensitive Family Systems Approach to Counseling Veterans and Their Families
90-Minute Program, Advanced
Judith R. Warchal, Alvernia University and The Center for Mental Health, Reading, PA, Paul L. West, Louise B. Graham, Steven B. Gerke, Aaron J. Warchal
Veterans and their families face significant challenges when transitioning to civilian life. Civilian counselors, often unfamiliar with military culture and the emotional aftermath of war, are being called upon to provide counseling to veterans and their families. This session explores the complexity of counseling veterans and their families using a multicultural systems approach. Specifically, the systemic issues of triangulation, homeostasis, scapegoating, communication patterns, family and marital rules, and boundary violations in the treatment of PTSD, career disruption, marital discord, loss and grief, and substance abuse will be addressed with sensitivity to the military culture.

Multicultural Issues

“Hable Con Mi Hijo” (Speak With My Son): Experiences of Parents Whose Children Translate for Them
30-Minute Project/Research Poster Session
Vivina C. Elgueta, Center for Family and Child Enrichment, Miramar, FL
This qualitative study examines parents’ experiences of having their children translate for them. Results of this study illustrated the challenges parents experience in rearing a child who speaks a different language than their own. This study informs the field by illustrating the impact language brokering has on the family dynamics of immigrant families.

Multicultural Counseling Academy
Counseling Ethics & Legal Issues Academy
HACIA EL DESARROLLO DE UN C DIGO DE TICA EN GUATEMALA:
Implicaciones culturales, profesionales y de adiestramiento
60-Minute Program
Roberto Clemente, Roosevelt University, Schaumburg, IL, Maria del Pilar Grazioso, Regina Fanjul, Astrid Rios, Melissa Lemus, na Alicia Cobar, Vania Morales, Mónica de Dios
En Guatemala, la profesión de la consejería se abre brechas a raíz de sus nuevos graduandos. Los presentadores expondrán en torno al proceso de traducción del código de ética de la ACA al español, la importancia de la cultura y su contexto, y como el lenguaje se presta a la interpretación relativista de la conducta. Este proyecto sirve de guía a miembros de la ACA de diversos países que se encuentran ante la misma disyuntiva.

*Multicultural Counseling Academy*

**Abriendo Puertas: Issues and Considerations in Counseling Spanish-speaking Clients**
90-Minute Program

*Hannah Barnhill Bayne, Old Dominion University, Norfolk, VA, Nial Quinlan*

Spanish-speaking individuals make up an increasing segment of the U.S. population, yet face many barriers in their access to effective counseling (Anez et al., 2008). Clinical issues can be a complex blend of cultural, lingual, psychological, and legal concerns. To ensure effective treatment, counselors must understand how these many concerns interact. This session will prepare counselors to respond to the needs of this population by presenting information on Spanish-speaking cultures, cultural transitions, issues of language, immigration and visa concerns, the need for advocacy on multiple levels, treatment options best suited for therapy, and opportunities for outreach and client retention.

*Multicultural Counseling Academy*

**Allies Walking on White Bison’s Red Road to Wellbriety: Developing Culturally Informed Treatments for Native Americans**
90-Minute Program

*Susan Owre Gelberg, Oregon State Hospital, Salem, OR, Mathew Ata’lunti’ski Poteet*

This program will focus on Native American mental health issues. One treatment program, which is viewed as a tribal best practice for Native American clients, will be discussed by White Bison-certified co-presenters, one who is Oglala-Lakota/Chicamauga Cherokee/Takelma, and one who is a member of the dominant culture. They will discuss professional developmental issues associated with the proposal, planning, and co-leading of this program, which seeks to promote wellness, integrate traditional culture into mental health treatment, and address intergenerational trauma, PTSD, domestic violence, human development, and substance abuse issues. Traditional ceremonies, videos, discussion, networking, and resource lists will be provided.

*LCA Sponsored Session*

*Multicultural Counseling Academy*

**Be an Effective Multicultural Counselor**
60-Minute Program

*Ernie Cowger, Louisiana Tech University, Bosser City, LA, Ida Chauvin, Mark Miller, Michele Faith*

Being effective as a multicultural counselor is essential in today's society. We will guide you in developing our skills to deal with a variety of people and situations. We will explore our value orientations, allowing for general characteristics and individual
differences, personal identity development, acknowledging individual, group, and universal identity levels, being self-aware, understanding the worldview of others, developing appropriate interventions, cultivating alternative helping roles, cultural perceptions of the family, acceptance of sexual minorities, biases toward elderly clients, and other practical considerations.

**Group Work Academy**  
**Multicultural Counseling Academy**

**Blinded by the White: Teaching Whiteness and White Racial Identity Development Through Group Activities**  
90-Minute Program  
*Tina R. Paone, Monmouth University, West Long Branch, NJ, Krista M. Malott*

Addressing Whiteness and related issues of power, privilege, racism, and antiracist advocacy can be complex, difficult and dynamic! This interactive workshop, meant for persons of any race or ethnicity, provides an overview of a unique Whiteness group course designed and instructed by the presenters, with an opportunity for audience members in also exchanging experiences and opinions regarding what it means to be White in this society. Workshop participants will gain a better understanding of themselves as well as respectful and effective ways to work with clients of color. They will also gain knowledge and skills related to creative instruction of the topics of Whiteness and antiracist advocacy.

**AMCD Sponsored Session**  
**Children, War, and Trauma**  
30-Minute Project/Research Poster Session  
*Angela Calderon, University of Florida, Gainesville, FL*

Worldwide, there are 37 ongoing wars in which children are the primary victims. Children become targets as well as instruments of war. "Children are killed or maimed, made orphans, abducted, deprived of education and health care, and left with deep emotional scars and trauma. They are recruited and used as child soldiers...Uprooted from their homes, displaced children become very vulnerable (UN, Office of the Special Representative of the Secretary General for Children and the Armed Conflict, n.d.). Recently, counselors have been increasingly engaged in action for social justice as a necessary component of multiculturalism (Vera & Speight, 2003). Events such as man-made or natural disasters worldwide demand the need for counselors to be involved and promote social justice and human rights.

**Multicultural Counseling Academy**  
**Community Outreach With Spanish-speaking Parents: A Critical Link for Student Success**  
60-Minute Program  
*Alma G. Leal, The University of Texas at Brownsville, Brownsville, TX, Leticia Marisol DeHoyos, Ayaciuin Madrigal*

Hispanic youth lag behind White Non-Hispanic youth in graduation rates and college attendance. Policymakers have implemented initiatives to address this issue, but they often overlook a critical link--parents. Hispanic parents are often viewed as negligent in
promoting academic achievement, when in fact, schools may present barriers to parental involvement. A powerful approach for reaching parents is through community outreach where parents feel safe and connected to other parents. The presenters conducted parenting workshops at a church whose congregation is predominantly Hispanic. The workshops, which were conducted in Spanish, were rated highly. They will share their model for conducting parenting workshops for Spanish-speaking parents.

Counselor Preferences of White University Students: Ethnicity and Other Characteristics
30-Minute Project/Research Poster Session
Yi-Ying Lin, University of Tennessee at Knoxville, Knoxville, TN, Annie T. Chen, Joel F. Diambra
This presentation reviews a recent multicultural study concerning the counselor preferences of the ethnic majority, or in this case, White clients. Presenters will discuss significant findings on the preferred counselor characteristics, ethnicity, and counseling style of White university students and explore implications for counseling practice and counselor education. Attendees will be encouraged to participate by taking a sample of the study survey, sharing their own perspectives and respond to posed questions.

Cross-Cultural Differences in Women’s Body Image
30-Minute Project/Research Poster Session
Ioana Boie, University of Texas at San Antonio, San Antonio, TX, Anna Lopez
Women are frequently influenced by current Western society’s expectations of physical appearance. In addition to these Western expectations, women of different ethnic backgrounds are impacted by the intersection of identities, and by the multitude of internal and external messages from the cultures to which they belong. The purpose of this presentation is to provide an overview of cultural differences in body image of women from different ethnicities. Implications for counseling and research will be discussed.

Depression in African American Adolescents: Community, Family, and Individual Influences and Intervention
30-Minute Project/Research Poster Session
John L. Rausch, John Carroll University, University Heights, OH, Katrice D. Cain
There is limited research on the risk factors and potential interventions for depression among African American adolescents, especially those in low-income urban settings. An ecological model will be presented to examine community, school, SES, family, and individual influences on depression. Individual factors such as self-esteem and racial identity will be discussed. IPT-A will be presented as a potential intervention in both community and school settings. Services that may be provided from a community perspective will be discussed such as a school, church, or community center that may help provide a base of support for psychological, social, economic, and family services. Case studies will provide scenarios for discussion.

AMCD Sponsored Session
Multicultural Counseling Academy
From Crisis Counseling to Decolonization: Still Mental Health Counseling
60-Minute Program
Edil Torres Rivera, University of Florida, Gainesville, FL, Whitney A. Hendricks, Kevin Tate

Martin Baro's liberation psychology was influenced by a number of factors from the ideas of Karl Marx about economic dependency to Foucault philosophy of freedom, however in the United States the ideas and principles behind liberation psychology still largely unknown to the mental health professional community. This presentation will reintroduce the principles of liberation psychology and its application to trauma, group work, supervision, and decolonization.

AMCD Sponsored Session
Couples & Family Counseling Academy
Multicultural Counseling Academy
Global Latino Families: Connecting our Familia Throughout the Americas
90-Minute Program
Diane Estrada, University of Colorado at Denver, Denver, CO, Adelaida Santana Pellicier, Miguel Arciniega, Maria Cooper Gallardo

This presentation seeks to create a space for dialogue in order to address some of the natural and political challenges faced by Latino communities in the US and throughout Latin America. This proposal seeks to bring together Latino representatives from various countries and communities throughout the Americas. The dialogue would focus on Latino mental health needs in their various contexts from regional (e.g., Mexican Americans in the West U.S.) to national (e.g., Mexican families in Mexico). A completed needs assessment would lead to the development of action groups that would focus on identifying and creating counseling strategies to aid individuals and families in counseling and provide ideas for social advocacy support.

AMCD Sponsored Session
Integrating Spiritual Competencies Into Multicultural Counseling: A Mixed Methods Course Evaluation Study
30-Minute Project/Research Poster Session
Adrienne Baggs, University of Florida, Gainesville, FL, Cheryl Pence Wolf, Ana Puig

With 80% of Americans valuing religion and more than 90% having strong religious beliefs and convictions, surveys report that religion and spirituality will play an increasingly important role of our national life (Gallup & Lindsay, 1999). Beyond religion, spirituality also incorporates a more holistic integration of the search for meaning, wholeness, and purpose (Love, 2002). Thus, authors in the field of mental health contend there is a critical need to incorporate spirituality and religion into counseling (Burke et al., 1999; Fukuyama & Sevig, 1999; Hage et al., 2006; Myers & Willard, 2003; Puig & Fukuyama, 2008). More specifically, Puig and Fukuyama (2008) encourage addressing spiritual and religious issues in counseling through a critical multicultural diversity lens (p.34). The overall objective of this mixed-method study was to evaluate a course that addresses the integration of spirituality into multicultural counseling and explore the outcomes of such an experience for student participants. Researchers gathered quantitative and qualitative data to explore whether a course...
entitled Spiritual Issues in Multicultural Counseling: (1) shifted students attitudes, beliefs and practices regarding the integration of spirituality into multicultural counseling; (2) increased students level of comfort in assessing for and addressing spirituality in multicultural counseling; and, (3) increased students competencies in assessing for and integrating spiritual issues in multicultural counseling. Overall, students reported increased familiarity with spiritual competencies and comfort in attending to these issues in counseling practice with diverse client populations. Detailed outline of salient findings will be provided.

AMCD Sponsored Session
Investigating Low-income African American Parents Positioning Their Daughters as Mathematics and Science Learners
30-Minute Project/Research Poster Session
Cirecie West-Olatunji, University of Florida, Gainesville, FL, Kenyica Byrd, Dadria Dadria Lewis, Rose Pringle, Thomasenia Adams
Low-income African American girls continue to underachieve in mathematics and science. Literature has suggested social positioning and gender issues are influential in their impact on African American girls' achievement as they transition from elementary to middle school. In particular, parent involvement research suggests that parents can significantly impact children's achievement. Positionality theory was used as a lens to focus on awareness of socio-political issues, agency, and a holistic framework for the investigation. In this study, the researchers analyzed three years of qualitative data from low-income African American parents to explore how they position their daughters as mathematics and science learners.

Narrative Approaches to Externalization of Problems: Beyond the Oppression/Liberation Metaphor
30-Minute Project/Research Poster Session
Rudy Buckman, Southern Arkansas University, Magnolia, AR
Narrative therapy has provided counselors a unique approach to working with problems: externalization. Externalization describes problems as being external characters who oppress clients and therapy as process in which clients fight against being oppressed by problems. Although externalization has been successfully applied to numerous types of problems, the oppression/liberation metaphor inherently restricts counselors to a patriarchic and culturally bound view of problem-solving as having power over problems. This presentation will address limitations of the oppression/liberation metaphor by exploring metaphors that are sensitive to and resonant with the client’s preferred descriptions and culture.

Racial Identity of Minority Adolescents: A Review of Empirical Research
30-Minute Project/Research Poster Session
Kun Wang, University of Texas Medical Branch, Tennessee Colony, TX
This presentation provides a review of empirical research on racial identity of minority adolescents. It summarizes the most commonly used definitions of racial identity, the characteristics of participants, instruments used to measure racial identity, variables examined, and research outcomes. This presentation will expand the audience's
knowledge and understanding of the unique experiences of minority adolescents' racial identity development.

Career Development/Employment Counseling Academy
Multicultural Counseling Academy
Recruiting and Retaining Black Students in Science, Technology, Engineering, and Math: The Essential Role of School Counselors
60-Minute Program
Malik S. Henfield, The University of Iowa, Iowa City, IA
It is important for educators to understand the tremendous opportunities that are available for students who are willing to put in the necessary work to be successful in science, technology, engineering, and math (STEM) courses. Unfortunately, Black students are strikingly underrepresented among those graduating with STEM degrees. Research, though, has found that increasing Black students' preparedness in K-12 settings may impact the successful recruitment and retention of these students in STEM majors once they enter college. This presentation will explore the underrepresentation of Black students in STEM careers how school counselors, more than any other school professional, can play a vital role in reversing this unfortunate trend.

Strategies and Interventions for Working With English Language Learners
30-Minute Project/Research Poster Session
Jennifer Jordan, Winthrop University, Rock Hill, SC, Erica Lariece Bryant, Loredana Pampinella, Ama Owusuua
This program is devised to help you understand firsthand what it feels like to be an English Language learner in our schools today and how to work effectively with this population. We will start the presentation with an experiential exercise, followed by a panel discussion by several ELL's now training to become counselors and working with other ELL's. We will discuss the acculturation process and how it impacts the child in a school setting and provide the appropriate interventions as well as prevention strategies when working with ELL's.

Multicultural Counseling Academy
Suicide and Cross-Cultural Clients: Considerations, Issues, and Counselor Competencies
60-Minute Program
William R. Sterner, Marymount, Arlington, VA, Laura Schmuldt, Tina Livingston, Jenna Van Slyke
Suicide continues to be a leading cause of death in the United States. Suicidality crosses all socioeconomic and racial demographic groups, however, a dearth of information exists on addressing suicidality from a cross-cultural perspective. With projected population increases in the U.S. among several racial groups by 2050, counselors need to understand assessing and managing suicidality with diverse clients as well as understand the influence that unique cultural factors will play in this process. This presentation will focus on relevant research, suicide trends, approaches, and counselor competencies specific to cross-cultural counseling.
The Community Empowerment Consultation Model
30-Minute Project/Research Poster Session
Lauren S. Doherty, Oklahoma State University, Tulsa, OK, Amber E. McCadney, Richard C. Zamora, Hugh C. Crethar
This presentation teaches and discusses a novel approach to mental health consultation. Based on an exhaustive literature review of the highly used, researched and cited Mental Health Consultation Model, as well as key constructs within the Community Counseling Model which include multicultural considerations and principles of empowerment. Attendees will learn about the newly developed consultation model entitled the Community Empowerment Consultation Model. The presentation includes arguments for using the CECM in mental health consultation as well as benefits for consultees within a variety of settings. The presentation will also emphasize the unique role each organizational culture and its diversity plays in approaching consultation.

The Intersection of Machismo and Marianismo and Its Impact on Latino Couples Counseling
30-Minute Project/Research Poster Session
G. Miguel Arciniega, Arizona State University, Tempe, AZ, Maritza Gallardo-Cooper, Zoila G. Tovar-Blank
Gender role socialization impacts at all levels of human development and are important variables to consider in couples counseling. Specifically with Latinos, it is critical to understand the ramifications of the gender role concepts of Machismo and Marianismo and its impact on Latino couples counseling. This session will discuss effective Latino-sensitive gender role counseling strategies with Latino couples. A positive, empowering approach to deal with alleged stereotypes of gender role socialization will be presented.

Understanding Eating Attitudes, Behaviors, and Body Image in African American Women: A Qualitative Study
30-Minute Project/Research Poster Session
Regine M. Talleyrand, George Mason University, Fairfax, VA, Jewelle Daquin, Amanda Dawn Gordon
Given the high rates of overweight and obesity in African American women and the underrepresentation of African American women in the eating disorders literature, it is imperative to gain an understanding of the relationship between food and appearance in African American women. This poster presentation will present findings from a qualitative study that examined African American women’s concerns with eating attitudes, behaviors, and body image. In addition, research implications and culturally relevant counseling strategies will be presented and discussed.

What Do Counselors Consider When Working With Older Asian American Adult?
30-Minute Project/Research Poster Session
Jee Hyang Lee, The University of Iowa, Iowa City, IA, Nanseol Heo, GoEun Na, Yoo Jin Jang
Asian American is the fastest growing group among all ethnicities of the older adult population. They have their own unique issues in addition to common issues of older adults. To provide counseling services for this population effectively, counselors should
be aware of unique characteristics of older Asian American adults, such as negative perception for mental health services, grandparental roles in their family as a caregiver for grandchildren, and homesickness when facing death. Thus, this session aims to promote counselors’ understanding of older Asian American adults, based on the qualitative data obtained from interviews. Counseling strategies and intervention that might be beneficial will be suggested, followed by open discussion.

**Advanced**

*Child & Adolescent Counseling Academy*

*Multicultural Counseling Academy*

¿Quien soy? Strengthening Latino Adolescent Identity Through Group Counseling

60-Minute Program, Advanced

Krista M. Malott, Villanova University, Villanova, PA, Tina R. Paone, Diana Wildermuth

Latino youth who know, and are proud of, their ethnic heritage have shown to possess a barrier against many of society’s stressors. This interactive presentation will provide a counseling intervention for addressing Latino youths’ identities in school or community settings. Listen to commentary from those who have designed and implemented such a group. Outcomes will be briefly described (e.g., has the group truly effected change?). Challenges in group work, and in cross-cultural counseling in general, will also be addressed.

*Multicultural Counseling Academy*

A Conceptual Framework for Counseling Across Cultures: Implications for Training and Practice

60-Minute Program, Advanced

Courtland Lee, University of Maryland, College Park, MD, Denise Park

This session will present a conceptual framework for counseling across cultures that details the crucial components that form the basis of multicultural counseling competency. The focus of the session is on the themes that are the foundation of multicultural counseling competency and how they initially develop and evolve over the course of a counseling career. Implications for counselor training and practice will be highlighted.

*Multicultural Counseling Academy*


60-Minute Program, Advanced

Jennifer Williamson, Lindsey Wilson College School of Professional Counseling, Columbia, KY, Daniel G. Williamson, Jeffrey Michael Parsons

The growth of social networking poses a new challenge to the 21st century counselor and counselor educator as he or she attempts to be culturally aware of the role of social networking in society, the culture that exists within this cyberspace, and to act appropriately when posed with new ethical and supervisory dilemmas that emerge within this nebulous new convention. This presentation addresses the various forms of social networking and the ethical and supervisory dilemmas with clients, students, supervisees,
and other professionals. It also seeks to explore potential benefits of this new way of interacting to help the professional to establish effective habits and to create and maintain healthy boundaries.

**Multicultural Counseling Academy**

**Counseling Ethics & Legal Issues Academy**

**Cultural Competence and Ethical Practice: A Deeper Need for Understanding Diversity**
60-Minute Program, Advanced

*Kimberly Nicole Frazier, Clemson University, Clemson, SC, Zarus E. Watson*

Counseling professionals and practitioners are conscious of ethical practice and cultural competence but lack the understanding how both interactively impact their ability to be both ethically and culturally competent. This presentation will examine the link between both ethical practice and cultural competence, as well as discuss the social forces and influences that impact ethical decision making. An increased understanding of social influences that shape an individual's perception of self and others can enable counselors to differentiate between being seemingly competent and being truly competent, both culturally and ethically.

**Multicultural Counseling Academy**

**Spirituality and Religious Values Academy**

**Multicultural Literacy, Neurobiology, and Resistance to Diversity: How Addressing Spirituality May Help**
90-Minute Program, Advanced

*Harriet L. Glosoff, Montclair State University, Montclair, NJ, Sandra I. Lopez-Baez*

Although the relationship between spirituality and other cultural factors is complex, many theorists present spirituality as an innate component of culture. The process of becoming a multiculturally literate counselor involves resistance and fear as a by-product of reconciling cultural information that may seem contradictory to one's experiences. In this interactive session, we will explore how fear of the unfamiliar naturally creates resistance to learning new information. We will also discuss ways in which working with students to identify spiritual aspects of their being (e.g., meaning and purpose, a sense of interconnectedness) may be one way to help them work through such resistance. Case examples and handouts will be provided.

**Multicultural Counseling Academy**

**Using a Conceptual Approach Across the Curriculum and Practice**
90-Minute Program, Advanced

*Jessica M. Diaz, University of Maryland, College Park, MD, George McMahon, Marc Grimmett, Jonathan Orr*

CACREP standards mandate that multicultural counseling be taught across the curriculum; however, little guidance is given as to how embedding multiculturalism across a core curriculum should be done. A practical framework for using the conceptual approach to map out the essential multicultural counseling concepts across the curriculum will be presented. The main learning objectives of this presentation are to understand the basic principles of the conceptual approach of multicultural counseling education, to
provide a rationale for using the conceptual approach to guide teaching multiculturalism across the curriculum, and to learn practical strategies for infusing multiculturalism across the curriculum and professional practice.

**Private Practice**

**Beyond Dollars for Hours: Maximizing Your Private Practice Potential**
60-Minute Program

*Deborah A. Legge, Influential Therapist, Buffalo, NY*

This program is meant for mental health professionals who are looking to build or enhance their private practices by broadening their vision beyond a 'dollars for hours' mentality. Here we will challenge the traditional view of private practice as static and confined to the therapy room. Participants will be given five strategies to increase their income by utilizing others and others' resources as well as by embracing current technology and social media to build successful careers. They will also be given information, worksheets, and other materials to assist them in personalizing and pursuing what they have learned.

**AMHCA Sponsored Session**

**Developing an Anger Management Group for Adults and Older Teens**
60-Minute Program

*Tom J. Ferro, Ferro therapy inc., Billings, MT, Bob Bakko*

This is an one hour presentation on how to develop an anger management group for adults and older teens based on the experience of two private practice therapists who have developed and ran an anger management group for over 15 years.

**Forensic Counseling: How Licensed Counselors and the Family Law Legal System Work Together**
90-Minute Program

*Virginia Allen, Idaho State University, Pocatello, ID*

Learn to be an effective advocate as a Forensic Counselor through case examples, audience participation and lecture. There is money to be made, clients, attorneys and the court system to be helped by the expertise provided by Licensed Counselors working within the court system.

**To Private Practice, or Not to Private Practice? That Is the Question**
60-Minute Program

*Robert Walsh, R.J. Walsh and Associates, Western Springs, IL, Norman C. Dasenbrook*

Private practice for many professional counselors has been an elusive goal. It is not a daunting task as many believe. This "nuts and bolts" one hour presentation will give you a glimpse in to what it takes to develop a successful private practice. Come get inspired to consider starting your own private practice. Dasenbrook and Walsh are authors of ACA’s website Private Practice Pointers, Counseling Today’s Private Practice in Counseling and “The Complete Guide to Private Practice for Licensed Mental Health Professionals”.

101
Advanced

AADA Day of Learning
Counseling Ethics & Legal Issues Academy

Ethical and Professional Issues in Private Practice: Caring for Self and Adult Clients in Crisis
90-Minute Program, Advanced
Catherine B. Roland, Montclair State University, Montclair, NJ, Les Kooymann

Clinicians face a variety of unique ethical and personal/professional issues. Best practice/ACA Code suggests a balance between self-care and the process of counseling. Once out in the field, concerns may surface with unclear alternatives, or "gray areas". Adults in crisis, challenged by environmental or economic stress, trauma, or violence, may require a great deal of emotional as well as professional effort. This interactive workshop addresses ethical/professional issues and provides strategies on how to be a more effective private practice/agency counselor, while respecting ethics and your personal well-being. Please join us for conversation about self care, best practice, and you.

How Do Perfectionists Cope With Stress?
30-Minute Project/Research Poster Session, Advanced
Philip Gnilka, Kent State University, Kent, OH

Perfectionism is increasingly being viewed as a multidimensional construct that can be differentiated between two types: a positive version called “adaptive” perfectionism and a negative form called “maladaptive” perfectionism. This session will assist counselors in more clearly identifying, understanding, and working with perfectionists and how various coping styles influence stress levels and wellbeing. This session will include a review of the current relevant research as well as conceptual and theoretical foundations. The session will include case studies and a discussion that will be designed to illustrate how to identify, conceptualize, and intervene with perfectionists by focusing on coping styles and strategies.

Professional Issues

“Crying Wolf”: Threat Assessment on Campuses
90-Minute Program
Rick A. Myer, Duquesne University, Pittsburgh, PA, Richard K. James

Making a decision about the veracity of a threat is no easy task. Make the wrong decision and someone might die, but if you cry wolf too often everyone stops listening and then the potential for making a wrong decision becomes more likely. This presentation outlines several perspectives that can be used to analyze threats. These perspectives allow you to sort through a situation in order to make the best decision possible given the nature of a threat. Breaking down threats into clear components makes decisions less subjective in order to make better decisions that are based in fact and not conjecture.
20/20: A Vision for the Future of Counseling - The New Consensus Definition of Counseling
60-Minute Program
David Kaplan, American Counseling Association, Alexandria, VA, Vilia Tarvydas, Samuel T. Gladding, Lynn Linde, J. Barry Mascari
A breakthrough for the counseling profession has occurred with the promulgation of a consensus definition of counseling. The delegates to 20/20: A Vision for the Future of Counseling, a multiyear initiative involving 30 professional counseling entities, have ably constructed a definitive definition of counseling that cuts across all specialties and settings. Members of the 20/20 Oversight Committee will describe the Delphi process utilized, present the definition, and discuss the implications of having a profession-wide definition of counseling. Audience reaction will be encouraged.

Presidential Featured Session
DSM-V: Update to Proposed Changes
90-Minute Program
Charles Pemberton, Camille Clay, Monica Kintigh, Karyn Dayle Jones, Jacqueline Swank
Publication of the fifth edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) in 2013 will mark one the most anticipated events in the mental health field. The revised edition will include major changes to diagnostic groups and criteria, as well as the introduction of "dimensional assessments" to diagnostic evaluations of mental disorders. Counselors represent a large constituency with a vested interest in the DSM-5 developmental process. As such, this presentation will provide participants with important information about proposed changes to the DSM-5 and its significance to the counseling profession. The ACA DSM-5 Task Force, appointed by 2009-10 President Linde will present in a panel format.

Chi Sigma Iota, Int’l
Effectively Working With State Counseling Regulatory Boards: What Counselors Need To Know and Do!
90-Minute Program
Victoria White Kress, Youngstown State University, Youngstown, OH, June Williams
This program will address the interests of counselors interested in understanding the workings of state regulatory boards and how they relate to contemporary professional counseling matters. Issues such as scope of practice and portability will be addressed in the context of state laws and regulatory boards. What counselor educators, counselors, and students in preparation programs need to know to help strengthen counselors’ practice and advocate effectively for our profession’s future will be discussed.

Federal Policies Affecting Counselors: How Can They Be Changed?
90-Minute Program
Scott Barstow, American Counseling Association, Alexandria, VA, Dominic Holt
Counselors are affected every day by federal and state programs and policies. Learn what’s being done to increase public support for recognition of counselors, and why it is vitally important that counselors become advocates for their profession. This combination training and legislation update session will be led by ACA’s professional lobbyists.
Home-Based Family Counseling: An Emerging Field in Need of Professionalization
60-Minute Program
Greg Czyszczon, Crossroads Counseling Center, Harrisonburg, VA, Cheree’ Hammond
Join us in a discussion of pivotal importance to the profession and to poor and minority families receiving home-based family counseling. Home-based interventions are provided to support children at greatest risk for placement outside the home, however, currently no professional guidelines or over-sight exist for this high-stakes and intensive counseling modality. Those who work with families and children, have an interest in family counseling, or supervise trainees will be interested to join in a conversation detailing this modality and its distinct ethical and multicultural challenges. All are invited to participate in a discussion of proposed guidelines for the professionalization of home-based counseling.

Counselor Education & Supervision Academy
How Long Does It Take To Make a Professional Counselor? A Closer Look at the Development of Professional Identity
60-Minute Program
Timothy Coppock, Gannon University, Erie, PA, Martin Ritchie
The purpose of this session is to increase awareness of limited educational and training time currently devoted to the development of professional identity for professional counselors, to review the process used to develop professional identity, and to present several options to increase and expand this time. Professional identity is developed through intentional educational objectives, participation in professional organizations, clinical supervision, and the licensure process. If the level of commitment and calling to the profession of counseling is to increase and expand, more time needs to be provided for identity development.

Keeping Up With the Counseling Profession: Current Issues on the National Level
60-Minute Program
David Kaplan, American Counseling Association, Alexandria, VA
ACA wants to help you stay up to date with current issues on the national level. ACA’s Chief Professional Officer will discuss the new consensus definition of counseling, a major legal challenge that would allow counselors to discriminate against GLBT clients, the effect of the DSM-5 revision on counseling, legislation mandating counselor entry into the VA system, new counselor competencies, the implementation of the seminal mental health parity law, TRICARE independent practice status for counselors, Medicare, licensure portability, the future of professional counseling and other current seminal issues as time permits.

Chi Sigma Iota, Int’l
Counselor Education & Supervision Academy
Leadership and Professional Advocacy: CACREP’s Look to the Future Is Now!
60-Minute Program
Carol Bobby, CACREP, Alexandria, VA, Andrea Dixon
This program will address the interests of counselors and counselor educators who want to understand the workings of accreditation and what counselor educators, counselors and students in preparation programs need to know and do with respect to developing leaders and advocates. Whatever setting, leadership is needed for the profession and those we serve. The unique place of leadership through research, supervision, clinical practice, and counselor education will be highlighted. The standards now require a verification of knowledge and competency with which many are not familiar. This program will address some of the ways that programs can meet the new expectations in these areas.

**Publishing in ACA Refereed Journals: Suggestions From the Council of Editors**

*90-Minute Program*

*Richard Watts, Sam Houston State University, Huntsville, TX, Sheri Bauman, Linda Black, Colette Dollarhide, Thelma Duffey, Ned Farley, Heather Helm, Amy Milsom, Roberta Neault, Spencer Niles, Gari Roysircar, Stephen Southern, Douglas Strohmer, Rebecca Toporek, Heather Trepal, Jerry Trusty, Joshua Watson, Carolyn Baker*

This session is designed to promote writing, research, and scholarship to increase the knowledge base of the profession; to provide the skills needed for successful publishing in ACA refereed journals; and to clarify and demystify the publication process. Guidelines, insights, and practical tips on publishing will be offered by members of the ACA Council of Journal Editors. A question-and-answer period in roundtable format will follow a brief overview of the publishing process. Participants will have the opportunity to ask questions and discuss article topic possibilities.

**Social Networking and the Counseling Professional: Legal and Ethical Considerations of a Social Network Presence**

*30-Minute Project/Research Poster Session*

*John S. Wadsworth, The University of Iowa, Iowa City, IA*

The ability of social networking media to link individuals and content, the past with the present, and friends with strangers has introduced new challenges to the counseling professional. This presentation will review court rulings and user policies to identify current best practices in the use of social networking in a professional practice. The educational content includes: (a) the use and misuse of social networking, (b) counselor responsibilities, (c) consumer responsibilities, and (d) best practices. A counseling professional who has knowledge of current best practices can make informed decisions regarding befriending clients on social networks, entering social media activities, and posting information.

**Using Social Media to Build and Maintain a Successful Practice, Connect With Clients, and Advocate for Mental Health**

*60-Minute Program*

*Nathan Gehlert, Loyola University Maryland & Imago Center of Washington DC, Washington, DC*

Social media is a tool that counseling professionals can use to promote their practice and the field, communicate with the public about mental health issues, and communicate with their clients in ways that are meaningful, ethical, and beneficial. This presentation shares best practices for the use of social media in the counseling profession and draws on
methods and practices being used in other health fields and in the business sector. Attendees will become familiar with different social media technologies and services and how they can be used in unique ways. The presenter will also highlight how different and diverse groups use social media and how that affects how counselors need to tailor the use of social media to reach these groups.

**Advanced**

**Counselors Reactions in Working With Clients Who Self-injure, and Creative Techniques To Use With This Population**
60-Minute Program, Advanced
*Kimberly G. Beck, Bucks Community College Online, Warren, OH, Heather C. Trepal*

The topic of self-injurious behavior (SIB) has been gaining widespread attention in the mainstream culture and professional literature. The prevalence of SIB is increasing; however, there is still a lack of information on clinicians working with these clients. This session will focus on the counselor and managing his or her own feelings when they work with clients who self-injure. We will present the results of research based on this rationale and give audience members techniques they can use to assess, confront and manage their own feelings about working with clients who self-injure.

**Psychopharmacology**

*Mental Health/Private Practice Academy*

**Understanding Brain Structure, Function, Neurochemistry, and Psychopharmacology: An Integrated Approach**
90-Minute Program
*Edward G. Shaw, Wake Forest University (WFU) and WFU School of Medicine, Winston-Salem, NC*

Psychopharmacology is a rapidly evolving area that virtually all counselors are exposed to. Understanding the medications counseling clients are on is essential to comprehensive care. This session provides an integrated approach to learning psychopharmacology that includes information on normal brain structure and function, basics of neurochemistry and neurotransmitters, the concept of balanced brain chemistry, neurotransmitter imbalances in the most common mental health disorders, psychopharmacology and how specific drugs correct neurotransmitter imbalances, and currently used drugs for depression, anxiety, schizophrenia, bipolar disorder, dementia, ADHD, and drugs to treat common addictions (alcohol, opioids, and nicotine).

**Advanced**

*Mental Health/Private Practice Academy*

**Psychopharmacology of Anxiety Disorders: What Counselors and Clients Need To Know**
90-Minute Program, Advanced
*Gulnora Hundley, UCF, Orlando, FL*
This presentation will offer participants information related to the latest advances in psychopharmacological treatment of anxiety disorders. Recent clinical and epidemiological studies indicate that anxiety disorders are common and exact a heavy toll on individuals and society alike. As the number of patients being prescribed anti-anxiety medications grows, it becomes increasingly important for counselors to understand the positive and negative aspects of these drugs. Counselors equipped with a working knowledge of psychopharmacology of anxiety disorders can provide comprehensive and collaborative therapy with their clients who may be in need of or are currently using anti-anxiety medications.

Rehabilitation Counseling and Disability Issues

“Fries With That?” The Psychosocial Costs of Child Labor in the U.S.: Trends and Interventions
30-Minute Project/Research Poster Session
John S. Wadsworth, The University of Iowa, Iowa City, IA, Noel Estrada-Hernandez, Susannah Wood
A teen worker is injured on the job every two minutes, and one child dies every five days. Working children represent migrant workers, homeless youth, and youth supporting families. The emotional and physical health effects of child employment are emerging problems in the United States. The purposes of this presentation are to: (a) expand our view of the profession to be inclusive of working children, (b) identify the psychosocial issues that impact the physical and emotional well being of children who work, (c) develop awareness and foster conversations regarding employment issues among youth, (d) indentify methods that counseling professionals can use to better provide effective interventions services for children.

Application of the Developmental Work Personality Model To Improve Employment Outcomes for Persons With Disabilities
30-Minute Project/Research Poster Session
Deirdre O'Sullivan, The Pennsylvania State University, State College, PA, Alex Wong, David R. Strauser
This education session will provide an overview of the Developmental Work Personality (DWP) model. The DWP is theoretically grounded in developmental, learning, and work theories and provides a framework for counselors to explore work identity with their clients who are at risk of unemployment and under-employment. Attendees in this session will learn about an emerging model to explore the developmental work personality with clients at high risk for unemployment and underemployment. Participants will gain an understanding of research findings that supports the developmental nature of work personality, including the importance of disability age of onset, education experiences, and family variables impacting adult work personality.

Rehabilitation Counseling and Disability Issues Academy
School Counseling Academy
From Modification to Accommodation: High School to College Transition Issues for Students With Learning Disabilities
60-Minute Program
Annette Albrecht, Tarleton State University, Stephenville, TX, Robert R. Erk, Dennis G. Jones
The session will provide participants with an overview of the role of counselors in facilitating the successful transition of students with learning disabilities from high school to college. Specifically, the participants will gain an understanding of the differences between meeting the needs of students with learning disabilities at the secondary and post-secondary levels.

ACEG Sponsored Session
How To Support Returning Veterans and Their Families: A Community System Approach
30-Minute Project/Research Poster Session
Judith J. Mathewson, National Guard Bureau, Arlington, VA, Scott Fairchild
How does a team of veterans create a safety net approach to assist military members and their families? By bringing the community resources to them for dental, medical, financial, and counseling needs. A pilot project in Melbourne, FL, Welcome Home Vets, Inc. partners with businesses, other veteran outreach services, and community groups to provide support for vets in need. This collaborative approach helps vets get back on their feet following lengthy deployments and connected with their benefits. There are also gender differences in combat exposure, interpersonal trauma, sexual harassment, and sexual assault. These issues pose challenges to community counselors without a military orientation.

Rehabilitation Counseling and Disability Issues Academy
Predictors of Success in College and Beyond: Utilizing a Triadic Approach to Counseling College Students With Disabilities
90-Minute Program
Quiteya Dawn Walker, Mississippi University for Women, Columbus, MS
Students with disabilities represent an increasing proportion of today’s college students; however, there is evidence that students with disabilities are not as successful in higher education as students without a disability; furthermore, they are more likely to be unemployed than their peers without a disability. Research has shown that career services alone do not address the needs of students with disabilities. This study gathered information regarding postsecondary students’ attitudes toward careers, beliefs in their ability to pursue careers, and their self-advocacy knowledge. This study provides empirical support that there is a relationship between career maturity, career decision self-efficacy, and self-advocacy.

LCA Sponsored Session
Re-Discovering Rehabilitation Counseling
30-Minute Project/Research Poster Session
Erin M. Dugan, LSU Health Sciences Center New Orleans, New Orleans, LA, Jan Case, Henry McCarthy, John R. Dolan
This poster session will provide an overview of the Department of Rehabilitation Counseling at LSUHSC New Orleans. The history, program, curriculum, courses, faculty,
students and recent projects will be showcased in this poster session. Participants will have an opportunity to speak with current faculty and students about their future interest(s).

**Test Equity for People Who Are Deaf or Hard-of-Hearing: Recommendations for Certification Exams and Other High-stakes Testing**

30-Minute Project/Research Poster Session  
*Christine Reid, Virginia Commonwealth University, Richmond, VA, Shawn P. Saladin*

People who become deaf or hard of hearing before acquiring language often have problems with spoken and written language, which becomes a barrier to effective assessment in high-stakes testing such as counseling certification or licensure examinations. Such barriers have ethical implications; the principle of justice is compromised when inequity in testing is a factor. The Commission on Rehabilitation Counselor Certification (CRCC) has taken a proactive approach to ensuring that the Certified Rehabilitation Counselor (CRC) exam is as unbiased as possible against people who are prelingually deaf or hard-of-hearing. Implications for “best practices” in other high-stakes testing related to counseling will be discussed.

**The Carolina Connection: Identifying Critical Needs of Students With Disabilities at Minority Serving Institutions**

30-Minute Project/Research Poster Session  
*Bridget Hollis Staten, South Carolina State Universities, Orangeburg, SC, Tyra T. Whittaker, Antoinette C. Staten*

Persons with disabilities entering post-secondary education is increasing. African American students with disabilities who manage to make it to college aware of their disability, services can make a difference in whether the student successfully reach graduation. Understanding the unique needs of minority students with disabilities is critical to their educational success. There is relatively little research in the current literature on African American students with disabilities and support services at HBCU’s. This presentation will provide a very comprehensive review of disability support services and identify unique issues. A model program will be presented for HBCUs and minority serving institutions disability support services.

**Advanced**

*Counselor Education & Supervision Academy*

*Rehabilitation Counseling and Disability Issues Academy*

**Ethical Implications of Counseling Education Accreditation Standards Revision: CORE’s Example in Rehabilitation Counseling**

60-Minute Program, Advanced  
*Christine Reid, Virginia Commonwealth University, Richmond, VA*

In an era of focus on evidence-based practices and outcome-oriented program evaluation, how should justifiable accreditation standards for counseling education programs be established and periodically revised? What are ethical implications of how we set standards? How should counselors be involved? To provide a starting point for discussion about these issues, the process used by the Council on Rehabilitation Education (CORE)
to develop and revise its standards to accredit Rehabilitation Counseling programs will be presented, with a focus on decision rules and processes used by the 2009 – 2010 standards review committee. Advantages, disadvantages, and ethical implications of CORE’s empirically-based approach will be discussed.

Multicultural Counseling Academy
Rehabilitation Counseling and Disability Issues Academy
Exploring Cultural Issues in Autism Diagnosis and Treatment Planning
90-Minute Program, Advanced
Henry L. Harris, University of North Carolina at Charlotte, Charlotte, NC
Autism is one the fastest growing developmental disorders in today's society that involves mild to severe deficits in a person’s ability to communicate and socially interact with others. Most recent data indicate that 1 out of 110 children have an Autism Spectrum Disorder. Autism may show signs of development as early as 36 months and is also much more common in males than females. Even though autism impacts all racial and ethnic groups regardless of socioeconomic level, only a small amount of information exits that address cultural factors impacting autism. Participants will learn how race, ethnicity, religion, socio-economic status, and the region of the country may impact the autism diagnosis and the type of services received.

Research

NCDA Sponsored Session
A Pilot Study of the Subjective Experience of Membership in the National Career Development Association
30-Minute Project/Research Poster Session
Stephanie T. Burns, Heidelberg University, Tiffin, OH
The primary aim of this study was to understand the subjective experience of membership in the National Career Development Association (NCDA). This study was performed to assist the NCDA’s board in understanding members views about NCDA membership to potentially inform marketing and programming development to attract additional members at national and state levels. The two specific objectives of this mixed methods Q-methodology and qualitative research study were (a) to understand the values members attached to membership in the NCDA and (b) to develop a practical understanding of the concept of membership in the NCDA. Two statistically significant viewpoints on membership in the NCDA were suggested by the data.

Exploring Burnout Syndrome in Licensed Mental Health Counselors and Registered Mental Health Counselor Interns
30-Minute Project/Research Poster Session
Kyle D. Baldwin, Private Practice, Altamonte Springs, FL
Mental Health Professionals interested in learning about Burnout Syndrome may wish to review a dissertation research study conducted with Licensed Mental Health Counselors and Registered Mental Health Counselor Interns in Florida. Burnout Syndrome is the result of chronic job-related stress and symptoms include emotional and physical exhaustion, a lack of personal accomplishment, and a depersonalization of clients. This
poster session will provide an overview of a research study on Burnout Syndrome and identify job-related stressors for Mental Health Professionals. Handouts will include a list of symptoms associated with Burnout Syndrome, healthy coping strategies and recommendations for further reading.

**Show Me the Money: Understanding the Basics of Preparing a U.S. Government Grant Application**
30-Minute Project/Research Poster Session
*Kathleen A. Brown-Rice, University of North Carolina Charlotte, Cha, NC, Laura J. Veach*
Is the thought of working on a grant proposal perplexing for you? This is a poster presentation that gives you the information you need to be able to search for and organize a successful U.S. government grant proposal.

**Using Inoculation Theory To Explore the Effects of a YouTube Video on Body Image Among Women Ages 18-25**
30-Minute Project/Research Poster Session
*Sherona Garrett-Ruffin, Bowling Green State University, Bowling Green, OH*
Body image dissatisfaction is a pervasive problem—particularly among women. The presentation will include original research on user generated youtube videos. Specifically, the presenters will discuss the following: 1) participants' perceptions of a video designed to enhance body image, 2) the effects of a parody video on the participants' perceptions of the original video and 3) the effects of the parody video on the participants' body image. Ethical issues related to on-line research will also be addressed.

**Women Who Go Under the Knife: What Mental Health Professionals Should Know About the Cosmetic Surgery Industry**
30-Minute Project/Research Poster Session
*Ashlea R. Smith, Argosy University - Phoenix, Phoenix, AZ*
It is no secret that the field of cosmetic surgery is gaining tremendous popularity, with profits totaling over 10.5 billion dollars a year (ASAPS, 2009). Recently, breast augmentation has been the most requested cosmetic surgical procedure for women, accounting for 311,957 procedures performed for the year 2009 (ASAPS, 2009). Thus, the purpose of this study is to help mental health professionals understand the psychological impact of undergoing breast augmentation on women's perceived body image and perceived sexual satisfaction levels. In addition, the study outlines the need for and opportunities for mental health professionals to provide treatment and mental status screenings to those considering and undergoing cosmetic surgery.

**Advanced**

*Child & Adolescent Counseling Academy*
**Bridging the Gap: Effective Treatment for Adolescents and Young Adults Identified With Comorbid Alcohol and Major Depression**
60-Minute Program, Advanced
James K. Matta, Western Psychiatric Institute & Clinic, Pittsburgh, PA, Deborah J. Hennig, Jeannie Horter

This presentation provides the research findings of the Pharmacological Intervention Project. This study has the distinction of being the first large scale double blind, placebo controlled study designed to determine the effectiveness of antidepressant (SSRI) versus placebo on adolescents and young adults with comorbid alcohol use disorder and major depression. This form of comorbidity happens to be the most common form. The treatment intervention study combined pharmacotherapy and psychotherapy. What is suggested from this investigation is that until more definitive studies can be conducted the integrated psychotherapy intervention used should be considered the first-line treatment when working with this segment of the population.

Cultivating Positive Emotions Through Loving-Kindness Meditation: Implications for Counselors and Counselor Educators
30-Minute Project/Research Poster Session, Advanced
Monica Leppma, University of Central Florida, Orlando, FL, Mark Young, Tracy Hutchinson, Kara P. Ieva

Experience the power of love, connection, and gratitude through the practice of loving-kindness meditation. Research indicates that cultivating positive emotions such as these contributes to emotional, psychological, and physical well-being and may help alleviate symptoms of burnout. Loving-kindness meditation is a compassion-based practice that increases feelings of warmth and caring for oneself and others. This program will provide participants with the opportunity to learn about, and experience, loving-kindness meditation for themselves. The practice can be used to revitalize your own sense of purpose, as well as a technique you can teach your clients.

Practical Research for Counselors: Group Comparisons
30-Minute Project/Research Poster Session, Advanced
Trey Fitch, Troy University Panama City, Panama City, FL, Jennifer Marshall

Counselors must provide evidence that the programs and services offered are effective for health care provider companies, accreditation bodies, program reviewers, and to the general public. One of the most common and effective methods to demonstrate counseling effectiveness is using a group comparisons approach for your research design. In this session, a step-by-step model for this approach will be presented using research case examples, group activity, a design worksheet for individuals, and a detailed handout with related websites will be included.

The Emperor Has No Clothes: A Debate About the Future of Counselor Research
60-Minute Program, Advanced
David Kaplan, American Counseling Association, Alexandria, VA, Douglas Guiffrida, Kathryn Z. Douthit

The current trend in mental health research, promoted by the National Institute for Mental Health (NIMH), is to focus on empirically validating techniques, interventions, and programs. At its peril, professional counseling has ignored this approach and instead concentrated over 80% of its research efforts on limited descriptive studies. In this program, the presenters will detail the dire state of counseling research and debate
options for rectification, which range from focusing on research questions and methods that reflect counselor identity to completely abandoning research altogether. Audience input will be an integral part of this presentation as we all work together to launch a more productive era in counseling research.

_Counselor Education & Supervision Academy_

**Using Session Transcript Analysis To Determine Level of Expertise in Counselors**
60-Minute Program, Advanced

*Livia M. D'Andrea, University of Nevada, Reno, Reno, NV, Colin M. Hodgen, Margaret Heaton, Leping Liu*

A qualitative data analysis software program was used to analyze counselor responses during 18 transcribed counseling sessions conducted by counselors of various experience levels, including six well-known experts. Previous studies of counselor response patterns have not considered experience level. In the present study, six transcripts were collected from each of three experience categories, 10 years or less, between 11 and 20, and expert. A visual, color presentation of each counseling session shows how the response patterns of each experience level differs in terms of the type and frequency of response. Both the method of analyzing counselor response categories and the possibilities for counselor education and supervision are exciting.

_School Counseling_

**School Counseling Academy**

_“You Made an A? That’s So Gay!”: Determining the Effect of Homophobic Bullying on Academic Achievement_**
60-Minute Program

*Levi S. McClendon, University of Texas at Tyler, Tyler, TX, Leann M. Wyrick-Morgan*

Ever wondered how homophobic statements effect victims and those within ear-shot? This is the time to explore the possibilities. Researchers have addressed the effect of bullying behaviors on academic achievement, but the presenters for this session have studied homophobic bullying and associated behaviors towards others (gay-baiting), and specifically address the effect this can have on academic achievement. Further, the way students perceive life events, or locus of control, may dictate how gay-baiting and homophobic bullying is perceived in students responding to homophobic banter. This interactive presentation will provide insight about how homophobic bullying, and related homophobic epithets effect academic achievement in HS students.

_School Counseling Academy_

**9 to 3....Not For Me! The School Counselor’s Role in Working With the Online Learner in Alternative and Traditional Settings**
60-Minute Program

*Brenda Brown, Frederick County Public Schools, Frederick, MD*

Online learning opportunities for high school students are experiencing explosive growth. However, this delivery system can be the ban of some students and a boom for others. A counseling paradigm will be discussed that has been successfully used in both an alternative setting and the traditional high school to assist students in the wise
selection of their course delivery system. Audience members will have the opportunity to put into practice the counselor model proposed to increase student success in their classes.

Multicultural Counseling Academy
School Counseling Academy

African American Perceptions of Parental Involvement and the Achievement Gap: Implications for School Counselors
60-Minute Program
Dana Griffin, The University of North Carolina at Chapel Hill, Chapel Hill, NC
Parental involvement and its relationship to academic achievement of students is a central focus in current research. Further, the achievement gap continues to remain a complex problem in our education system. However, discourse on the achievement gap problematizes Black families, and tends to view African American parental involvement through a negative lens. To counter this, attendees will learn how some African American parents define parental involvement and the achievement gap, and how they are involved in their child’s education. Attendees will learn strategies on working with African American parents as well as interventions they can use to enhance African American students’ academic success.

An Ecological Counseling Approach To Working With Students Labeled With Severe Emotional Disturbance
30-Minute Project/Research Poster Session
Kerry E. Sebera, University of Cincinnati, Cincinnati, OH
Students labeled with Severe Emotional Disturbances (SED) often remain a segregated, marginalized population within the school. As counseling positions are being cut, we further ignore the mental health issues of ‘SED’ students. Strategies typically learned in therapeutic relationships can help these students cope & gain access to a better education. This enables participation in their classrooms, exposure to curriculum, and ultimately participation in their community. Through an interactive presentation, attendees will gain an overview of the deficits in the education of students with SED, discuss services in school, understand common behavioral goals, and learn strategies counselors can use to help students meet these goals.

Cyberbullying: What School Counselors Know and Need To Learn To Address the Dark Side of Social Networking and Technology
30-Minute Project/Research Poster Session
Scott Schaefle, University of Colorado at Denver, Denver, CO, Jesica Lingo, Jennifer Cates
Recent advances technology have given bullies a new avenue of attacking, 24 hours a day, through social networking websites, cell phones, and e-mail, collectively referred to as cyberbullying. Given that bullying prevention falls to the school counselor, are school counselors educated and prepared to prevent and intervene in instances of cyberbullying? School counselors (N = 189) were surveyed to ascertain four main areas of knowledge: cyberbullying prevalence at each school, knowledge of cyberbully characteristics, knowledge of legal recourse and school policy regarding victims of cyberbullies, and
technological knowledge of different medias used by a cyberbully. Implications and suggestions for practice and training will be discussed.

**Developing Personal and Social Skills for All Students Using the Responsive Classroom Approach**

30-Minute Project/Research Poster Session

*Christine Suniti Bhat, Ohio University, Counselor Education, Athens, OH, Katherine Ziff, Patsy Barrington, Jeremy Yehl, Cornelia Patterson*

Learn how school counselors in one school district are using a research-based approach to enhance school climate and learning environments in the school district. School counselors are implementing district-wide initiatives by collaborating with administrators, teachers and university faculty to address the academic and personal/social development of students using the Responsive Classroom (RC) approach. Attendees will obtain an overview of the RC approach, including research supporting personal, social, and academic gains in students. Strategies for service delivery, funding and evaluation will be presented. Roles played by school counselors, teachers, and counselor education program faculty will be discussed.

**School Counseling Academy**

**Latino/a English Language Learners: Closing Achievement/Opportunity Gaps To Increase College-Going Rates**

60-Minute Program

*Amy L. Cook, Mercy College, New York, NY, Rachelle Perusse, Eliana D. Rojas*

By the 10th grade, 40% of adolescent Latinos/as drop out of school, with Latino/a English language learners (ELLs) dropping out at an even higher rate. A survey-based study conducted in the Northeast revealed many evidence-based interventions that school counselors implement on behalf of Latino/a ELLs to improve academic achievement. This session will provide you with the skills and knowledge to work with some of the most challenging cases involving Latino/a ELLs and how to close achievement/opportunity gaps. Discussion and sharing information about various school counselor practices will be encouraged.

**Group Work Academy**

**School Counseling Academy**

**Let’s Play! Integrating Child-Centered Group Play Within Your Comprehensive School Counseling Program**

90-Minute Program

*Angela I. Sheely-Moore, Montclair State University, Montclair, NJ, Peggy Ceballos*

With the myriad of job responsibilities of school counselors, having adequate time to fulfill these duties is an on-going challenge. Child-centered group play counseling can serve as a possible strategy to maximize effective delivery of counseling services. This workshop presents unique clinical and ethical considerations when engaging in child-centered group play counseling in the schools. Through experiential exercises, demonstrations, and discussion, participants will learn practical strategies to integrate group play counseling within their school counseling program. Cultural considerations
when working with racially and ethnically diverse student populations will also be addressed.

**School Counseling Academy**

**Microaggressions Against African American Middle School Students: Implications for School Counselors**
60-Minute Program
*Malik S. Henfield, The University of Iowa, Iowa City, IA*

The low academic achievement of African American students in comparison with their peers has been well-documented in popular and scholarly literature. To combat this issue, it is imperative that educators, particularly school counselors, develop a true understanding of what it means to be an African American in multiple educational settings. As such, drawing on the findings of a larger qualitative research study, this presentation will detail the experiences of African American males in a predominantly White middle school. According to the findings, Black male participants, dependent on their various backgrounds, were aware of some, but not other types of microaggressions. Implications for school counselors will be discussed.

**Promising Practices for School Counselors Working With Students of Military Families**
30-Minute Project/Research Poster Session
*Susannah M. Wood, University of Iowa, Iowa City, IA, Lisa Thompson-Gillespie*

With US troops fighting in Iraq and Afghanistan and America’s war on terror, there is critical need for school counselors to support children from military families. However, students whose parents are active duty but not in a war zone have needs as well. The stressors of parent deployment and reintegration, single-parent care-taking, family restructuring, divorce and relocation, academic progress and fitting in also impact these students. The purpose of this presentation is to detail the current counseling literature on students of military families including needs and challenges, developmental struggles, suggested strategies, facilitating student resiliencies, and to brainstorm programs and collaborative opportunities.

**Counselor Education & Supervision Academy**

**School Counseling Academy**

**Responding to the Gates Report: Examining the Critique of School Counselors and Refreshing the Profession’s Advocacy**
60-Minute Program
*Caroline Baker, University of Wisconsin-River Falls, River Falls, WI, Sibyl Cato, Maureen Casamassimo*

The Gates Report on the effectiveness of high school counselors in preparing students for college yields results harmful to our profession. This presentation deconstructs the report, including methodology and findings, and exposes areas for improvement in professional advocacy. A brief review of our professional standards and advocacy competencies will facilitate an interactive discussion of how to improve the practice and professional reputation of school counselors. Attendees will leave with an increased understanding of the report's implications and methods of combating negative views of school counseling.
So, What’s Your Major? How Academic Self-Efficacy and Degree Prestige Guide the Choice of a College Major
30-Minute Project/Research Poster Session
Leann Wyrick-Morgan, The University of Texas at Tyler, Tyler, TX, Levi S. McClendon
For some young adults, perception is everything. For some college students, the perceptions they have about the likelihood that they will complete a degree program is what drives them to choose a major, not making the connection to the job that may or may not materialize upon graduation. The choice of a college major can also be based on the perception of the degree program, again without connection to an actual career path. This process may lead some to unfulfilled career aspirations and wasted resources. The presenters will provide research-based intervention strategies for working with high school and college students who are making degree program decisions and need career direction, not just college major advice.

Using the ASCA National Model to Enhance Understanding of Our Role as School Counselors
30-Minute Project/Research Poster Session
Donna Dockery, Virginia Commonwealth University, Richmond, VA, Mary A. Hermann
Many school counselors and counselor educators are frustrated by colleagues who do not understand our roles and responsibilities in schools today. Participants in this session will understand reasons why school personnel and other stakeholders may not fully understand the current role of school counselors. Information from a research study will be used to discuss methods of marketing school counseling programs and services. Participants will develop anext steps for promoting school counseling programs to identified stakeholders. Participants will receive results from a research study, handouts and references.

Advanced

Best Practices Academy
School Counseling Academy
An Ecological Approach to Professional School Counseling: A New Direction in the Transformation of School Counseling
90-Minute Program, Advanced
George McMahon, University of South Alabama, Mobile, AL, Erin Mason, Nikki Daluga-Guenther, Alina Ruiz
Today's school counselors are increasingly being asked to work systemically in order to address barriers to student learning. As this trend toward systemic interventions continues, it will become increasingly important that school counselors understand and attend to the complex, interactive relationships between students and the multiple systems in which they exist (e.g., schools, classrooms, cliques, families, neighborhoods, etc). In this program, presenters will provide a brief overview of models of ecological thinking, lead a discussion on applying an ecological perspective to current models of school counseling, and present a model for developing and implementing targeted interventions based on an ecological approach.
Conquering the Achievement Gap: College Readiness for Students With Disabilities
60-Minute Program, Advanced
Amy Milsom, Clemson University, Clemson, SC
College access is at the forefront of national initiatives aimed at increasing the percentage of individuals from underrepresented groups who are seeking college degrees, and counselors in K-12 and college settings can make a difference. Individuals with disabilities currently pursue college at lower rates than their peers without disabilities. Furthermore, approximately half of individuals with disabilities never complete their degrees. In this presentation best practices will be shared in relation to counseling interventions focusing on college awareness, access, transition, and retention for students with disabilities as well as in relation to effective advocacy and collaboration with families and other helping professionals.

Individual and Familial Interventions With Perpetrators and Victims of School Bullying
90-Minute Program, Advanced
Jered Kolbert, Slippery Rock University, Department of Counseling & Development, Slippery Rock, PA, Laura Crothers, Julaine Field
The program will provide school counselors with practical strategies for conducting individual counseling with frequent victims and perpetrators of bullying and consulting with the parents/guardians of victims and perpetrators. These strategies will be depicted either through video demonstrations or live role-plays. Participants will learn how to use to a social-ecological model to identify individual characteristics of students and aspects of their school and family environment that may be contributing to the development and maintenance of a student’s involvement in bullying, and the implications for intervention.

Investigating School Counselor Role and Self-Efficacy in Managing Multiparty Student Conflicts
30-Minute Project/Research Poster Session, Advanced
Summer Yacco, New York Institute of Technology, New York, NY, Mary Ann Clark
Multiparty conflict, which takes place among three or more students, can threaten school climate and student learning. Results from a national study of 357 middle school counselors will provide an understanding of school counselors’ self-efficacy and approaches for managing multiparty student conflict. The implications include best practices for school counselors and areas of related training that should be included in counselor education.

Keeping Our Promise and Retaining Our Potential: A Qualitative Inquiry of School Counselor Induction
30-Minute Project/Research Poster Session, Advanced
Jennifer R. Curry, Louisiana State University, Baton Rouge, LA
This session will outline the findings of a qualitative study of school counselor induction in a Southeastern U.S. city. Data analysis and findings will be presented along with implications for school counseling supervisors, educators, education leadership, researchers and counselors.

Thinking Outside the Box: Creative Tools for Counseling Youth in the School Setting
30-Minute Project/Research Poster Session, Advanced
Patricia Van Velsor, San Francisco State University, San Francisco, CA, Ulash Thakore-Dunlap
Meeting the mental health needs of students in the schools is a challenge for counselors, particularly with the increasing diversity of the population nationwide. Today’s students require the counselor to think outside the box in delivering mental health services. Creative “nontraditional” counseling approaches can provide avenues for students with similar needs and characteristics to address and explore issues. Expressive arts activities integrated into traditional school counseling services at both the prevention and responsive levels can offer further support and guidance to youth. Presenters will engage participants in discussion and activities designed to stimulate their own unique approaches to counseling students in the schools.

School Counseling Academy
Transformative School Counseling: Developing a Resilience-based Program
90-Minute Program, Advanced
William G. Nicoll, Florida Atlantic University, Port St. Lucie, FL
The educational literature abounds with articles on transformative leadership and transformative teachers. But what of the transformative school counselor? This workshop will challenge, via research evidence, many of the common assumptions and practices guiding school counseling and educational practice today. An alternative, Resilience-based paradigm will be offered for developing a research supported, Transformative School Counseling program and becoming a Transformative School Counselor. Practical strategies for developing resilience in students via classroom guidance & small group counseling, resilience-focused parent and parent/teacher conferences, and the conducting of resilience-based brief counseling w/ students will be demonstrated.

Video Self-Modeling: Digital Video and Social Media as a Counseling Intervention
30-Minute Project/Research Poster Session, Advanced
Beto M. Davison Aviles, Bradley University, Peoria, IL, Kelly Erney
Video self-monitoring and video story techniques coupled with social media are powerful emerging technologies that can be effective in school counseling. Self-videos are used to rehearse and reinforce desired behaviors, thereby effectively improving children's academic and social development. Using social media (Skype or Twitter) with persons central to a child's educational success (and who are not physically present when the child engages in self-modeling) supports student success in learning new behaviors via real-time reinforcement by peers, teachers, parents or counselors. Indeed, students can achieve mastery by teaching others online.
Rehabilitation Counseling and Disability Issues Academy
School Counseling Academy

Working With Children With Chronic Illness: An Integrated Approach To Meeting the Needs of the “Whole” Child
60-Minute Program, Advanced
Helen S. Hamlet, Kutztown University of Pennsylvania, Kutztown, PA
Approximately 20% of school-age children are living with chronic illness and the incident rate is rising. Meeting the changing needs of this diverse student population calls for the use of a holistic, developmental and systemic approach. Using the developmental systems theory, counselors can address the life stage of the student within the context of the various systems in their world (Lerner, 2005). This presentation will present a mixed methods, grounded theory study which focused on the needs of students with chronic illness. A collaborative systems model will be presented which integrates the systems and professionals in the student’s life without losing sight of the developmental needs of the student.

Sexuality

Media and Masculinity: Socially Constructed Identities
60-Minute Program
Amanda Marie Thomas-Evans, UW-Stout, Menomonie, WI, John Klem, Emily Shuda
How do stereotypical male reality television characters impact societal trends? According to Richmond and Kivel (2008) there is a relationship between media exposure and identity development. In their study on collective memory, men sampled were influenced by media in their formation and monitoring of masculinity (Kivel & Johnson, 2009). Media exposure also impacts female conceptualization of male roles (Connell, 2002). It is necessary that counselors attend to male gender stereotypes as adopted through prolonged media exposure. This presentation will focus on masculinity as a cultural construct with an emphasis on integrative treatment approaches to explore, address and redefine individual socially constructed male identities.

Advanced

Couples & Family Counseling Academy

Asperger’s Syndrome Sexuality: Understanding Sociosexual Challenges in Romantic Relationships
90-Minute Program, Advanced
Amy R. Marsh, Nectar & Flame Consulting, Albany, CA
Asperger's Syndrome (AS) is an autism spectrum condition marked by dysfunction in social skills, lower than average ability to understand non-verbal cues, stereotyped behaviors, and consuming special interests. People with Asperger's Syndrome frequently experience some form of sensory dysfunction issues. Couples affected by a diagnosis or Asperger's Syndrome (or a significant number of traits) experience extraordinary emotional and sexual challenges. These challenges may result in one or both partners feeling depressed, lonely and unfulfilled in relationship. This session provides an
overview of issues affecting the sexual and intimate behavior of people with AS and their partners and provides recommendations for sociosexual intervention.

**AADA Day of Learning**

**Midlife and Beyond: The Ins and Outs of Sexuality Counseling**

60-Minute Program, Advanced

*Larry Burlew, Montclair State University, Montclair, NJ, Gary McClain, Radha Parker, Edina L. Renfro-Michel*

The sexual development of men involves a complex interaction of biological, psychological, social, and spiritual factors. This presentation examines the sexual development of men in adulthood, particularly focusing on the changing nature of male sexuality. Sexual development must be examined with respect to societal expectations of men, race, and sexuality. How these expectations, particularly related to sexual and gender stereotypes, impact a man’s sexual development in adulthood must be considered in sexuality counseling. Discussions will occur related to what exactly the sexual potential is for men and how that impacts their sexual behavior throughout adulthood (typical or normal sexual development as well as psychopathology). Discussion, group work, and case studies will be used to create an informal interchange of information.

**Social Justice**

*Chi Sigma Iota, Int’l*

**Social Justice Academy**

**Counselors: Making a Difference Wherever You Are Through Community Engagement**

60-Minute Program

*Catherine Chang, Georgia State University, Atlanta, GA, Michael Brubaker*

This program will provide participants with an understanding of how they can create and initiate community engagement activities that illustrate the unique and positive value of counselor services in every community, school, or university. Rather than adopting another organization’s favorite volunteer or donation activity, this program will illustrate how counselors can initiate and promote community engagement activities that address our clients’ needs and reflect positively upon counselors and counseling services. Participants will leave feeling more empowered to help ameliorate the problems that confront every community, school, or university.

**Infusing Advocacy Competencies in Counselor Education Coursework: Developing Trainee Competence in Social Justice Counseling**

30-Minute Project/Research Poster Session

*Julie A. Dinsmore, University of Nebraska at Kearney, Kearney, NE, Matthew J. Mims, David D. Hof, Grace A. Mims*

This presentation focuses on practical ways counselor educators can developmentally integrate the ACA-endorsed Advocacy Competencies into curriculum to increase trainee awareness and knowledge of social justice issues in counseling as well as develop skills in the emerging counselor role of client advocate in institutional and community settings.
Content areas and examples of instructional activities and student projects will be provided.

**Advanced**

*Social Justice Academy*

**Effective Assessment and Social Justice Advocacy Strategies of Refugees and Political Asylum Seekers From a Counseling Model**

60-Minute Program, Advanced

*Benjamin J. Warner, Welch-Warner, PA, Austin, TX*

This presentation will address effective mental health assessment and social justice advocacy strategies for working with immigrants, refugees, political asylum seekers, and victims of torture. Topics covered include assessing mental health symptoms from a migration trauma perspective, creating effective mental health assessment affidavits from a counseling perspective, consultation and collaboration with immigration attorneys in advocating for clients, and expert witness testimony in Federal Immigration Court from a professional counseling perspective. Case studies, example mental health affidavits, clinical experience, and further resources will be provided as part of this presentation.

*CSJ Day of Learning*

*Social Justice Academy*

**Implementing Social Justice Concepts Through Community Counseling and Advocacy**

60-Minute Program, Advanced

*Judith Lewis, Chicago, IL, Rebecca Toporek, Manivong J. Ratts*

The Social Justice Counseling paradigm has come into its own as the fifth force in counseling theory. The presenters will provide a brief overview of this theoretical perspective and then focus on two implementation models: (a) the new Community Counseling model and (b) the ACA Advocacy Competencies. Real-life examples will be used to illuminate the efficacy of these practices.

**Latino Youth and the Achievement Gap: Acculturation, Social Inequalities, and School Dropouts**

30-Minute Project/Research Poster Session, Advanced

*Diana P. Ortiz, George Mason University, Fairfax, VA*

Latinos are the largest minority group in the U.S. and have the highest dropout rate in the country. This presentation will examine the achievement gap in the Latino youth. Immigration history, acculturation, parental involvement, and ethnic identity play key roles in the academic success of these students and may account for a part of the existent gap. Structural inequalities, lack of access to resources, perceptions of school, and negative social stereotypes also have a strong impact on the academic engagement of young Latinos. Implications for school counselors, community agencies, and policy makers will be presented. Strategies to work with the Latino community and suggestions for further research will be discussed.

*CSJ Day of Learning*
Best Practices Academy  
Social Justice Academy  
Neuroscience As the Tipping Point in Transforming the Counseling Profession:  
Implications for Social Justice Counseling  
60-Minute Program, Advanced  
*Allen Ivey, Microtraining Associates*  
*MA, Michael D’Andrea*

The counseling profession continues to be transformed by the multicultural and social justice paradigms. New discoveries in neuroscience provide new knowledge which has profound implications for culturally competent and social justice-oriented approaches to mental health. This new knowledge represents a tipping point in the transformation of the profession. This presentation will: (a) increase attendees’ awareness of neuroscientific discoveries relevant for professional counselors; (b) acquire new knowledge that helps counselors understand how they can intentionally foster healthy changes in brain chemistry; and (c) learn how specific social justice interventions can stimulate healthy neurological functioning within a social justice context.

CSJ Day of Learning  
Social Justice Academy  
Therapeutic Benefits and Challenges of Social Justice Activism: Voices of Creativity, Courage, Resistance, and Resilience  
90-Minute Program, Advanced  
*Judy Daniels, University of Hawaii, Honolulu, HI, Thomas Parham*  
*Michael Dandrea*

Social justice activism and community engagement provide many therapeutic benefits however it can also be challenging to confront the status quo. As counselors what compels us to take a stand on societal injustices, how do we thrive as we navigate through the complex challenges of activism, and what are the risks to doing this work? Passion, creativity, faith, bold risk taking, humor, support, and visioning are all important ingredients to maintaining ones strength and courage as a social justice advocate. The presenters will use poetry, passionate dialog, and scholarly research to discuss the complexities, therapeutic benefits, and potential costs of courageous risk taking through social justice activism.

CSJ Day of Learning  
Group Work Academy  
Social Justice Academy  
Using Group Counseling and Leadership Skills for Social Justice Advocacy:  
Opening Hearts, Shifting Minds  
90-Minute Program, Advanced  
*Anneliese A. Singh, University of Georgia, Athens, GA, Gerald Corey, Carmen F. Salazar, H. George McMahon*

This program is designed to promote group counseling and leadership best practices from a multicultural-social justice perspective. In doing so, the presenters will facilitate a live demonstration of a group that is grappling with social justice issues within a culturally diverse context. After discussing the group members’ reactions of this simulated group process, the audience will be invited to raise questions and offer comments about the approaches that were demonstrated in the role play. The presenters will also offer
additional strategies for promoting social justice interventions in group counseling and leadership training situation. Handouts will be provided.

**CSJ Day of Learning**  
**Social Justice Academy**

**What Counselors Must Know and Do To Address the Immigration Crisis: A Social Justice Counseling and Advocacy Perspective**  
60-Minute Program, Advanced  
*Carlos Hipolito-Delgado, California State University - Long Beach, Long Beach, CA*  
*Miguel Arciniega, Jolee M. Mann*

This program addresses issues related to the immigration crisis in the United States from a multicultural-social justice perspective. In doing so, the presenters will: (a) discuss the history of immigration in the US, (b) describe the central issues and implications underlying the heated debate about immigration in our nation today; (c) outline how the immigration controversy results in adverse effects on the mental health of many immigrants as well as those persons antagonistic to immigration rights; and (d) outline specific social justice counseling and advocacy strategies practitioners are encouraged to implement to foster the dignity and development of all persons in our society.

**Spirituality and Religion**

**A Matter of Faith: A Qualitative Study With Evangelical Christians**  
30-Minute Project/Research Poster Session  
*Monica A. Polonyi, Conroe ISD & Private Practice, Conroe, TX*

Although spirituality and religion have been determined to be essential for many clients in counseling, little is known about how faith is defined and experienced by proponents of the Christian faith, particularly for the evangelical Christian population. Therefore, what is faith? And how is faith experienced and lived out? This phenomenological study examined the meaning of faith through the eyes of evangelical Christians. An overarching meaning was discovered, as well as, four emerging and consistent themes. Results of this study will be outlined and attendees are invited to share their perspective on the topic. Future research, ethical considerations, and recommendations will be highlighted.

**ASERVIC Sponsored Session**  
**Counselor Education & Supervision Academy**  
**Spirituality and Religious Values Academy**

**Preparing Emergent Counselors To Work With Spiritually Diverse Clients: Implications for Supervision**  
60-Minute Program  
*Elizabeth O'Brien, University of Tennessee at Chattanooga, Chattanooga, TN*

This session is designed to help educators and supervisors facilitate beginning counselors understanding of their spiritual developmental level and its impact on clients. Session content will: explore Fowlers stages of spiritual development, illustrate strategies in supervising students exploration of spiritual development and how this impacts their
practice, and provide example case studies for participants to practice the materials presented.

Spirituality and Religious Values Academy

Religious Literacy: What Counselors Need To Know About World Religions (And Often Don’t)
90-Minute Program
Amanda M. Wolfe, Georgia State University, Atlanta, GA
Both ASERVIC's Spiritual Competencies and the Multicultural Counseling Competencies highlight the importance of knowledge. But how many of us can “describe the basic beliefs of various spiritual systems, major world religions, agnosticism, and atheism” (ASERVIC, 2009)? This session will seek to provide an answer to that question and an opportunity for counselors to build their competency and their religious literacy by highlighting the beliefs of the top ten organized religions in the United States. Come prepared to learn more about world religions and the importance of this knowledge to competent practice.

Spirituality and Religious Values Academy

Social Constructivism as a Philosophical Foundation for Spirituality Counseling
60-Minute Program
Robert Rocco Cottone, University of Missouri - St. Louis, St. Louis, MO
A theory that allows for an accepting and inclusive philosophy for incorporating spirituality issues in counseling is presented. Counselors will learn how they can be affirming and accepting of differing religious or spiritual ideals, even when the counselor adheres to conflicting religious ideals. The social constructivism movement is described historically and theoretically, and then it is related to the practice of spirituality counseling. Tenets of constructivism will be outlined. A case scenario will be presented. Handouts also will be provided. Attendees will have an opportunity to ask questions, to share their experiences, and to provide their opinions on the topic.

Spirituality: One Aspect of Multiculturalism
30-Minute Project/Research Poster Session
Michelle Bradham-Cousar, Department of Education, Tampa, FL
Spirituality does play a role in counseling. Counselor’s role is instilling hope and being encouraging. A lot of research addresses how spirituality plays in wellness, coping and solving the problems of life. Let’s face the fact that there is conflict but the deciding factor is coping. Advocacy roles such as change agent, advocate and fostering a scholarly identity for culturally diverse client population will be examined. Counselors may be instrumental in increasing client successful outcome by increasing their multicultural competencies and implementing a multicultural comprehensive program. Implications for preparation and practice addressed.

Addictions Academy

Spirituality and Religious Values Academy

The Straight Path to Addiction Recovery: Helping 12-Step Clients in Spiritual Bypass
60-Minute Program

Philip Clarke, UNCG, Greensboro, NC, Craig Cashwell

Spiritual bypass, a shadow side of spirituality, is a phenomenon that occurs when a person’s spirituality functions in a way that allows the person to avoid or bypass doing the psychological and emotional work of counseling. With addicted clients doing 12-step work, these unfinished issues continuously re-surface in the person’s life in the form of relapse, transferring of addictions, co-occurring disorders, and reduced quality of life. Interventions include first assessing a client’s spiritual life and evaluating for signs of spiritual bypass. Motivational Interviewing, an evidenced based practice for treating addiction, can then be incorporated to address the spiritual bypass problem.

ASERVIC Sponsored Session

Utilizing Native American Spiritual Concepts in Outdoor Adventure Therapy With Adolescents

30-Minute Project/Research Poster Session

Imre Csaszar, LSU-Grad Assistant, Baton Rouge, LA, William Ryan Schuette

This session reviews the use of Native American spiritual concepts such as the medicine wheel in outdoor adventure therapy. Presenters will provide an overview of holistic wellness, the benefits of integrating spirituality in counseling, and strategies for using these concepts.

ASERVIC Sponsored Session

Utilizing Spirituality To Assuage Physical Pain

30-Minute Project/Research Poster Session

Shannon Ray, Nova Southeastern University, Fort Lauderdale, FL

The experience of chronic pain is largely influenced by core schemas and cognitive processes, including those that are spiritual in nature. When those schemas are positive, they can ameliorate the experience of physical pain and related problems. The presenter will provide case examples and practical techniques for activation of assistive spiritual concepts in varied counseling settings.

When Family Violence Goes to Church (Treating Victims of Family Violence Who Feel Betrayed by Their Faith)

30-Minute Project/Research Poster Session

Margaret Garvin, Ascent Performance Consultants, Snellville, GA

Virtually no church or house of worship is untouched by family violence, especially during tough economic times. Victims with deep religious beliefs seek spiritual guidance to “get through it.” Religious teachings can be and have been misused and distorted to suggest family violence may be acceptable and may even be God's will. Church leaders may inadvertently downplay the gravity of the situation resulting in further abuse to the victim and giving power to the abuser. This workshop guides counselors in supporting and facilitating the healing process for women and men who have turned to religious practices for help in dealing with their experiences of violence and feel they have been betrayed by their church and religious leaders.

Advanced
ASERVIC Sponsored Session
Counselor Education & Supervision Academy
Spirituality and Religious Values Academy

Exploring the Spiritual Domain: Tools for Integrating Spirituality and/or Religion Into Counselor Education
90-Minute Program, Advanced
Stephanie F. Dailey, Argosy UniversityDC, Carman S. Gill, Jennifer Curry, Melanie C. Harper, W. Bryce Hagedorn

Spiritual and religious involvement is a central element of many clients’ lives and has repeatedly been found to be positively related to health and inversely related to physical and mental disorders. Nevertheless, few counselors receive formal training on how to address these issues with clients. Even fewer are taught how to effectively infuse spirituality/religion into counselor curriculum or supervision. The purpose of this presentation is to provide participants with innovative activities aimed at advancing transformative pedagogy related to spiritual competence. Come explore practical and ethical tools that counselors, educators and supervisors can use to build competence. Self-exploration and experiential methods will be emphasized.

Professional Counselors’ Perceptions of Spirituality Integration in Counseling Practice
30-Minute Project/Research Poster Session, Advanced
Robert A. Dobmeier, The College at Brockport, State University of New York, Brockport, NY, Summer M. Reiner

Participants will be informed about the views of counselors on their perceived competence to address spirituality in counseling, their learning pathways to become competent, and the value that they assign to each of the 14 ASERVIC competencies, based on a 2010 national survey. Attendees will have an opportunity through experiential activities, discussion, and case studies to assess themselves in these three areas. Participants will use one or more of the ASERVIC competencies to develop an intervention plan to help one of their clients to resolve her/his presenting problem. Several models of spiritual assessment will be provided, including the spiritual genogram.

Spirituality and Religious Values Academy

Spiritual Bankruptcy: Investing in the Spiritual Health of Families
60-Minute Program, Advanced
Cheri Smith, Southern Connecticut State University, New Haven, CT, Judith Miranti

In challenging economical times focusing on spiritual bankruptcy is a resource that may be untapped for many individuals. Helping families to understand their spiritual health can have an impact on the many other aspects of their lives. This program will provide information and resources for counselors as they assist families in understanding investments that can be made to help increase and/or maintain the spiritual health of the family unit. Tapping into this resource may be especially important for military families as they fulfill service expectations.
ASERVIC Sponsored Session
Trauma/Disaster Mental Health Academy
Spirituality and Religious Values Academy

Understanding Spiritual Principles in Trauma Treatment
60-Minute Program, Advanced
Leila F. Roach, Stetson University, DeLand, FL, Linda Vanderbleek, Page Thanasiu, Sara Meghan Walter

There is an increasing need to better prepare counselors to treat clients for trauma and the effects of disaster. In this session, participants will learn how spiritual principles from Eastern and Western religious traditions interact with trauma to assist in case conceptualization, identification of clients’ spiritual strengths, and trauma resolution. Participants will: 1). Gain an understanding of the effects of trauma and trauma reactions in individuals and groups of people; 2). Identify spiritual principles that can be applied to treating clients; and 3). Learn how to create interventions utilizing spiritual principles across religious/spiritual beliefs.

Technology in Counseling

A New Approach to Distance Counseling Skill Development in Counseling Interns: Applying a Discrimination Model of Supervision
30-Minute Project/Research Poster Session
Glenn G. Hoffman, Allegiance Behavioral Health of Plainview, Plainview, TX, Anna M. Harpster, Laura A. Dawson, Kathleen Phelan

Utilizing technology in counseling practice to meet the evolving needs of clients is becoming increasingly commonplace. Technology can be a useful medium for connecting with clients who might have otherwise not sought counseling services. In order for this to be an effective practice, interns and counseling supervisors must develop the necessary skills and competencies for ethical practice. This presentation will use multimedia case examples and discussion to demonstrate a practical skill set for navigating this innovative and uncharted modality of counselor supervision.

Online Counseling: A Review of Ethical Codes, Licensure Laws, and Board Rules for Mental Health Professionals
30-Minute Project/Research Poster Session
Shane Haberstroh, The University of Texas at San Antonio, San Antonio, TX, Laura Barney, Nina Foster

Online counseling is increasing in popularity and some counselors provide online interventions via email, live chat, or video conferencing. This presentation compares the ethical and practice codes of professional counseling state boards and other mental health boards with respect to online counseling practice. Attendees will gain insight into the legal and ethical practice of online counseling in their state.

Social Media and the Therapeutic Effect of Virtual Presence
60-Minute Program
Marty Jencius, Kent State University, Kent, OH, Debra London
Social Media tools (Twitter, Facebook, Second Life, etc.) are here to stay. They are re-shaping the way people connect and interact with others. These new technologies can enhance the way we, as counselor and counselor educators, connect and support the necessary conditions of change for others. In order to be effective we need to understand these tools in light of what Carl Rogers termed the necessary and sufficient conditions of change. This session will journey into virtual environments as we explore the intersection of these conditions and the new social medias.

The Best of Both Worlds: How to Move Your Teaching Expertise to an Online-Hybrid Course
30-Minute Project/Research Poster Session
Mark A. Tichon, Lincoln Memorial University, Harrogate, TN, Jeff Burleson
Want to dip your feet into the world of online teaching? Don’t know where to start? Curious about how to combine the best of the internet and experiential classroom practice? Wonder how to keep the personal, the heartfelt, and the genuine aspects of Counselor Training while moving a course or two online? This presentation will highlight a collaboration between Counseling and Online Learning to create a Career-counseling course that met weekly online and monthly face-to-face course. Course was awarded the University-wide Innovation in Teaching award for 2010, and student valuation was overwhelmingly positive. Challenges faced and rich depth of student feedback will be explored.

The New Supermarket: Counselors, Clients, and Online Interactions
30-Minute Project/Research Poster Session
KristiAnna Nicole Santos, The University of Texas at San Antonio, San Antonio, TX, John Paul Lokey
The use of the internet and social networking sites is growing at a constant rate. This means there will be new challenges that counselors will face in regards to privacy, dual relationships, boundaries and access to client information. What do we do when a client wants to “add you as a friend” to their social network? If a counselor accepts the invitation does it turn in to a dual relationship or does it have the potential to aid in the counseling process? These are some questions that need to be examined by counselors so we may have a better understanding of how to handle these unique situations. This program will describe some of the implications for counselors and clients with regard to personal information on the internet.

The Therapeutic Relationship in Online and Face-to-Face Counseling: Past Research and Future Directions
30-Minute Project/Research Poster Session
Courtney M. Holmes, William & Mary, Williamsburg, VA, Katie M. Hermann
This presentation will provide an overview of literature supporting the importance of the therapeutic relationship in both face-to-face and online counseling. The similarities and differences between technologically mediated and in-person therapeutic relationships will be discussed. Finally, presenters will address techniques to build a therapeutic relationship through technological and Internet media.
Using Web 2.0 Technologies in Counseling: Possibilities and Pratfalls
30-Minute Project/Research Poster Session
Caroline S. Booth, North Carolina A & T State University, Greensboro, NC, Shirlene Smith-Augustine
Social networking and other Web 2.0 technologies appear to be dominating popular culture. Counselors do not want to be left behind but many are confused and unsure of how to integrate these applications into their professional practice. This presentation will highlight the possibilities and pratfalls inherent in using Web 2.0 technologies. Content will include live demonstrations, case examples, discussion, and potential ethical issues. Facebook, Twitter, YouTube, SecondLife, and other applications will be discussed.

Voice Thread Technology: Using Creative Social Media in Counselor Education and Clinical Practice
30-Minute Project/Research Poster Session
Christopher E. Hull, Argosy University - Tampa, Tampa, FL
The rapid advancement of computer technology and internet usage mandates the exciting and dangerous task of integrating social media with counselor education and clinical practice. This presentation will introduce Voice Thread technology; an internet based social forum that promotes group conversations using video, voice, text, images, and documents. Voice Thread can enhance collaborative and relational learning across diverse settings. Creative uses of social media and the ethics governing such technologies will be discussed.

Career Development/Employment Counseling Academy
When Role Models Are Scarce: Using Multi-Media and Online Resources To Encourage STEM Careers in Underrepresented Populations
60-Minute Program
Lynn M. Zagzebski, North Carolina State University, Raleigh, NC, Abigail Holland, Sylvia C. Nassar-McMillan
This presentation will focus on the use of technology as a career counseling intervention with individuals with science, technology, engineering and math (STEM) interests, particularly those from underrepresented populations. With an emphasis on role modeling and accessing accurate career information, presenters will provide an overview of current literature of the effectiveness of technology-based interventions and a summary of findings from a year of introducing diverse populations throughout the country to National Aeronautics and Space Administration (NASA) eClips©. Using NASA’s free online resources as an example, guidelines about how to utilize multi-media tools to encourage STEM careers will be provided and challenges discussed.

Trauma
Assessing Indicators of Trauma While Conducting Mental Status Exams
30-Minute Project/Research Poster Session
Sharon Silverberg, Old Dominion University, Norfolk, VA
Due to increased traumatic events, mental health professionals face increased numbers of clients presenting with trauma symptomology in all settings of clinical practice. This
presentation will assist counselors assess clients’ for signs of trauma by using a structured Mental Status Exam (MSE). Participants will learn to identify indicators of trauma while conducting MSE’s in crisis situations and every day clinical practice, as well as learn to interpret clients’ thoughts, words, actions, and overall physical presentation to establish clinical impressions. Counselor educators & supervisors will gain tools to educate future counselors in best practices to recognize and assess trauma through the use of a MSE.

**Counselor Perceptions of the Efficacy of Training and Implementation of Self-Care Strategies Related to Trauma Work**
30-Minute Project/Research Poster Session
*Leslie M. Culver, University of New Orleans, New Orleans, LA, Bridget L. McKinney, Louis V. Paradise*
Educational and personal preparation for working with trauma victims is critical for successful client and counselor outcomes. Counselors should be prepared for the inherent risks of trauma work through trauma-specific training including self-care strategies that may help prevent and ameliorate vicarious traumatization. The presentation will provide information regarding counselor perceptions of their educational preparation in self-care strategies related to trauma work, what strategies are being used, as well as how effective those strategies are when implemented.

**LCA Sponsored Session**
**Trauma/Disaster Mental Health Academy**
**Facilitating Family and Community Resilience in the Wake of Trauma**
90-Minute Program
*Paul T. Ceasar, Southeastern Louisiana University, Hammond, LA, June M. Williams, William Brogan Fairchild, Jr., Roxane L. Dufrene, Kathryn Lynn Henderson*
This didactic and interactive presentation provides counselors with current theory, research, and interventions related to understanding and facilitating family and community resilience in the aftermath of trauma. Since no one is immune from experiencing traumatic events, counselors in all settings will benefit from the knowledge and skills presented. The presenters’ culturally sensitive, strengths-based, multi-systemic approach focuses on finding opportunities for growth and transformation through trauma as opposed to pathologizing the effects of trauma.

**Grief as a Ubiquitous, Yet Unique Phenomenon Across the Lifespan**
30-Minute Project/Research Poster Session
*Vincent S. Viglione, Montclair State University, Montclair, NJ, Kathleen Mangano*
The program will include specifics on the developmental course of grief, loss, bereavement and recovery. Objectives are designed to increase the understanding of the process of grieving and bereavement as a state and recovery as an objective. The following concepts and strategies will be presented:- Common questions and misconceptions from the perspective of the bereaved- Expected Timeframes- Factors affecting bereavement- Positive and Negative coping Styles- Physical, cognitive, emotional, behavioral and spiritual responses- Four Tasks of Mourning - Means of support- Methods of Support and Available resources- Discussion
Introduction to Post-traumatic Growth: The Transformative Side of Trauma
60-Minute Program
Lea R. Flowers, Georgia State University, Atlanta, GA, Julia Whisenhunt, Leslie Shelton, Natalie Grubbs, Kyrstin Lokkesmoe

Although the term posttraumatic growth was recently coined by researchers, the idea that human beings can be changed by their encounters with life challenges, sometimes in radically positive ways, is not new (Tedeschi, Calhoun, & Cann, 2007). The theme is present in ancient spiritual and religious traditions, literature, and philosophy (Tedeschi & Calhoun, 2004). But it is only within the past three decades that an emphasis on the systematic study and theorizing of posttraumatic growth emerged (Tedeschi, Calhoun, & Cann, 2007). Given its relative youth, much confusion continues surround the phenomenon of posttraumatic growth. Accordingly, the presenters see a need for coverage of this topic in a professional learning environment where kno

Preventing Vicarious Trauma: A Wellness Approach
30-Minute Project/Research Poster Session
Cassandra Storlie, University of Iowa, Iowa City, IA, Mashone Parker, Hongryun Woo

Vicarious trauma can occur to even the most experienced counselor. With students and beginning counselors, a real and severe disturbance can arise by the active listening of clients’ complex and troubling issues. How can supervisors better prepare these individuals to not become recipients of vicarious trauma? What are the interventions that educators can take, within the classroom, to decrease the likelihood of vicarious trauma? Preventing vicarious trauma by the use of wellness approaches will be introduced and participants will explore methods that may enhance healthy boundaries of those new to the field. Prevention, wellness and intervention strategies will be provided as ideas to implement in daily practice.

Trauma/Disaster Mental Health Academy
Providing Pediatric Consultation to Identify and Enhance Treatment of Traumatized Children: Assisting Primary Care Providers
60-Minute Program
Tammy Tubre, Family Psychological Services, Ruston, LA, Gregory Tubre

This is an interactive program presented by a therapist/physician team experienced in pediatric trauma. Focus will be placed on best practice guidelines and evidence-based treatment protocols. There will be a brief overview of stabilizing a traumatized patient medically. Learning will be structured through case presentation, exercises, lecture, modeling, role play, literature review, q&a, and pre/post-test. Each attendee will receive an instructional synopsis and 'first aid kit' to facilitate consultation with primary care providers. This program is appropriate for those in private practice, academics, disaster relief, managed care, employee assistance programs, primary care providers, community response personnel, and first responders.

PTSD, Energy Shift, Somatic Changes, and Emotional Freedom
30-Minute Project/Research Poster Session
Farnoosh (Faith) M. Nouri, Argosy / LifePulse Center, Dallas, TX
PTSD is a devastating anxiety disorder that affects individuals who have been exposed to traumatic events. Healing takes place as clients work in therapy to reach a state of harmony between emotions, mind, and body. As clients work through psychological issues, the body goes through an energetic shift. This energy shift is due to the response of certain body organs to emotions as well as the body's electromagnetic properties. This presentation provides the audience with a comprehensive approach and a wider understanding of the process of emotional release based on research on psychological treatment of PTSD, research on somato-emotional release, and approaches of the East, including Sufism on electromagnetic centers in the body.

S.A.G.E.: The Effectiveness of a Program for Learners With Trauma and Academic Challenges
30-Minute Project/Research Poster Session
Susan H. Marcus, Argosy University, Sarasota, FL, Joyce V. Abel
The purpose of this presentation is to (1) share the conceptualization of ITA (Incapacitating Test Anxiety), (2) to link ITA to PTSD in specific groups of vulnerable students (e.g., veterans, low SES, ESL), and (3) to report on the academic success of participants in the SAGE (Skills and Approaches to Grade Excellence) program. This multi-disciplinary program embraces a holistic approach: skills development, cognitive-behavioral restructuring; and mind-body-spirit integration. The presentation focuses on the program’s development and four years of data documenting success. Counselors who work with veterans, PTSD clients and at-risk students will benefit from knowing about the SAGE program, and how to identify students at risk for ITA.

Salutogenics: A Positivist Approach to Trauma in Counseling, Counselor Education, and Supervision
30-Minute Project/Research Poster Session
Eric W. Owens, Vincentian Academy-Duquesne University, Pittsburgh, PA, Debra Hyatt-Burkhart
Our profession has long focused on negative client reactions to the experience of trauma. This focus has carried over to the study of secondary trauma, i.e. the counselor's reaction to a traumatized client. There has been increased attention, however, to positivist approaches to trauma-informed care. This program will review the pathogenic approach to trauma work, but will also focus on salutogenic approaches to working with trauma survivors. Participants will have the opportunity to discuss proactive and reactive positivist approaches to working with traumatized clients, as well as traumatized counselors. Finally, the presenters will discuss their own research findings in the field of the helper's response to trauma survivors.

Advanced

Child & Adolescent Counseling Academy
Social Justice Advocacy: Counselors Respond to “Precious”
60-Minute Program, Advanced
Angela Coker, University of Missouri - St. Louis, St. Louis, MO, Norma Day-Vines, Rhonda M. Bryant, Kent Butler
The internationally acclaimed film Precious based on the novel Push by Sapphire, depicts the story of an African-American 16-year-old girl who experiences the horrors of sexual and physical abuse, inadequate education, and cultural isolation. This presentation brings together community and school counselors who offer an in-depth analysis of the factors that contributed to Precious’ life situation. They also offer social justice intervention strategies for working with similar precious girls who present into counseling. This presentation also serves as an opportunity for counselors to explore the ways in which mental health professionals can become social change agents and advocates for young women like Precious around the world.

**Mental Health/Private Practice Academy**

*Treating Complex Post-traumatic States: From Evidenced Based Treatments to Object Relations*

90-Minute Program, Advanced

*Ronnie James Llewelyn, Volunteers of America, Utah at Cornerstone Counseling Center, Salt Lake City, UT*

Treatment of Type 2, or Complex Posttraumatic Stress Disorder (PTSD) differs significantly from the treatment of Type 1 PTSD. This presentation will help you distinguish the differences between Type 1 and Type 2 PTSD, and will challenge your thinking about PTSD in General. A three-tiered treatment model will be used to demonstrate the various areas that are necessary for helping those who suffer from severe, Type 2 PTSD. Elucidation of evidenced based treatment techniques and transferential object relational methods will be discussed-in depth.

**Wellness**

*Wellness Academy*

*Cultivating Emotional Balance: A Merging of Eastern and Western Approaches to Managing Emotions*

90-Minute Program

*Isabel A. Thompson, University of Florida, Gainesville, FL, Eric S. Thompson*

In 2000, there was a dialogue between the Dalai Lama and Western scientists and psychologists about how to integrate secular methods of meditation and current psychological theories of emotion management. From this dialogue, a program called Cultivating Emotional Balance emerged. Through Cultivating Emotional Balance training, counselors can effectively manage their own emotions and also assist clients. This experiential and interactive presentation will showcase key concepts and the latest methods of managing emotion from both East and West. Guided meditations will be offered. Those wishing to have greater emotional balance must attend this presentation!

*C-AHEAD Wellness Center*  
*Wellness Academy*

*Forgiveness…A Healthy Choice!*

60-Minute Program

*Sonya T. VassosChristine Moll*
To be able to forgive eases stress and helps build both physical and emotional strength. Everyone has had negative experiences. How we choose to perceive and respond to these encounters affects us in profound ways. This C-AHEAD experiential workshop will provide participants with a structured program on how to refocus attitudes and perceptions. It will also allow participants to deal with their own personal responses to negativity as well as to provide a structure to confront the need for and a method by which one can confront the issue of forgiveness in both a personal and professional setting.

**Impact of Client Suicide on Counselors**
**30-Minute Project/Research Poster Session**  
*Amy K. Biegler, Lutheran Social Services, Peoria, IL, Jobie L. Skaggs*
Counselors at any level can become a survivor of a client suicide. Have you ever wondered how you would be impacted if a client committed suicide? This presentation qualitatively explores counselors who are client suicide survivors. Up to date research along with themes depicted from interviews will be presented, along with a metaphorical journey of the participants in the research study. The findings of this research may surprise the audience and provide meaningful ways of handling unexpected tragedies. Client suicide happens. How would you handle the experience? If you cannot answer the question, then you need to here this presentation.

**NECA Day of Learning**  
**Wellness Academy**  
**Metaphysical Healing Methods That Work**  
**60-Minute Program**  
*Kimberly Key, Encompass Work & Family, Austin, TX, Michael Lazarchick*
The definition of metaphysics has changed since Aristotle first described it in his work on “first philosophy.” The chapters, which were later placed after his chapters on physics, became referred to as “beyond physics” and the definition has continued to be redefined over the centuries. The origin of metaphysics is “being qua being” and looks at “the first causes of things – that which does not change.” This presentation explores two main concepts that underlie life and healing – breathe and water. Participants will learn ancient healing techniques that have received recent investigation. You will walk away renewed, empowered, and fortified with essential remedies for your clients.

**C-AHEAD Wellness Center**  
**Wellness Academy**  
**Morning Meditation**  
**60-Minute Program**  
*Mark D. Stauffer, Oregon State University, Corvallis, OR*
The C-AHEAD Wellness Center welcomes participants to join our experiential program in meditation. Meditation is a practice that enhances a person’s quality of life and promotes relaxation of body and mind. This wellness presentation welcomes newcomers and advanced participants alike. Basic meditation techniques will be demonstrated followed by practice of these exercises.
Promoting Physical Wellness on a Commuter Campus: Learning Key Principles of Exercise Prescription To Enhance Program Design
30-Minute Project/Research Poster Session
*Darren A. Wozny, Mississippi State University - Meridian, Meridian, MS*

The rationale for this practice-based proposal is that people continue unhealthy exercise patterns (starting and stopping self-designed exercise programs) due in large part to a lack of knowledge related to key principles of exercise prescription. Participants will learn about common issues associated with premature termination of self-developed exercise programs and will learn about key principles of exercise prescription to enhance the sustainability of self-developed exercise programs.

The Search for Mattering: Validating the Construct of Mattering for Use in Counseling
30-Minute Project/Research Poster Session
*Andrea L. Dixon, Georgia State University, Atlanta, GA, Joshua C. Watson*

Does it matter if individuals perceive that they matter to others in their lives? It is likely that if individuals perceive they matter to others they will experience healthier and more fulfilling relationships. In this session the relationships among mattering, self-esteem, satisfaction with life, purpose in life, perceived social support, social desirability, and overall perceived sense of belonging are examined, using empirical data from a construct validation study. Results indicate that mattering differs from other psychosocial experiences individuals experience and may differ for clients from varying ethnic groups and across genders. Implications for counselors, the counseling relationship, and counseling research will be discussed.

C-AHEAD Wellness Center
Wellness Academy
The Wellness Journey
90-Minute Program
*Janet WindWalker Jones, Center of Health & Whole HealingTX*

This C-AHEAD program is based in a metaphysical orientation that fosters honoring both the "me" and the "we" in all of us, in relationship and balance with all our relations. It focuses on giving, loving, serene acceptance and resolve; it demonstrates respectful behavior toward all our relations. It models ways we can modify our inward journey to bring all our relationships into balance with creation using storytelling, meditation, sharing, resolution building, and ceremony. It offers the possibility for on-going connectivity and support networking with others in the circle.

Wellness Factors Related to the Success of Minority Female Faculty in Counselor Education Programs
30-Minute Project/Research Poster Session
*Ann Shillingford, College of Williams & Mary, Williamsburg, VA, Shannon Trice-Black*

Career dissatisfaction has been found to be associated with anxiety, stress, and burnout. Wellness has been defined as a holistic approach integrating body, mind, and spirit and incorporates the process of optimal functioning of the mental, physical, and spiritual health, thus the ability to combating counselor burnout and/or impairedment. This
presentation focuses two very important aspects: (1) What are the most prominent challenges for minority women counselor educators that may lead to stress and burnout? And, (2) what wellness factors are significant to the success of minority women faculty in counselor education programs? In essence, can the wellness factors of minority female counselor educators contribute to faculty retention.

C-AHEAD Wellness Center
Wellness Academy
Yoga for Everyone
90-Minute Program
Bernadine Craft, Sweetwater BOCES, Rock Springs, WY
Yoga is for Everyone, regardless of age or physical condition. As a featured program of the C-AHEAD Wellness Center this program will experientially introduce participants to basic Hatha yoga techniques. These techniques can easily be incorporated into everyday life, reducing stress and enhancing well being. Participants will experience a variety of breathing, relaxation, stretching and limbering techniques, all of which have been designed to develop flexibility and promote physical and mental health. Dress comfortably and prepare to have fun while learning how to combat "stress mess" in your life!

Advanced

C-AHEAD Wellness Center
Wellness Academy
From Childlike Art and Play Therapy to Counselor Wellness
90-Minute Program, Advanced
Jeff L. Cochran, University of Tennessee, Knoxville, TN, Michelle Perepiczka, Lindy A. Cohen, Aliya E. Alewine
Play and art are fun and are therapeutic for children in counseling. But what can be learned from play, art, and child-centered play therapy relationships for adult wellness? In this C-AHEAD Wellness Center session, leaders guide participants to consider the values of childish free expression for their own wellness today. Participants re-experience the value of playing and creating freely, while attending and being attended to in a child-centered way. The benefits for adult centering, self-awareness, self-acceptance, and attending are explored. Toys and simple art materials are provided for practice and workshop fun. Come ready to play, explore, and experiment! See how good it can feel to reach for the freedom of childhood.

Wellness Academy
Healthy Aging: Incorporating Exercise Into Group Counseling Treatments for the Geriatric Population
60-Minute Program, Advanced
Jeremy J. Berry, Allegiance Behavioral Healthcare, Plainview, TX, Kimberly C. Berry
Common themes in geriatric groups include the fear and anxiety related to loss of independence and increased need for support for basic living tasks. By incorporating appropriate exercise with this population, clients can maintain strength and promote proper blood flow, which can help maintain independence with daily activities and help
prevent decreases in overall health. Utilizing these exercises and activities in group work, the common mechanism for delivery of counseling in nursing homes, outpatient treatment facilities, and acute inpatient facilities, counselors can add an interdisciplinary dimension to their treatments of geriatric clientele that will improve their overall functionality. This presentation discusses one such program.

**Integrative Mental Health and Counseling: Research Considerations and Best Practices**

30-Minute Project/Research Poster Session, Advanced  
*Christine Ciecierski Berger, Loyola University Maryland, Baltimore, MD*

As of 2007, nearly 40% of Americans have sought out integrative medicine (IM) therapies such as mindfulness meditation, yoga, Reiki and acupuncture. These are often used adjunctively with their counseling treatment which is deemed Integrative Mental Health (IMH). IMH seems to provide many positive benefits in mental health treatment and wellness promotion, as evidence shows that they help improve anxiety and depression. In this workshop you will learn how to work in a teamwork capacity with IM practitioners in your communities to best treat your clients, how to integrate some of these therapies into your clinical practice, and how to evaluate the research on integrative mental healthcare for best practice.

**Wellness Academy**

**Psychoneuroimmunology and the Mind-Body Connection: Linking Counseling Practice to Health and Well Being**

90-Minute Program, Advanced  
*Kathryn Z. Douthit, University of Rochester, Rochester, NY*

This session will introduce the burgeoning field of psychoneuroimmunology (PNI) and, in the context of PNI, will demonstrate the pivotal role that counseling can play in promoting physical health and well-being. Participants will learn the specific mechanisms involved in PNI and will gain an understanding of how poor psychological health can lead to serious and sometimes life-threatening problems of physical health. The urgency of this information for intervention with racial minorities and the economically disadvantaged will be underscored in the context of specific data that highlights the disproportionate incidence of psychologically mediated health problems in marginalized populations.