Friday, March 29, 2019
7:30 am - 8:30 am
**Sexuality Counseling 101: Sex Therapy Information and Techniques for Non-Sex Therapists**
60-Minute Clinician Education Session, Advanced
*Lorraine Joyce Guth, Dana Kirkpatrick, Megan Norris, Olivia L. Wolfe*
This presentation will focus on positive sexuality counseling strategies that can be utilized to address diverse client issues such as sexual abuse and trauma; alternate sexuality; female sexuality; male sexuality; LGBTQIA identities; medical effects on sexuality; and out-of-control sexual behavior. Key sexuality counseling interventions will be covered through case studies and exemplars found in evidence-based literature. The importance of counselor self-awareness, knowledge, and skills will also be highlighted.

Friday, March 29, 2019
7:30 am - 8:30 am
**Evidence-Based Counseling in Juvenile Detention Centers and Court Schools**
60-Minute Clinician Education Session, Advanced
*Erika R.N. Cameron, Brianne France, Mareike Katalin Yergin*
The rates of juvenile delinquency and recidivism are down, but there are still many youth and adolescents in the system who are not receiving the counseling services and supports needed to have a successful transition out of the centers. Attendees will be provided current knowledge on mental health services in centers and strategies to assist counselors in implementing programs and supporting adolescents transitioning from a juvenile detention center.

Friday, March 29, 2019
7:30 am - 8:30 am
**Bringing Research to the People: Adapting EBPs for Diverse Populations**
60-Minute Clinician Education Session, Advanced
*Melanie T. Smith*
Despite the ethical mandate for the use of evidence-based practices (EBPs), they are rarely fully implemented in routine counseling practice. This workshop will explore barriers to using EBPs, including inefficacy of approaches developed using nondiverse populations. Through exploration of theory and experiential demonstration, the integration of relational–cultural theory and a social justice lens will be examined to adapt existing EBPs to increase accessibility and applicability to marginalized populations.

Friday, March 29, 2019
7:30 am - 8:30 am
**Investigating and Responding to Incidents of Student Bullying in Higher Education**
60-Minute Education Session, Advanced
*Stephan F. Berry, Janet Hicks, Joe McCall*
When an incident of bullying directed toward a specific cultural group made the national news, one university decided that they needed to respond more effectively in addressing the issue of bullying on their campus. The university’s efforts to improve their response included the conducting of student focus groups and the implementation of new university-wide interventions.
This presentation will provide the results of the focus group research and describe the interventions the university implemented.

Friday, March 29, 2019
7:30 am - 8:30 am
An Affirmative Approach in Evaluating and Recommending Candidates for Gender Transition
60-Minute Education Session, Advanced
Varunee Faii Sangganjanavanich
This presentation provides: (1) an overview of gender dysphoria and gender transition; (2) strategies on affirmative clinical evaluation of gender dysphoria; and (3) affirmative clinical assessment and recommendations for clients pursuing social and medical transition. Examples of clinical management and a letter of recommendation for gender transition are provided. Practical considerations for affirmative practice, including ethics and cultural diversity, are discussed.

Friday, March 29, 2019
7:30 am - 8:30 am
The Role of the Mental Health Counselor in Integrated Care
60-Minute Education Session
Karyn Jones, Bryce Hagedorn, Alexander Fields, Emel Bihorac, Gulnora Hundley
Integrated care, the systematic coordination of general and behavioral health care, has become a movement in the United States. Mental health counselors are an essential part of integrated care and need information about their role in integrated care settings. Attendees will learn about integrated care models, interprofessional teams, and specific activities and interventions. Presenters will also demonstrate the counselor’s role in integrated care through a simulated patient role play.

Friday, March 29, 2019
7:30 am - 8:30 am
Counselor Training and Supervision in Health Care Practices
60-Minute Education Session, Advanced
Sherry R. Shamblin, Christine Suniti Bhat, Stephanie Maccombs
With the continued promotion of evidence-based models for behavioral health–primary care integration, counselor educators and supervisors are often left feeling challenged to prepare and support supervisees working in this multiteam environment. Participants will learn about research findings from a multiyear training project with a federally qualified health center. Participants will then engage in case-based discussion to apply principals to their own supervision.

Friday, March 29, 2019
7:30 am - 8:30 am
Cut It Out! Understanding Tween and Teen Cutting and Nonsuicidal Self-Injury (NSSI)
60-Minute Education Session
Paula J. Gardner-Porter
With the increase of suicide and NSSI among tweens and teens, clinicians must be competent enough to address them, their families, and their communities. With the increase of social media
use, bullying, vicarious trauma, and unhealthy relationships, our youth are facing mental health crises earlier. Most youth do not have the coping skills, support, and access to mental health necessary to overcome these obstacles. This presentation will present this information in a digestible, action-oriented format.

Friday, March 29, 2019
7:30 am - 8:30 am
Technology and Morality: Teaching Ethics in the Classroom to Reduce Cybersexual Assault (CBSA)
60-Minute Education Session
Kelley Holladay
Have ethical debates been removed from the classroom? With the expansion of technology and social media, prevalence rates of CBSA have dramatically increased. Empirical evidence measuring the psychological outcomes of CBSA identified the need to create prevention programs. Beyond an educational program, ethical dilemmas pertaining to technology usage will be discussed. The presentation will encompass a case study and treatment plan, while prevention efforts will be geared toward the perpetrator.

Friday, March 29, 2019
7:30 am - 8:30 am
70 Helpful and Unhelpful Characteristics of Counselor Education Faculty
60-Minute Education Session
Jude T. Austin II, Julius A. Austin
This session will present and discuss 70 individual and collective characteristics of counselor educators that help and hinder students’ development of therapeutic presence. These characteristics were found as a result of the presenters’ concept mapping research procedures. In addition to these characteristics, the presenters will discuss the concept of therapeutic presence and its influence on therapeutic outcomes and counselor training.

Friday, March 29, 2019
7:30 am - 8:30 am
Historical and Community Trauma in Ferguson, MO: Applying Research to Trauma Treatment
60-Minute Education Session
Hope Schuermann, Jessica Haas, Marion E. Toscano
Client trauma is often not a one-time event with easily delineated impact. Following the shooting of Michael Brown in Ferguson, MO, many people suffered from intersecting historical and community trauma. In this presentation, the trauma-related findings are presented from speaking to 35 diverse participants from many walks of life. We will further discuss the application of our findings to treatment of clients with intersecting traumas—an important component of the competent trauma counselor’s repertoire.

Friday, March 29, 2019
7:30 am - 8:30 am
The Family Adjustment Measure: Advocating for Diverse Families With Disabilities
60-Minute Education Session,
Vanessa N. Dominguez-O'Hare
Minority families of children with disabilities face systemic struggles negatively impacting their life quality. The Family Adjustment Measure (FAM) assesses multiple areas in parental and family adjustment for families with disabilities. We will discuss challenges faced by minority families along with the FAM to identify protective and risk factors contributing to positive adjustment. Attendees will learn how to apply the FAM to further teaching, supervision, and clinical/training practices.

Friday, March 29, 2019
7:30 am - 8:30 am
Disaster Mental Health Introduction for the American Red Cross
60-Minute Education Session
Stephanie F. Dailey
Did you know that 90% of American Red Cross (ARC) disaster relief workers are volunteers? This session will provide an overview of services provided by ARC disaster mental health (DMH) workers. Participants will review unique aspects of DMH work, the psychological impact of disaster, force health protection, deployment readiness, and how to get involved locally. This course is required for all ARC DMH volunteers and can be taken online; however, conference participants receive the added benefit of understanding the unique partnership between ACA and the ARC.

Friday, March 29, 2019
7:30 am - 8:30 am
Counselor Educators’ and Students’ Use of Complementary and Integrative Therapies
60-Minute Education Session
Christine Ciecierski Berger
This session will cover research on the use of complementary and integrative therapies (CITs) by counselors, counseling students, and counselor educators. Interviews were conducted with 15 participants, and the data was analyzed for themes. Results indicate that there is a variety of ways that these stakeholders define CITs. In addition, there is some definitional overlap with wellness. Finally, the data discuss how these individuals use CITs in their mental health treatment and for self-care.

Friday, March 29, 2019
7:30 am - 8:30 am
Gatekeeping and Ethics: Navigating Challenges in Counselor Education and Supervision
60-Minute Education Session
Kathryn L. Henderson, Alicia M. Homrich, Leigh D. DeLorenzi, Roxane L. Dufrene, Kyle D. Baldwin
Gatekeeping is a difficult ethical obligation to implement. Gatekeepers may lack confidence in addressing questions such as: How do I talk with resistant administration, students, or colleagues about gatekeeping? How do I assess student/supervisee behaviors? How do developmental, cultural, and systemic factors affect the process? The presenters will discuss strategies from their book Gatekeeping in the Mental Health Professions. Attendees will learn gatekeeping roles, documentation of trainee performance, and implementing institutional best practices.
Applying Advocacy Strategies for Client and Community Empowerment and Wellness
60-Minute Education Session
Rebecca L. Toporek, Judy Daniels
Counselors play an important role helping clients face complex systemic issues. Advocacy has long been an important thread in the profession, yet many counselors are challenged when implementing advocacy strategies. The 2003 ACA Advocacy Competencies, updated in 2018, provide guidance in using advocacy to meet systemic barriers faced by clients and communities. Attendees will learn about and apply the Advocacy Competencies to real-life situations, furthering culturally relevant practice for empowerment and wellness.

Starting Off on the Right Foot: Ethical Issues Facing New Counselors
60-Minute Education Session
Joy Natwick
The 2014 ACA Code of Ethics places “enhancing human development throughout the life span” first on the list of core professional values of the counseling profession. Therefore, it should come as no surprise that much of the Code deals with the professional development of counselors themselves, from students to seasoned professionals. This session will address some of the most frequent inquiries received by the ethics consultants at the ACA Center for Policy, Practice, and Research regarding concerns that new counselors face.

Walls and Ladders in Counselor Compensation: Confronting Barriers to Equitable Pay
60-Minute Education Session
Sue Pressman, William S. Fenson, Catherine J. Eaton, Melanie Drake Wallace, Karol Taylor
Join ACA’s Counselor Compensation Task Force as they address: roadblocks and obstacles in counselor compensation equity; the issue of retention and the viability of the profession; and their preliminary findings on identifying a livable wage commensurate with education and equitable pay to other mental health professionals. There will be an opportunity for you to share your thoughts and strategies. We know change is needed. Your personal energy will help elicit the best possibility of increased counselor compensation.

Hidden Clients: Psychosocial Development, Assessment, and Treatment of Adoptees
60-Minute Clinician Education Session
Thomas C. Harrison, Terianne F. Harrison
This presentation is focused on adoption and the implications of adoption on attachment, psychosocial development, identity formation, and adult relational difficulties. Attendees will learn about (1) the relationship of adoption and loss and the impact of that initial loss on later attachment efforts, (2) adoption family structure (AFS) and the impact on attachment, and (3) the
impact of adoption on adult coping and relational skills. Attendees will have opportunities to interact through discussion.

Friday, March 29, 2019
11:00 am - 12:00 pm
Counseling Poems and Personal Narratives: A Writing Wellness Approach for Counselors
60-Minute Clinician Education Session
Samuel T. Gladding
Writing can make a difference in the health and well-being of counselors. This session will focus on how counselors can use writing as a way of staying healthy by engaging in this process beyond transcribing clinical notes. Ways of writing (scriptotherapy) will be examined, and attendees will be given an opportunity to try out various forms of prose and poetry that have proven effective as ways of promoting positive mental health in counselors. Ways of engaging clients in writing to promote their mental health will also be covered.

Friday, March 29, 2019
11:00 am - 12:00 pm
Skills and Strategies in Combating Xenophobia Through Race Dialogues
60-Minute Education Session
Rita Chi-Ying Chung, Fred Bemak, Regine M. Talleyrand, Joseph Williams,
Killing of unarmed Black men, the Muslim ban, fear of immigrants, racism on college campuses, and xenophobia are reasons why counselors need to facilitate difficult and challenging race dialogues. The four presenters from different racial and gender groups discuss the realities of facilitating difficult race dialogues examining power dynamics, resistance, strong emotional responses, privilege, and consequences. Recommendations will be provided in this interactive presentation.

Friday, March 29, 2019
11:00 am - 12:00 pm
Supporting School Engagement and Success Through Trauma-Informed Counseling
60-Minute Education Session
Amanda D. Rumsey, Amy Milsom
Counselors working with children and adolescents must consider exposure to trauma and its impact on success in school. This session will provide an overview of prevalence rates and of the direct and indirect effects of trauma on children and adolescents, particularly in relation to school engagement and high school completion. A review of culturally relevant, trauma-informed counseling interventions and recommendations for collaboration with family and school personnel will be shared.

Friday, March 29, 2019
11:00 am - 12:00 pm
Shelter in Place and Mental Health: An Examination of Residents After the Boston Bombing
60-Minute Education Session, Advanced
Stephanie F. Dailey
The 20th century has seen an increase in mass violence, many which mandate a shelter-in-place (SIP) or “lockdown” response. Individuals in an SIP may experience emotional challenges. By reviewing recent findings of 150 individuals who sheltered for 12 hours during the search for the Boston Marathon bombers, attendees will learn strategies for managing lockdown situations. Specific concerns of individuals, including marginalized populations, will be highlighted, and evidence-based strategies for SIP will be provided.

Friday, March 29, 2019
11:00 am - 12:00 pm
Preparing Students Experiencing Homelessness for College
60-Minute Education Session
Stacey A. Havlik
Over 323,000 high school students were identified as homeless during the 2014–2015 school year (National Center for Homeless Education [NCHE], 2016), with more than 32,000 high school students identifying themselves as homeless on the Free Application for Federal Student Aid (FAFSA) (NCHE, n.d.). This presentation provides background information on the college preparation issues faced by students experiencing homelessness and describes recent research on the topic and strategies for college success.

Friday, March 29, 2019
11:00 am - 12:00 pm
Mindfulness and Maladaptive Internet Use: Implications for Clinicians
60-Minute Education Session
Andrew J. Campbell
Internet and social media use has proliferated, and researchers have acknowledged the potential for such use to be a source of problematic behaviors. Dispositional mindfulness and mindfulness meditation may serve as a means by which individuals can mitigate the negative effects of compulsive internet and social media use. The presentation will include a description of the key concepts and literature, and a discussion of various clinical interventions that can help support clients’ more functional internet use.

Friday, March 29, 2019
11:00 am - 12:00 pm
Using Spirituality in Counseling Black Clients Confronting Racial Microaggressions
60-Minute Education Session
Robert Rogers
Racial microaggressions are the daily existential reality of Black people, affecting their mental health. These negative effects on mental health often become the presenting problems for Black clients in counseling. Black people use religion and spirituality as coping mechanisms to buffer against these negative effects. The challenge facing counselors in working with Black clients is how to use spirituality in the therapeutic relationship to promote clients’ wellness and address the effects of racial microaggressions.

Friday, March 29, 2019
11:00 am - 12:00 pm
Feminist Counseling for Women With Postpartum Depression
60-Minute Education Session
Jessica A. Headley, Megan Seaman
Postpartum depression is one of the most common postpartum disorders experienced by hundreds of thousands of women each year. Among available treatment options, research has found that women with postpartum depression most strongly prefer mental health counseling. This presentation will discuss the risk factors and diagnosis of postpartum depression, as well as the ways that feminist counseling can be utilized by counselors to promote the well-being of diverse mothers, infants, and families.

Friday, March 29, 2019
11:00 am - 12:00 pm
2019 Advocacy and Legislative Briefing
60-Minute Education Session
Scott MacConomy, Guila Todd
ACA’s Department of Government Affairs staff will provide an update on ACA’s legislative initiatives and progress. The staff will also discuss how counselors can advocate for the profession and mental health at the federal and state levels.

Friday, March 29, 2019
11:00 am - 12:00 pm
Best Practices in Teaching: Why We Do the “E” in CES
60-Minute Education Session
Casey Barrio Minton, Susannah Wood, Eric Baltrinic
Counselor educators are responsible for designing and delivering courses in accordance with best practices. Too often, we focus on the concretes of “what” we do without considering “why” we do them. This presentation will explore why we do what we do at each stage of the course design and delivery process. Presenters will focus on the ACES Teaching Initiative Taskforce Report as a resource for enhancing the understanding of teaching best practices.

Friday, March 29, 2019
11:00 am - 12:00 pm
Microaggressions and Intersection of People With Disabilities, Persons of Color, and LGBTQIA
60-Minute Education Session
Michelle Bradham-Cousar, Letitia Browne-James, Rachel Henesy, Quiteya D. Walker
Microaggressions are “brief, everyday exchanges that send denigrating messages to certain individuals because of their group membership” (Sue, 2010). In today’s society, microaggressions are directed toward many marginalized groups, whether people are cognizant of them or not. Our program leaders are from the American Rehabilitation Counseling Association (ARCA), Association for Multicultural Counseling and Development (AMCD), and the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC).

Friday, March 29, 2019
11:00 am - 12:00 pm
Our Profession Is Personal: Addressing Values Conflicts in Counseling
60-Minute Education Session
Elizabeth O’Brien, Amanda L. Giordano, Erika Schmit
Values conflicts and behavioral issues that impair the counseling relationship can happen at many points in counselors’ professional journeys. In our roles as supervisors, educators, and employers, it is imperative that we have a plan when values conflict or behavioral issues occur. This session focuses on these sensitive issues, ethical/legal issues that can occur, and creating both remediation plans for students and performance improvement plans for established clinicians.

Friday, March 29, 2019
11:00 am - 12:00 pm
Ten Ways to Intentionally Use Group Work to Transform Hate and Enhance Community Building
60-Minute Education Session
The Association for Specialists in Group Work recently created a best-practice document that provides 10 ways that group work can be used to transform hate, facilitate courageous conversations, and enhance community building. Come and meet the authors of this document, who will discuss group work strategies for creating brave, affirming, and humanizing spaces; cultivating cultural humility; engaging in intentional unity building, and much more. Key resources, videos, training tools, and websites will also be shared.

Friday, March 29, 2019
11:00 am - 12:00 pm
The Art of Integrative Counseling
60-Minute Education Session
Gerald Corey
This session provides an overview of key concepts of selected contemporary counseling theories as applied to practice in work with diverse client populations. The presenter will describe a personal perspective on integrative counseling based on the following theories: psychodynamic, Adlerian, existential, person-centered, Gestalt, reality, behavioral, cognitive behavior, feminist, and postmodern therapies. The integrative model demonstrates ways to use various techniques at each stage of counseling.

Friday, March 29, 2019
11:00 am - 12:00 pm
CSCORE’s Annual Review of Research: Identifying Best Practices for Counseling in Schools
60-Minute Education Session, Advanced
Catherine Dimmitt, Catherine Griffith, Dawn Horton
This session will provide a review of recent relevant outcome research in school counseling, along with ideas for integrating the research findings into school counseling practice with K-12 youth. The focus will be on linking outcome research to practice.

Friday, March 29, 2019
11:00 am - 12:00 pm
Survival Tips for Graduate Students and New Professionals
60-Minute Education Session

Ashley Waddington, Ariann Robino, Jose Tapia-Fuselier, Shreya Vaishnav, Lisa McKenna

ACA attracts a large number of graduate students and new professionals every year. As a result, it is important to discuss strategies to support their needs. Attendees will explore ACA membership benefits, transitioning into the field, and contributing to scholarship. Topics will include self-care strategies, professional development, licensure exploration, and navigating conferences.

Friday, March 29, 2019
11:00 am - 12:00 pm
Medication-Assisted Treatment and Monitoring Programs to Improve Addiction Outcomes
60-Minute Education Session

Jeff Zapor, Tish Vincent, Bruce Baker

This presentation will provide information on medication-assisted treatment and monitoring programs. Both have shown effectiveness in treating addiction and can lead to long-term sobriety, with some studies showing a 96% success rate, as measured by a negative drug and alcohol screen to substantiate a report of abstinence. With appropriate leverage, monitoring and medications can be used to treat addiction in the general population. Using these methods will increase success rates and help people get their lives back.

Friday, March 29, 2019
11:00 am - 12:00 pm
Pick me! Pick me! Navigating the American Counseling Association Conference Proposal Process
60-Minute Education Session

Elizabeth Hatchuel, Najah A. Barton, LeTea Perry, Onaje M. Salim

The American Counseling Association (ACA) conference proposal process can be difficult to navigate. This is true for the novice presenter to advanced practitioner. The matter of deciding on what area(s) your projected presentation falls into, what current literary works support your presentation subject; ensuring that your grammar and punctuation align with English literature requirements; and, the sheer shock of “what do you truly get yourself into?” when you decide to submit a proposal are all elements that factor into the process of being a hopeful to an ACA conference presenter. The 2018 conference panel review committee has strategic suggestions to take your proposal from substandard to the status quo. Have you ever wondered what you are doing wrong or what you can improve to be selected to present at an ACA conference? From an androgynous lens, through the use of a mixed sociological learning style, the panel will review the minor, yet large details of submitting a proposal, highlight how to have a winning proposal that hits all the bells and whistles of the ACA criterion, and do’s and do nots of proposal writing and subsequent submission.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Psychoeducational Groups for Alcohol Harm Reduction: A Demonstration
90-Minute Education Session

Dogukan Ulupinar, Taylor Bigelow, So Rin Kim, Bagmi Das, Yasar Nur Dedeoglu
This presentation highlights the utilization of two evidence-based practices—personalized feedback interventions and motivational interviewing—in a group format for problematic drinking among college students. Along with information and introductions to these two modalities/tools, the presenters will provide a demonstration of how they are to be used and provide discussion regarding specific concerns and cultural factors to note.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Clinical Techniques for Managing Suicidal Clients
90-Minute Education Session, Advanced
Darcy Haag Granello, Paul F. Granello
Suicide is the fourth leading cause of death among people aged 15–54. This program will provide counselors in all settings with concrete, practical information on suicide risk assessment and a 7-step model for intervention with suicidal clients. Participants will be given extensive resources to conduct culturally and developmentally appropriate risk assessments as well as intervention guidelines for making clinical decisions. Counselors will receive specific skills and strategies that they can use immediately.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Answering the Call for the Opioid Epidemic
90-Minute Education Session
Brian R. Russ, Bruce Baker
As the opioid epidemic continues to ravage the county, counselors must be prepared to “answer the call.” This presentation will highlight the current status of the epidemic and explore the role of medication-assisted treatment programs (MATPs). With a focus on providing baseline information for counselors new to opioid addiction, the presenters will utilize their combined expertise in clinical mental health counseling and addictionology to answer your questions about opioid dependence and MATPs.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Implementing Spirituality in Counseling Among Diverse Ethnic Groups
90-Minute Education Session
Matthew W. Bonner, Fulani Doughty
The presentation highlights research comparing religiosity and spirituality among people of the African Diaspora, Africans, and Europeans. The importance of spirituality competencies for counselors is discussed. Application of these competencies is demonstrated through assessment and treatment planning, which are inclusive of spirituality and religiosity. Participants will leave with tools for assessment and treatment planning that include religiosity and spirituality.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Addressing Childhood Trauma’s Link to Substance-Related and Addictive Disorders
90-Minute Education Session, Advanced
Shannon Karl
This advanced session addresses the connection between traumatic childhood experiences and substance-related and addictive disorders enumerated in the DSM-5 and beyond. Best practices in clinical diagnosis and treatment are explored. The combination of seminar, case study, and discussion makes the training valuable for students, educators, and clinicians alike. Integrative and trauma-informed treatment protocols are highlighted and give attendees increased knowledge and confidence with clinical implementation.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Using Neuroscience to Optimize Your Practice: Ethical Implications
90-Minute Education Session, Advanced
Chad Luke, Thom Field, Eric Beeson, Laura K. Jones, Raissa Miller
The application of neuroscience to the field of counseling has created opportunities for counselors to both optimize and energize their work. This presentation offers a research-based framework for ethically incorporating neuroscience into counseling practice to enhance clinical practice. Each of these approaches is grounded in professional counselor identity, including the value of the relationship, client autonomy, and professional ethics, and respective for diversity.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Eight Steps to Universal Mental Health Screening in K-12 Schools
90-Minute Education Session
Emily Goodman-Scott, Jennifer Betters-Bubon
In pre-K-12 schools, we screen for academics, vision, hearing, and even scoliosis, but what about mental health? Universal mental health screening includes assessing all students and identifying those with the highest needs, putting supports in place to adequately serve every student. Counselors: Attend this session to learn the eight steps of universal mental health screening. Hear about three different schools who successfully implemented universal mental health screening, and gain a plethora of practical resources.

Friday, March 29, 2019
2:00 pm - 3:30 pm
The Story Without Retraumatization: Skills and Strategies for Trauma Resolution
90-Minute Education Session, Advanced
Jane M. Webber, J. Barry Mascari, Carol M. Smith
Retelling the trauma story can be terrifying for survivors. Babette Rothschild cautioned, “The goal of trauma healing must be to relieve, not intensify, suffering.” However traditional talk therapies could lead to retraumatization. This session describes emotional, somatic, neurobiological, relational, and cognitive traps in therapy that can retraumatize clients. We identify effective approaches and demonstrate techniques that bypass retraumatization traps and facilitate healthy resolution of the trauma story.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Counselor Self-Care
90-Minute Education Session
Jude T. Austin II, Julius A. Austin, Gerald Corey, Michelle Muratori,
Self-care is an ethical mandate, not a luxury. If counselors are not practicing self-care, they will be unable to provide competent services. The goal of this 90-minute educational session is to share and discuss a practical guide for encouraging counselors to reflect on how well they are taking care of themselves in all aspects of living. The presenters also aim to inspire and motivate counselors at all stages of their career to recognize the crucial role of self-care in their personal and professional lives.

Friday, March 29, 2019
2:00 pm - 3:30 pm
The Anatomy of Credible Courtroom Testimony: Malpractice and Ethical Considerations
90-Minute Education Session, Advanced
Ruth Ouzts Moore, Ann M. Ordway, Donna Sheperis
This presentation will explore the potential roles of counselors and their legal and ethical obligations to diverse families who have court involvement. Presenters will offer an experiential role play involving a counselor testifying in a custody case with multiple professionals involved. In this advanced interactive presentation, the participants will conceptualize this challenging case, discuss the counselor’s appropriate role, the potential legal and ethical issues involved, and the best course of action.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Working With Sexual Minorities: A Clinician's Perspective
90-Minute Education Session
Michelle E. Wade
Human sexuality is a topic that impacts every individual. However, our American culture tends to have a more puritanical, heteronormative, and monogamistic perspective of sexuality. This is changing, as more and more individuals who identify as sexual minorities are beginning to speak out and express themselves more openly. As professional counselors, there is a responsibility to educate ourselves on how to work with these sexual minorities in an accepting and ethical way.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Child-Centered Play Therapy and Complex Trauma: Responsive Intervention
90-Minute Education Session
Dee C. Ray
Complex trauma is a result of chronic negative experiences in childhood that lead to emotional, behavioral, and physical complications. Using the most recent research, counselors will learn the effects of adverse childhood experiences on brain, physical, and emotional development and how counselors use and modify child-centered play therapy (CCPT) to treat children who suffer from the consequences of complex trauma. The presenter will demonstrate CCPT methods that make a difference for these children and their parents.

Friday, March 29, 2019
2:00 pm - 3:30 pm
From the Barracks: Serving Veterans in Civilian Society and Higher Education
In 2016, there were over 20 million veterans in the United States (U.S. Department of Veteran Affairs, 2017). In response, counselors must acquire effective strategies when working with veterans. Participants will specifically learn about the role of the military cultural context in the formulation of a military identity; the tension and conflict between military and civilian cultures; psychological distress during their transition; and considerations for female veterans and minority veterans.

Friday, March 29, 2019
2:00 pm - 3:30 pm
**Alone in the Crowd: Helping Women Create and Maintain Truly Meaningful Relationships**
90-Minute Education Session, Advanced
*Suzanne Degges-White, Marcela Kepic, Katherine M. Hermann-Turner, Wendy Killam,*
Adult friendships are vital components of psychological and emotional well-being, yet the increasingly busy pace of life coupled with greater geographical mobility may create obstacles difficult for friends to overcome. Sometimes when a friend says she’s “too busy” to get together, this may be the truth, not an excuse to avoid you. Help clients creatively manage their friendships using new research findings and innovative interventions that address clients’ interpersonal and intrapersonal relationship experiences.

Friday, March 29, 2019
2:00 pm - 3:30 pm
**Publishing in Refereed Journals: Suggestions From the Council of Editors**
90-Minute Education Session
*Carolyn Baker*
This session, led by the ACA Council of Editors, is designed to promote research and scholarship, clarify and demystify the publication process, and provide the skills needed for successful publishing in refereed professional counseling journals and Counseling Today. ACA field editors will offer general writing and manuscript preparation guidelines, tips for targeting the appropriate publication for your article, insight on reviewer feedback, advice on turning a dissertation into a publishable manuscript, and more. Attendees will have the opportunity to discuss article topic possibilities and how-tos in a question-and-answer, roundtable format.

Friday, March 29, 2019
2:00 pm - 3:30 pm
**Embodying Wellness: A Holistic Movement Experience**
90-Minute Education Session
*Ray Wooten*
This didactic and highly experiential presentation explores the integration of directed mindfulness, breath, movement, and music. Participants will experience idiosyncratic movement rituals that activate physical, mental, emotional, & spiritual realms. The modalities discussed and integrated are highly correlated with empathy, heightened immune function, and a sense of well-being. Self-care through awareness has the potential to re-awaken us to the amazing self-sensing and self-renewing systems that we are.
Friday, March 29, 2019
2:00 pm - 3:30 pm
When LGBTQ+ Social Justice & Advocacy Hurts: Avoiding Vicarious Trauma and Burnout
90-Minute Education Session
Adam W. Carter, Cory J. Viehl, Jared S. Rose
Those active in the counseling profession widely acknowledge that our profession should be actively involved in social justice and advocacy-based initiatives, but what happens when this advocacy negatively impacts the advocates? This presentation highlights how vicarious trauma can lead to burnout in those who are or have been involved with social justice and advocacy issues within the LGBTQ+ community while providing attendees with a personalized self-care plan designed to help mitigate the results of vicarious trauma.

Friday, March 29, 2019
2:00 pm - 3:30 pm
AMCD Town Hall Meeting: Goals and Accomplishments from VPs, Regional Reps and Task Force Chairs
90-Minute Education Session
Issac Burt, Sharon Bowles, Noel Armstrong, Regina Finan, Anne Shilingford-Butler

During this session, the Vice Presidents of the four Ethnic Concerns Groups, four Regional Representatives and three Task Force Chairs will provide an update on their 2018-2019 goals and accomplishments to the AMCD membership. Does not qualify for CE credit

Friday, March 29, 2019
2:00 pm - 3:30 pm
Shifting the Counseling Paradigm: A Revolutionary Approach for DSM-5 Treatment
90-Minute Education Session
Gray Otis
This session offers an emerging, evidence-based treatment approach based on client self-beliefs. Clients believe they are worthless, stupid, unworthy of love and a multitude of other negative core beliefs. These injurious and false beliefs permeate their interpretation of life experiences, lead to destructive coping mechanisms, and create DSM-5 symptoms. Counselors can learn how to apply new CBT skills to ensure lasting, measurable results that effectively treats the root causes of mental disorders.

Friday, March 29, 2019
2:00 pm - 3:30 pm
Empowerment Through Brain Research, Career/Leadership Readiness, and Inner Hero Assessment
90-Minute Education Session, Advanced
Sujata Ives, Carolyn K. Kalil, Sue Pressman
New research on the brain validates need for empowerment programs regarding brain function during lifespan development. Become familiar with the related new Inner Hero assessment's four Temperament Types to move from feeling stuck to self-discovery and sense of purpose. The
journey includes overcoming beliefs and obstacles that prevent living a meaningful life and career success. Ultimately it is to maximize unique personality strengths and natural talents to make a contribution to society.

Friday, March 29, 2019
2:00 pm - 3:30 pm
**Difficult Dialogues: Navigating Culturally Challenging Situations**
90-Minute Education Session
*Rafe McCullough, Harriet L. Glosoff, A'tasha Christian, Farah A. Ibrahim, Stacey Diane Aranez Litam*
This interactive session will empower participants to examine how theoretical frameworks and resources (e.g., the ACA Multicultural Social Justice Competencies, ACA Code of Ethics) may be used to successfully navigate emotionally charged, culturally based topics with peers, clients, staff, and community members. Attendees will engage through the use of case studies and interactive discussions with members of the ACA Cultural Encounters Task Force.

Friday, March 29, 2019
4:00 pm - 5:00 pm
**Creative Group Counseling for Anxiety (CGCA): Run an Effective Group in Your Setting**
60-Minute Clinician Education Session, Advanced
*Lisa S. Sosin, Michael Trexler, John Harrichand*
This session presents Creative Group Counseling for Anxiety (CGCA). Participants will learn about the theoretical framework for CGCA, receive session-by-session descriptions of CGCA, including handouts and a treatment manual, practice components of CGCA using the art supplies provided by the presenters, dialogue about their experiences using CGCA components, and assess CGCA based on two studies evaluating its effectiveness. Participants will leave equipped to run a CGCA group in their setting.

Friday, March 29, 2019
4:00 pm - 5:00 pm
**Adapting Wellness Counseling Strategies for People With Intellectual Disabilities**
60-Minute Clinician Education Session, Advanced
*Lorraine Joyce Guth, Laura E. Marshak, Olivia L. Wolfe, Courtney Irene Brown*
This presentation will focus on wellness counseling strategies that can be utilized for people with intellectual disabilities. Principles of adapting counseling interventions for this population will be covered and illustrated by exemplars found in evidence-based literature. Using a current wellness model as a framework, physical, emotional, cognitive, and relational wellness approaches will be shared. Social justice aspects of making counseling accessible to persons with intellectual disabilities will be shared.

Friday, March 29, 2019
4:00 pm - 5:00 pm
**Put Your Oxygen Mask on First: Buffering the Impact of School Shootings on Counselors**
60-Minute Clinician Education Session
*J. Barry Mascari, Jane M. Webber*
The number of school shootings and mass violence incidents have increased to nearly one each week. Therefore, it is likely that counselors in a variety of settings will respond to traumatic events in their career. If counselors are not prepared, they may suffer from secondary traumatic stress and risk vicarious traumatization, becoming as wounded as the people with whom they work. This session will offer experiential activities and practical strategies and skills for existential coping in this era of mass violence.

Friday, March 29, 2019
4:00 pm - 5:00 pm
The Use of DBT Techniques Creatively in the treatment of Postpartum Depression
60-Minute Clinician Education Session
Rosanne Nunnery, Mary E. Jones, Missy Fauser, Elizabeth Hatchuel.
Postpartum Depression (PPD) is a clinical condition that impacts women worldwide. It is estimated that at least 20% of postpartum women will report symptoms that warrant a clinical diagnosis for a perinatal mood or anxiety disorder. However, it is possible that these estimates are conservative in comparison to the number of women impacted by this condition. However, new research suggests women with PPD may benefit from Dialectical Behavior Technique (DBT) skills training as a more practical and effective framework.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Community- and Society-Level Interventions for Healing Historical Trauma
60-Minute Education Session, Advanced
Anabel Mifsud, Barbara J. Herlihy
Community- and society-level interventions are a necessary element to the healing process of communities and societies affected by historical trauma. The purpose of this educational session is to examine the collective impact of historical wounds, highlight the need to intervene at community and society levels, examine different types of collective psychosocial interventions, and explore the role that mental health counselors can assume in these multilevel systems interventions.

Friday, March 29, 2019
4:00 pm - 5:00 pm
License Portability, Distance Counseling, and the National Agenda for Licensure Reform
60-Minute Education Session
Martin C. Wesley, Aparna Ramaswamy, Matthew Buckley, Victoria E. Kress, Larry Sexton
The presenters will discuss current national and state challenges to licensure regulation and provide strategies for moving toward licensure portability and flexible regulations for distance counseling. The presenters will propose that state boards need to negotiate distance counseling policies to better inform their licensees and develop reasonable accommodations when counselors practice across border cities or simply want to work with their resident clients who travel for work, school, or a vacation.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Implementing the New ACA Multicultural and Social Justice Counseling Competencies
Authors of the new ACA Multicultural and Social Justice Competencies (MCSJCCs) describe how to implement the competencies in everyday counselor practice, training research, and advocacy. The presenters discuss the key theories undergirding the MCSJCCs and use specific case examples to provide practical tips on using the MCSJCCs. In doing so, the presenters discuss the history of the MCSJ movement in counseling and the important connection to needed counselor activism in today’s sociopolitical world.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Facing Career-Based Trauma: Mentor-Focused Counseling for Diverse Workers
60-Minute Education Session, Advanced
Courtland Lee, Catherine Roland, Colleen Logan
The growing levels of intolerance in contemporary society are often reflected in the workplace. Structural racism and/or heterosexism can have negative effects on the career development of workers from racial or sexual minority groups. This presentation will explore the career-based trauma often experienced by racial and sexual minorities in the workplace and present a career counseling model, focusing on mentoring, to address this trauma.

Friday, March 29, 2019
4:00 pm - 5:00 pm
What Counselors Need to Know About Social Media Addiction Among Adolescents
60-Minute Education Session
Elizabeth A. Prosek, Joshua C. Watson, Amanda L. Giordano, Michael K. Schmit
Social media use is prevalent among adolescents, with escalating rates of negative consequences for problematic users. This presentation is designed to provide foundational knowledge regarding social media addiction, including etiology, signs and symptoms, assessment tools, correlates, and treatment considerations.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Neurocounseling for Resilience
60-Minute Education Session, Advanced
Eraina Schauss, Michelle Brasfield
The integration of neuroscience techniques and principles has garnered a great deal of attention in the practice of mental health counseling. This session will provide an introduction to the use of neurofeedback in clinical practice. Attendees will be guided through a step-by-step process for integrating neurofeedback into their practice and will learn what equipment is needed and how to save costs while adopting this methodology in clinical practice.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Responding to Perceived Barriers in Working With Older Adults
60-Minute Education Session
Nathaniel J. Wagner
Despite a booming population of older adults and the increased need for mental health services for this population, few mental health professionals want to work with older adults. The deficit of counselors working with older adults has reached crisis levels. This presentation will disseminate the results of a study examining barriers to working with older adults. Themes that emerged from this study and proactive steps that counselors and clinic directors can take to address these barriers will be explored.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Reaching Out vs. Lashing Out: Gender Differences in Responses to Bullying in High School
60-Minute Education Session
Rebecca M. Goldberg, Melanie Walsh
This presentation focuses on recent relevant research conducted by the lead presenter examining high school bullying gender differences. This presentation focuses on recent relevant research in which we found that male students both experience and perpetrate significantly more physical bullying and experience more verbal bullying. Consistent with the tend-and-befriend model, girls choose prosocial responses significantly more than boys, whereas boys are just as likely to choose antisocial as prosocial responding.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Disrupting Hate: Integrating Social Justice Advocacy and Counseling Services
60-Minute Education Session
Justin D. Henderson, Cort Dorn-Medeiros
This education session will focus on how we as counselors can integrate counseling with social justice advocacy in meaningful ways. We will discuss how to: create meaningful community partnerships and coalitions, engage counseling with clients as a counselor–advocate, build and utilize advocacy skills, develop a counselor–advocate identity, support social justice–oriented public policy, leverage our expertise for systems change, and get involved in community engagement.

Friday, March 29, 2019
4:00 pm - 5:00 pm
Using Restorative Practices to Address Socioemotional Needs and Transform School Climate
60-Minute Education Session
Kelley Y. Olds, Natoya H. Haskins
Schools must support students emotionally to support them academically. The purpose of this study was to identify how school counselors are addressing the socioemotional concerns of their students and helping to transform the school climate and culture through restorative practices to increase academic success. To better understand this phenomenon, school counselors shared their stories of how they have transformed their roles to create more equitable environments for students.
4:00 pm - 5:00 pm
**Trauma-Focused Counseling and Crisis Intervention With Refugees and New Immigrants**
60-Minute Education Session, Advanced
*Hasmik Chakaryan, Hemla Singaravelu*
Many refugees and immigrants enter counseling with a multitude of issues. Counselor preparedness is needed to work with refugees and new immigrants to avoid causing further trauma. The presentation will focus on trauma and crisis counseling and will address the need of cultural competence and contextual knowledge for working with refugee and immigrant populations in a counseling setting. It will offer effective tools for enriching the clinical session with this population. A discussion will follow this presentation.

Friday, March 29, 2019

4:00 pm - 5:00 pm
**From Assessment to Recovery: Professional Counselors’ Role in Managing Suicide Risk**
60-Minute Education Session, Advanced
*Julia Whisenhunt, Laura Shannonhouse*
From Assessment to Recovery: Professional Counselors’ Role in Managing Suicide Risk

Friday, March 29, 2019

4:00 pm - 5:00 pm
**Wellness Counseling: A Holistic Approach to Prevention and Intervention**
60-Minute Education Session
*Jonathan Ohrt, Philip B. Clarke, Abigail H. Conley*
This session, based on the presenters’ new book, will review principles of wellness counseling. The presenters will discuss client assessment, case conceptualization, treatment planning, and implementation of wellness interventions in a variety of settings across the life span. They will emphasize practical strategies for enhancing client wellness through prevention and holistic intervention.

Friday, March 29, 2019

4:00 pm - 5:00 pm
**Ethical Concerns: Boundary Issues for Counselors**
60-Minute Education Session
*Loretta Bradley, Bret Hendricks*
In an era when ethical issues abound, this presentation will discuss boundary issues that are often encountered by counselors. Using the ACA Code of Ethics as the foundation, the presenters will focus on boundary issues frequently encountered by counselors. Focus will be directed not only to recognizing boundary issues but also on avoiding boundary issues.

Friday, March 29, 2019

4:00 pm - 5:00 pm
**Career Counseling Issues 2030: Building Resiliency Across the Lifespan**
60-Minute Education Session
*Melissa Wheeler, Janelle Bettis, LaVera C. Brown*
By the year 2030, climate change, advances in technology, and shifts in society will change the face of employment. With an eye toward sustainable development, the United Nations
developed 17 goals to guide nations to prepare our world for the challenges of 2030 and the potential impact for our clients starts now. Counselors have a social responsibility to prepare our clients for the future of employment; building resiliency is a piece of this puzzle. Join us as we discuss resiliency building through career development.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Training Counselors in Conducting Culturally Responsive Trauma Treatment
30-Minute Research Education Session
Devika Dibya Choudhuri
Educators and supervisors will have an opportunity to hear about current research on training professionals in multicultural competency in trauma. The presenters will review the importance of culturally responsive trauma treatment, discuss current research on how to train counselors in cultural competency, and describe research findings on mental health professionals’ reactions and responses to a training on culturally responsive trauma treatment.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Multicultural Counselor Supervision and Perceived Differences on Client Outcome
30-Minute Research Education Session
Andrew L. Perez, Jerome M. Fischer
The presentation focuses on the importance of differences in background between counselor supervisors and supervisees. The focus of the presentation is on the importance of multicultural supervision and related variables, including client outcome in the perception of supervisors and supervisees.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Implications From a Randomly Assigned Group Mindfulness Intervention for Caregivers
30-Minute Research Education Session
Jessica Gonzalez
The purpose of this study was to determine whether group mindfulness training is effective in reducing the stress levels of family caregivers. Family caregivers were randomly assigned to 5 hours of mindfulness training, either all in 1 day or in weekly installments over 4 weeks. Overall, results indicated that the intervention reduced stress in caregivers, and increased mindfulness as well, and that the one day intervention had slightly more improvement. Implications will be discussed.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Are the Kids Alright? Mental Health of College LGBTQ+ Students, Faculty, and Staff
30-Minute Research Education Session
Robert Allan, Maren Scull
The presenters first surveyed 295 LGBTQ+ participants about their experiences with proximal and distal stressors they experience both on and off campus. We then interviewed 30 students, faculty, and staff to develop a more in-depth analysis of the specific stressors that sexual
minorities at one university face. This presentation will highlight key factors for counselors to consider in working with people who identify as L, G, B, T, Q, and/or +.

Friday, March 29, 2019
5:15 pm - 5:45 pm
**Introducing the Multicultural Differentiation Inventory (MDI)**
30-Minute Research Education Session
*Nasima R. Khan*
Multicultural competency in clinical assessment is an essential part of ethical practice. In an attempt to increase cultural validity and reduce cultural bias, unlike current differentiation of self instruments, the presenter’s dissertation research focused on developing the unpublished Multicultural Differentiation Inventory (MDI) using factor analysis. Attendees will gain a preview of the MDI as well as its use in clinical practice from a Bowenian family systems perspective with adult clients.

Friday, March 29, 2019
5:15 pm - 5:45 pm
**Mental Health Concerns, Supports, and Stigma in School Counselors: Help for the Helper**
30-Minute Research Education Session
*Allison Crowe, Janeé Avent Harris*
Some professionals who work in mental health have their own stigma, or negative attitudes, about mental health concerns and avoid seeking mental health treatment although it is necessary. This session will discuss research related to mental health concerns, types of professional supports sought, and the relationship between stigma and help seeking in a sample of 330 school counselors. Gender differences and experience with counseling were investigated. Results and implications for research and practice will be offered.

Friday, March 29, 2019
5:15 pm - 5:45 pm
**Group Therapy With Buprenorphine for Treatment of Opioid Use Disorders (OUDs)**
30-Minute Research Education Session
*Dana Ripley*
This presentation will provide an overview of findings from a qualitative study. Researchers looked at the experiences of clients in group therapy with buprenorphine for treatment of OUDs. Findings from this study help further knowledge of treatment for OUDs to better serve those affected by addiction, as well as to fill in the gaps in group therapy and addictions literature.

Friday, March 29, 2019
5:15 pm - 5:45 pm
**Inside Diversity: The Educator, The Influencer**
30-Minute Research Education Session
*Suhad Sadik, Richarne A. Fuqua*
The instructor is an influencer and model for diversity and inclusion. The goal of this presentation is to provide awareness on diversity and inclusion within the classroom, even when working online. This workshop will provide tips for how to create an environment that promotes multiculturalism and diversity in any counseling course. Additionally, information will be
provided on how to expound on the instructor’s knowledge to be more aware and inclusive of diversity.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Predictors of Vicarious Trauma for Black Students in Current Sociopolitical Climate
30-Minute Research Education Session
Melanie Varney, Catharina Chang, Melissa Zeligman, Mary Huffstead, Tameeka Hunter
This presentation will provide the results of a study that identified awareness of privilege and oppression and social justice commitment as significant predictors of vicarious trauma for a sample of Black college students. Social isolation was not found to be a significant moderator between awareness of privilege and oppression and vicarious trauma, or between social justice commitment and vicarious trauma. Implications and recommendations for counselors and counselor educators will be provided.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Stress and Burnout Among School Counselors: A Review of the Research
30-Minute Research Education Session
Patrick R. Mullen, Nancy Chae, Adrienne Backer
This presentation will cover a review and synthesis of recently published burnout and stress research in the school counseling literature. Presenters will compare and contrast research methodologies, results, and implications. The common research measures and procedures for data collection will also be examined. Furthermore, the authors will discuss future research directions in this area. This session will provide info regarding the current state of research on stress and burnout for practitioners and researchers.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Promoting Mental Health Literacy Among Economically Vulnerable Youth
30-Minute Research Education Session
Jayna B. Mumbauer, Sejal Barden, Viki Kelchner, Amanda DiLorenzo,
Youth from economically vulnerable backgrounds encounter significant barriers to mental health treatment. This session highlights a research project evaluating the effectiveness of an after-school mental health literacy intervention on adolescents’ mental health knowledge, stigma, attitudes toward seeking help, and hope. The presenters will discuss the framework of mental health literacy as a pivotal step in addressing the discrepancy between rates of mental health diagnoses in children and individuals treated.

Friday, March 29, 2019
5:15 pm - 5:45 pm
How Can We Support Women Veterans in Their Transition Into the Civilian World of Work?
30-Minute Research Education Session
Meghan Reppert Helbert
Women are the fastest growing segment of the U.S. veteran population, yet little has been written about their career development needs. How do they describe their experiences of transition from the military to the civilian world of work? In this interactive session, the presenter will briefly review relevant literature and findings from her qualitative research on the experiences of women veterans and how women veterans who participated in her research believe counselors can best support, and advocate for, them.

Friday, March 29, 2019
5:15 pm - 5:45 pm
The Empirical and Clinical Significance of Spiritual Bypass
30-Minute Research Education Session
Jesse Fox, Craig S. Cashwell
Spiritual bypass is a clinical process that counselors may experience in working with spiritual and/or religious clients. This presentation covers a series of studies involving the development of an assessment tool to measure spiritual bypass through self-report and two mediation studies testing if spiritual bypass can disrupt the relationship between spirituality, religious commitment, psychological distress, and help-seeking. Implications for applying these studies’ findings to counseling will be discussed.

Friday, March 29, 2019
5:15 pm - 5:45 pm
The Effects of Naturescapes on Counselor Trainee Development and Client Outcomes
30-Minute Research Education Session
Ryan F. Reese, Marjorie Gosling, Alia Beyer, Hannah Craig, Allison Berl
The purpose of this research education session is to report pilot findings in which the presenters explored the sensory access domain of EcoWellness by integrating naturescapes (i.e., nature images) in a counseling training clinic located in the Pacific Northwest. Implications for counseling research, counselor education, and counseling practice are discussed. Study results may provide greater insight into the effects of counseling environment on a variety of student learning and client outcomes.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Understanding the Body Image Experiences of Nigerian American Women
30-Minute Research Education Session
Sara E. Pula, Oluwaseun Obaro
This research education session will explore how oppression, Western beauty ideals, and acculturation have impacted the body image and overall mental health of Nigerian American women. Participants will gain an in-depth understanding of the intersecting identities of Nigerian American women and the adversities they face. Progress on the current study, including qualitative and quantitative findings, will be discussed, as well as suggestions for future research.

Friday, March 29, 2019
5:15 pm - 5:45 pm
Working With At-Risk Youth: Outcomes From an Interprofessional Training Program
30-Minute Research Education Session
This program will focus on providing outcome data associated with a multidisciplinary educational program designed to train counseling students to work with underserved youth populations. Models for interdisciplinary training will be discussed, along with recommendations for enhancing training and onsite supervision for counseling interns.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Affirming Our Sexual Selves: Therapeutic Strategies to Heal From Sexual Shame**
60-Minute Clinician Education Session
*Megan Speciale, Stacey Diane Aranez Litam*
Sexual shame has a profound impact on clients’ sexual self-esteem, intimacy and bonding satisfaction, and overall mental and emotional health. This session will introduce a set of clinical strategies aimed toward understanding and healing from sexual shame, building comfort with discussing sexual issues, and gaining awareness of one's own sexological worldview and how sexual bias may impact the therapeutic relationship.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Case Conceptualization in Eight Steps**
60-Minute Clinician Education Session, Advanced
*Jon Sperry, Len Sperry*
This presentation describes an easy-to-master, 8-step strategy for developing a concise, accurate, and compelling case conceptualization. It begins by defining the Sperry and Sperry (2012) case conceptualization model. Then, it identifies the myths and misconceptions that discourage its use. Next, it incorporates the key elements of an integrative case conceptualization and illustrates this process with several case examples.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Using a Relational Depth Model to Improve Counseling Effectiveness**
60-Minute Clinician Education Session
*Dee C. Ray, Cody Lankford, Rachel McCullough, Elliott S. Woehler*
Relational depth between counselor and client has been linked to more successful outcomes and greater client satisfaction, but what is the difference between a good working relationship and relational depth? Participants will learn how to develop a cyclical model of relational depth that builds a healing therapeutic relationship, even with our most challenging clients. Presenters will demonstrate through video and live demonstration how to measure and apply specific methods that lead to greater relational depth.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Neurological Benefits of Art Interventions on Substance Use: Implications for Therapy**
60-Minute Clinician Education Session
*Samantha A. Hearn, Christina M. Woloch*
Presenters will discuss neuroplasticity and how both neurogenesis and synaptogenesis occurs. We will provide support for the positive activities and techniques that produce neuron growth in clients. Then, we will illustrate the benefits of art in terms of the neuroscience and how art can be incorporated into therapy using an interactive art activity with attendees. Then, we will explain several important areas of the brain that are affected by substance use and how art can be a positive intervention for brain development.

Saturday, March 30, 2019
7:30 am - 8:30 am
Adoptive Parent Support Experiences: Implications for Counseling Families
60-Minute Education Session
Deena Shelton, Corinne Wehby Bridges
Adoptive families face many issues related to healthy family functioning due to the complications that arise from their children’s separation from birth parents. Though child experiences affect the family system, parent experiences and decisions are an even greater influence on the overall success or failure of an adoption. This session will present the findings from exploratory research of adoptive parent experiences and explain the implications for counselors serving adoptive families.

Saturday, March 30, 2019
7:30 am - 8:30 am
Disability as Diversity: Disability-Related Competencies for All Counselors
60-Minute Education Session
Linda R. Shaw, Henry McCarthy, Martha H. Chapin, Zeynep S. Yilmaz,
Disability is part of the natural diversity that occurs in a population, and counselors from all specializations need to develop a minimal set of skills and knowledge to competently counsel individuals who have disabilities. We introduce and discuss the Disability-Related Counseling Competencies, a document developed through a 14-month collaborative process by an ARCA-appointed task force. Resources for building counselor awareness, skills, and knowledge about disability will be provided.

Saturday, March 30, 2019
7:30 am - 8:30 am
Addiction and Suicide Interventions Specialized for Trauma
60-Minute Education Session
Sara W. Bailey, Laura J. Veach, Elizabeth H. Shilling, Olivia Currin, Shreya Vaishnav
Addressing concurrent suicidal ideation and substance use is critical for counselors working in integrated care settings. In our level-1 trauma center, our embedded counseling team is investigating best practices for this essential assessment and intervention. In this interactive presentation, join us as we share our experiences serving clients in a busy hospital setting, and learn how normalizing conversations about substances and suicide can lead to better outcomes for individuals in any setting.

Saturday, March 30, 2019
7:30 am - 8:30 am
Counselor and Client Advocacy: 10 Practical Tips for Busy Counselors
60-Minute Education Session
*Victoria Kress, Matthew C. Fullen, Jolie Long*
In order for the counseling profession to grow and thrive, we must advocate for ourselves and our clients in legislative arenas. In this program, participants will learn about the importance of engaging in legislative advocacy. Foundational information about legislative processes and strategies will be provided. Ten practical tips that counselors can apply to enhance their legislative advocacy efforts will be shared.

Saturday, March 30, 2019
*7:30 am - 8:30 am*
**Healing the Brave New World: Resolving Trauma Issues for Millennials Using Social Media**
60-Minute Education Session  
*Stacy Speedlin, Jordan Elliott*
Trauma and social media have a pervasive presence across many cultures and societies and impact people of all ages. However, research indicates an overlap for adolescents who experience trauma who also have access to technology and social media, yet little is known regarding the healing impact social media and technology can have on survivors of trauma. This presentation seeks to explore how clinicians can utilize social media to invoke healing from trauma and resolve grief in clients from the millennial generation.

Saturday, March 30, 2019
*7:30 am - 8:30 am*
**Narratives of Afro-Caribbean College Students and Self-Identity Development**
60-Minute Education Session  
*Shana J. Gelin*
This presentation will examine Afro-Caribbean college students’ experiences exploring their self-identity and how group marginalization (being Black but not African American) affects self-identity development. The session will contain historical and significant information about Afro-Caribbean culture and the importance of counselor self-awareness when counseling Afro-Caribbean individuals.

Saturday, March 30, 2019
*7:30 am - 8:30 am*
**Why Wakanda Matters: Exploring the Impact of Cultural Images of Black Culture**
60-Minute Education Session  
*Atasha M. Christian, Janelle Bettis*
Historically, the images of Mammy, the angry Black woman, and the violent Black man have been used as propaganda to justify the mistreatment of an entire culture. There’s a paradigm shift that promotes positive images of Black culture through media to redirect clients’ worldviews. This session will educate counselors about the historical context of negative images while working to counteract the disproportionate treatment of this marginalized group.

Saturday, March 30, 2019
*7:30 am - 8:30 am*
**A Call for Counselors From Diverse Student Voices in Postsecondary Spaces**
60-Minute Education Session
*Molly Strear, Daniel DeCino*
Attendees will learn to integrate student voice, data-driven decision making, and evidence-based practices to support students’ postsecondary transitions. In addition, results of a recent phenomenological study with historically underrepresented students will illuminate student voices as they share their perspectives about postsecondary access and attainment. The results of this study will provide insight into educational initiatives supporting these students as they transitioned into postsecondary spaces.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Factoring Wellness Into Treatment Planning**
60-Minute Education Session
*Katie Gamby, Michael Desposito*
Professional counseling recognizes wellness as integral to the counseling process for a holistic, strength-based perspective. Literature regarding treatment planning, however, has not evolved to include the new evidence-based wellness model. This presentation will bridge this gap to assist attendees in integrating wellness into treatment formulation by comparing SAMSHA’s eight dimensions of wellness, the evidence-based wellness model, and the stages of change model.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Understanding the Basics of LGBQ+ and Trans Affirming Practices in Counseling**
60-Minute Education Session
*Cory Viehl, Jared S. Rose*
This session will focus on how to provide lesbian, gay, bisexual, queer, and trans (LGBQ+ & Trans) individuals with more affirming counseling environments and relationships. Extrapolating from affirmative therapeutic approaches, tools and guidance will be given on implementing affirming practices at various levels so that counselors, counselor educators, and counseling supervisors can better affirm the LGBQ+ and trans individuals with whom they work.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Multicultural Issues in Counseling: New Approaches to Diversity**
60-Minute Education Session, Advanced
*Courtland C. Lee*
Understanding the complex role of culture is a major challenge in counseling practice. This session will offer direction for cross-cultural counseling with clients from a number of diverse backgrounds. Based on the new edition of Multicultural Issues in Counseling, the presenter will discuss a conceptual framework for cultural competency in counseling. He will also provide specific guidelines for enhancing the working alliance when engaging in a cross-cultural counseling encounter.

Saturday, March 30, 2019
7:30 am - 8:30 am
**Essential Components of Starting or Expanding a Successful Private Practice: A Checklist**
60-Minute Education Session, Advanced
Norman C. Dasenbrook
Come learn the essential practical components of starting or expanding a successful private practice. You need to have a business mindset and a plan to do well. This no-nonsense seminar will present tried-and-true practice-building strategies to begin a practice from the ground up or expand a limited practice. I am often asked in my seminars about a checklist for starting or expanding a private practice. An easy-to-follow private practice checklist will be provided to get you on the right track. Do it right the first time!

Saturday, March 30, 2019
7:30 am - 8:30 am
Competencies for Counseling Military Populations: Counseling Children and Families
60-Minute Education Session
Elizabeth Burgin, Joe Wehrman, Elizabeth Prosek, Kathrine Atkins, David Fenell
In this session, the authors of the Competencies for Counseling Military Populations (Prosek et al., 2018) present a model for applying the competency document to work with children and adolescents, as well as walk participants through how to use the competencies as a guide for best practice with military-affiliated children. Presenters will address risk factors that children in military families may face in the course of their caregiver’s service, including separation, attachment, grief, loss, and mobility.

Saturday, March 30, 2019
7:30 am - 8:30 am
Women's Time to Shine
60-Minute Education Session, Advanced
Carolyn A. Greer
Women have faced numerous challenges and restrictions throughout history worldwide. In today's world, women are still facing limits to equality in the workplace, home, and within society itself. Program will examine the impact of these factors toward women and their need to address the issues and challenges to becoming mentally healthy women in today's society for success across their lifespan journey.

Saturday, March 30, 2019
7:30 am - 8:30 am
The Critical Need for Counseling in the Aftermath of Climate Change
60-Minute Education Session
Fred P. Bemak, Rita Chi-Ying Chung
Scientists have ascertained that climate change is considered one of the biggest threats to humankind, with a disproportionate impact on the poorest and the most vulnerable. Counselors must prepare for the projected magnitude of mental health needs and disparities of those most affected. The presentation will describe the impact of climate change and a model of postdisaster counseling that addresses supervision, advocacy, and self-care.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Counseling Multiracial Populations: Strengths and Challenges
90-Minute Education Session
Kimberlee Ratliff
Cultural competence is an ethical responsibility of counselors working with diverse clients. Join an interactive session exploring personal awareness, historical attitudes, identity development models, and needs/strengths of multiracial populations. This session will also examine use of creative counseling techniques, group counseling, and narrative therapy approaches with multiracial populations. Experiential activities will help bring the concepts to life as counselors develop new insights and skills.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Advanced Reality Therapy Group Counseling: A Practical Demonstration
90-Minute Education Session, Advanced
Robert E Wubbolding
Counselors cope with feelings of being stuck and not knowing what to say by using reality therapy. In feeling lost for words, both experienced and neophyte counselors sometimes report a sense of self-doubt and powerlessness. Reality therapy provides specific alternatives for counselors whose feelings of intimidation intensify when counseling groups whose problems seem overwhelming. The advanced use of the WDEP system also helps counselors relate to clients who are different from them or are resistant and rebellious.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Superhero or Super Difficult? Changing Narratives With Highly Sensitive People
90-Minute Education Session, Advanced
Misty M. Ginicola, Taylor Carson
Approximately 20% of the population is born with a temperamental characteristic: heightened sensory processing sensitivity (i.e., highly sensitive people). Children develop a narrative regarding their sensitivity; it is seen either as a gift or as a problem. This narrative later influences their self-esteem, anxiety, and depression symptoms. This workshop will provide an exploration of childhood influences, assessment strategies, and changing their narrative through strength-based intervention approaches.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Social Justice and Advocacy Through Global Mental Health: Creating a Lasting Change
90-Minute Education Session
Daniel Balva
Research has shown that 76–85% of people living in developing countries with mental health problems do not receive treatment. Our job as advocates is to ensure that mental health services are accessible to all—both within the United States and abroad. Through open dialogue and a discussion of research and established programs, attendees will attain a greater understanding of the importance of global mental health and learn how to get more involved within this realm of the profession.

Saturday, March 30, 2019
10:30 am - 12:00 pm
**Neuroscience-Informed Cognitive–Behavioral Therapy: Expanding the Application of CBT**

90-Minute Education Session, Advanced

*Laura K. Jones, Thom Field, Raissa M. Miller, Eric T. Beeson,*

This presentation provides a practical introduction to neuroscience-informed cognitive–behavioral therapy (nCBT; a redesign of the conventional A-B-C model drawn from rational emotive behavior therapy), as well as opportunities for participants to practice applying the new model to hypothetical cases. Foundational neuroscience concepts will be reviewed. Emerging research on the model is described. Client handouts and worksheets are provided for practitioners to use in their counseling practices.

Saturday, March 30, 2019

10:30 am - 12:00 pm
**Current Trends in Ethics: A Discussion With the ACA Ethics Committee**

90-Minute Education Session

*Kathy Ybanez-Llorente, Kevin S. Doyle*

Members of the ACA Ethics Committee and an ACA ethics specialist will present as a panel on ethical issues and trends addressed by the committee. Common ethical issues include: social media and use of technology, confidentiality, boundaries, supervision, and value-based judgments and client referral. Presenters will discuss the processing of ethics complaints, and attendees will participate in a Q&A session related to ethical standards and common ethical concerns.

Saturday, March 30, 2019

10:30 am - 12:00 pm
**BREEMA: The Art of Being Present: Somatic Self-Care and Treating Trauma**

90-Minute Education Session,

*Angela Porter, Ariadne Thompson, Alexandra Johnson*

The body–mind connection is the basis for a transformational relational field. In a truly nonjudgmental atmosphere, we begin to transform the damaging effect on the nervous system, sense of self, and attachment orientation of negative imprints resulting from trauma. This fun, somatic practice workshop will introduce BREEMA: The Art of Being Present and offer clinicians and counselors experiential tools for nurturing client vitality, and movement toward wholeness, while simultaneously supporting clinician self-care.

Saturday, March 30, 2019

10:30 am - 12:00 pm
**Evaluating the Impact of Trauma-Informed Practices, Policies, and Procedures**

90-Minute Education Session, Advanced

*Julaine E. Field, Dick Carpenter, Elizabeth Tucker*

The research related to adverse childhood experiences (ACEs) points to the need for greater trauma sensitivity and trauma-informed practices in K-12 schools. Although a popular trend, many counselors who work in or consult with schools are still learning specific approaches consistent with trauma-informed care. Understanding empirical research to evaluate trauma-informed care is also vital. This educational session will discuss current trauma-informed initiatives in schools, including evidence to support its use.
Saturday, March 30, 2019  
**10:30 am - 12:00 pm**  
**Latinas Facing Violence: Spiritual/Critical Consciousness Counseling Perspectives**  
90-Minute Education Session  
*Maria del C. Rodriguez, Sarah Fitchner*  
When working with Latinas who live in families affected by domestic violence, modern counseling is unable to fully consider their oppressing circumstances and how clients’ cultural and spiritual values may be key in effectively dealing with this social problem. This presentation highlights concepts such as critical consciousness, as developed by Paulo Freire, so that Latinas may develop critical thinking skills, deeply honor their spirit/culture, and be inspired to pursue individual/collective healing.

Saturday, March 30, 2019  
**10:30 am - 12:00 pm**  
**Multicultural Counseling Development From a Relational–Cultural Theory Framework**  
90-Minute Education Session  
*Kalesha Jenkins, Mei Tang*  
This presentation illustrates the findings and implications of a research study on self-awareness development in multicultural counseling classes with an aim to understand the challenges of enhancing multicultural and social justice competency in counselor training. The relational–cultural theory framework was applied to discuss the meaning of self-awareness in relation to building connectedness with others and importance of authenticity and genuineness.

Saturday, March 30, 2019  
**10:30 am - 12:00 pm**  
**Clinical Practice and Data: Efficacy, Utility, and Competence Considerations**  
90-Minute Education Session  
*Donna Sheperis, Stephen Lenz, Melissa Zeligman, Sean Hall,*  
Counselors use data to inform practice considerations such as developing targeted treatment plans, determining program outcomes, and documenting efficacy for funding sources. Often, we have a complicated relationship with data; we want to use assessments to benefit our clients and practice, but we wonder about how to best select, interpret, and report the data we have available. This session will focus on efficacy, utility, and competence in the use of assessment and the collection of data.

Saturday, March 30, 2019  
**10:30 am - 12:00 pm**  
**Creative Mentoring: Building a Bridge from Classroom to Practice**  
90-Minute Education Session  
*Ann M. Ordway, Ruth Ouzts Moore, Savannah Burke*  
A mentor is someone who seeks to actively engage those with whom they work and who inspires others to achieve their personal bests. Counselor educators are expected to be mentors for their students – just as seasoned practitioners often are mentors for new professionals in the field. This session will include an examination of creative approaches and options for engaging...
students and new professionals through mentorship – and how, as a student or new professional, mentorship can be a powerful vehicle for building your career

Saturday, March 30, 2019
10:30 am - 12:00 pm
Using the Disability-Related Counseling Competencies to Improve Ethical Practice
90-Minute Education Session
Noel Ysasi, Henry McCarthy, Michelle Bradham-Cousar, Linda Shaw, Martha Chapin
Disability-related counseling competencies were recently created to help all counselors accomplish their ethical obligation to competently serve persons with disabilities. Attendees will engage in self-analysis to identify areas in which they need to enhance their disability-related skills and knowledge. Small-group activities will facilitate participants to identify their strengths and areas for improvement. Resources will be provided to build their capacity to counsel persons with disabilities competently.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Ethical Leadership in Counseling Organizations
90-Minute Education Session, Advanced
Stephanie F. Dailey, Michael M. Kocet, Shawn L. Spurgeon
While the ACA Code of Ethics provides guidance on ethical conduct in counselor–client, supervisor–supervisee, faculty–student, and researcher–participant relationships, few standards address ethical conduct of leaders within counseling organizations, such as ACA, ASERVIC and other divisions, state branches, and affiliate organizations (e.g., NBCC, CACREP). Using case studies and discussion, characteristics of ethical leadership and organizational health will be explored. Proposed new ethical standards related to organizational leadership will be discussed.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Becoming a Professional Counselor
90-Minute Education Session
Gerald Corey, Jamie Bludworth
The presenters will address a range of topics related to the challenges of becoming a professional counselor, such as creating a meaningful professional life, creating and maintaining your own self-care program, being aware of and managing your personal values, common concerns of beginning counselors, getting the most from graduate school, mentoring, and managing personal and professional boundaries. There will be opportunities for the attendees to raise questions to the presenters.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Time to Get Creative Again! 15 Techniques for Working With Families in Crisis
90-Minute Education Session
Brandé Flamez, Janet Hicks, Cheryl Mark, Steve Berry, Mary Mayorga
Join us for a hands-on presentation. Presenters will demonstrate 15 experiential activities and techniques that can be implemented with families, children, and adolescents, who are
experiencing severe conflicts and crises. The presenters will provide specific exercises that can be implemented through the various stages of family therapy including: rapport building, assessment, coping with feelings, and building social skills.

Saturday, March 30, 2019
10:30 am - 12:00 pm
Making a Practical Difference: Promoting Mental Health and Averting Addiction
90-Minute Education Session
Dee C. Ray, Maureen C. Kenny, Matthew Lemberger-Truelove, J. Erin Morpeth, Kristie Opiola
The ACA Promoting Mental Health and Averting Addiction (ProMHAA) Task Force seeks to advocate for individual and systemic wellness and prevention of addiction through promotion of practices, data, and policies that elevate preventative practices across the life span. In this presentation, ProMHAA Task Force members will offer practical tips and resources on how counselors can engage in effective practices and advocacy efforts to identify and prevent substance abuse while promoting mental health.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Words Can Hurt: Staying Competent in Affirming LGBTQI+ Terminology
90-Minute Education Session
Misty M. Ginicola, Cheri Smith
Should you say sexual or affectional orientation? What is asexual, pansexual, genderqueer? When working with LGBTQI+ clients, the terminology not only is expansive but has changed quickly, leaving many counselors unsure of appropriate terms and their meanings. Using outdated, stigmatized terms can cause harm to clients, the therapeutic relationship, and the client's view of counseling. This interactive workshop educates both new and seasoned professionals on the most updated terms, as well as problematic terms to avoid.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Internet Gaming Addiction: Who Plays, Why They Play, and Addiction
90-Minute Education Session, Advanced
Michael S. Lewis
It has become increasingly likely that a counselor will have a client with problematic online gaming as a primary concern. It is imperative that clinicians have a foundational understanding of this disorder, such as its defining characteristics, assessment, diagnostics, and treatment options. This session synthesizes existing research in these areas and a new study to better understand who plays these types of games, why they persist despite consequences, and how to best approach assessment and treatment.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Play Therapy for All: Clinical Implications When Working With Clients of Color
90-Minute Education Session
Yung-Wei Lin, Yumiko Ogawa, Angela Sheely-Moore
Using presenters’ research and clinical experiences, participants will have an opportunity to observe and practice culturally responsive play therapy strategies when working with African American, Japanese, Taiwanese, and Chinese children. Collaborating with parents and other systems within the child’s world, such as schools, will also be explored to enhance practitioners’ work with culturally diverse populations.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Polarizing Political Discourse: Inviting Empathy Into Difficult Conversations
90-Minute Education Session
Shawn Patrick, John Beekenbach, Anna Elliott, Bryan Lamb,
Sociopolitical discussions can prove challenging for counselors. While we seek to bridge differences, we can be at a loss when faced with difficult interactions or confrontations. This session presents approaches for facilitating dialogues that invite disagreement while promoting cultural understanding, trust, and empathy. By deconstructing political discourses, this session will present conflict reconciliation approaches to guide attendees toward awareness and strategies for hosting conversations.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Is There a Book Within You to Be Written?
90-Minute Education Session
Gerald Corey, Kellie Kirksey, Patrice Moulton, Michelle Muratori, Mark Stebnicki
The presenters share the joys, self-doubts, struggles, strategies, personal experiences, and rewards of their experiences in writing. They offer suggestions such as identifying an area of interest, designing a proposal, getting started with writing and revising, working effectively with a publisher, the review process, creating a realistic writing schedule, working with colleagues, completing a project, and future revisions.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Engaging in Solution: Gatekeeping Solutions for All Counselors
90-Minute Education Session
Latrina Ray Raddler, Amanda Elise Johns, Candace N. Park
Are you tired of continuously asking why, how, where? “Why did someone graduate them?” “How did they even get an LPC?” “Where did they get their degree?” Secretly, many of us have asked these questions when we could have been engaging in solution. The ultimate solution to these questions is gatekeeping. Understanding gatekeeping at all levels, and not just believing that it is only the role of the educator, is quite important. This presentation will help understand gatekeeping, teach skills, and create action plans.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Key Ethical Issues in Working With Spiritual and Religious Values in Counseling
90-Minute Education Session, Advanced
Richard E. Watts
Regardless of work setting, clients regularly present with issues related to spiritual and religious values. Counselors, however, often feel unprepared to work with clients presenting with spiritual or religious issues. This is particularly true regarding the ethics of working with spiritual and religious issues in counseling. This panel presentation, by members of the ASERVIC Ethical Values Committee, will address key ethical issues when addressing clients’ spiritual and religious values.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Recognizing and Facilitating Disenfranchised Grief Across Counseling Settings
90-Minute Education Session
June Williams, William R. Rhodes
When individuals experience a loss that is not recognized or validated by others, this experience can create complications in their grieving process. Disenfranchised grief occurs when a loss is not recognized or cannot be openly acknowledged, publicly mourned, or socially supported. This session will address how to (1) recognize disenfranchised grief, (2) identify the negative effects that can complicate grief, and (3) work with clients experiencing disenfranchised grief across settings and populations.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
13 Reasons Why: Safety Planning to Prevent Suicide Among Adolescents
90-Minute Education Session
Paula J. Gardner-Porter
This presentation will address ways to prevent the effects of the characters from the show “13 Reasons Why” from escalating in their own schools and practice. By teaching clinicians how to work with families and the community through writing a suicide safety plan, we can respond to the increasing statistics instead of reacting in the aftermath of the tragedy.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Courageous Conversations: African American Men and Mental Health
90-Minute Education Session, Advanced
Shon D. Smith, Michael Brooks, S. Kent Butler, Shawn Spurgeon, Linwood Vereen
Every year, more than 40 million Americans struggle with mental illness. African American men are as likely as anyone else to have mental illness and more likely to not seek help. Depression and other mental illnesses can be deadly if left untreated. Suicide is a leading cause of death among African Americans ages 15 to 24. Untreated and misdiagnosed mental illness can also make African American men more vulnerable to substance abuse, homelessness, incarceration, and homicide.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Applications of Acceptance and Commitment Therapy: Navigating Shame and Moral Injury
90-Minute Education Session, Advanced
W. Bryce Hagedorn
Moral injury is increasingly acknowledged as the signature wound of this generation of veterans. On returning from combat, service members can experience a host of challenges, particularly given the shame they often feel over what happened down range. Rather than trying to block or eradicate self-destructive thoughts, acceptance and commitment therapy is a treatment option that warrants consideration, as it helps individuals to “live with” what they’ve done while in combat.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Supporting Student Mental Health and Wellness on Your College Campus
90-Minute Education Session
Janelle C. Johnson, Lisa Adams Somerlot, Richard Tyler-Walker
Mental health concerns impact performance in college. Additional risk factors are strong predictors of adverse academic outcomes. Nationally university and college counseling centers are recognizing the increased need for support systems and resources beyond the counseling center. This presentation seeks to examine a student wellness approach to delivering services that create partnerships with campus services and community providers and enhances college counseling services.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
ACES Leadership: Diverse Voices From the Past, Current, and Future Trailblazers
90-Minute Education Session
Natoya Hill Haskins
Leadership positions in various counseling organizations have historically lacked individuals from diverse backgrounds. As we focus our efforts to diversify the leadership pipeline in ACES, we use this session as a starting point of conversation with counseling leaders to explore past and current barriers to diversification and leadership opportunities. This session will further illuminate the experiences of leaders from diverse backgrounds to provide discussion and innovative ideas for next steps.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Social Justice Summit, Part II: Centralizing the Margins
90-Minute Education Session
Anna Flores Locke
Join us for part two of the Inter-divisional Social Justice Summit to develop advocacy and action plans to address social justice concerns. Build networks and allies with fellow professionals in the field and from multiple divisions to strategize how to be social change agents. Come to be rejuvenated and revived to continue doing this, often isolating, social justice work.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
IAAOC Research Carousel
90-Minute Education Session
Connie T. Jones, Christine Chasek, Regina Moro
This session will highlight the innovative research of IAAOC members. These research projects address mental health counseling issues, techniques, and outcomes for people challenged with addiction or offending behaviors.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Career Development and Mental Health: Effective Strategies for Practitioners
90-Minute Education Session
Sharon Givens
The focus of career counseling in the 21st century is no longer solely on an individual’s interests and goals. Helping clients find meaningful work can reveal potential barriers. This presentation will offer practitioners key strategies to appropriately address clients who have career development and mental health issues. The session will specifically discuss the intersection of mental health and career development, the intake process, selecting appropriate assessments, and developing a referral process.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Licensure Portability: Historical Context, Current Status, and Future Directions
90-Minute Education Session
Shane Haberstroh, Thelma Duffey, Judy Daniels, Robert Smith,
Members from the two most recent ACA licensure portability committees will discuss the vision and history of the approved ACA Portability Model, current challenges and opportunities related to licensure portability, and strategic directions for implementing licensure portability for professional counselors. The presenters will discuss emerging opportunities such as interstate compacts and legislative efforts.

Saturday, March 30, 2019
2:00 pm - 3:30 pm
Standards of Practice and Available Resources for Crisis, Disaster, and Trauma Counseling
90-Minute Education Session
Stephanie F. Dailey, Casey Barrio Minton, A. Stephen Lenz, Nicole Dilella,
The Crisis, Trauma, and Disaster Counseling Task Force is charged with increasing resources for ACA members and the public to support individuals and communities following a crisis or potentially traumatizing event(s). This includes developing standards of practice to increase counselor competence in working with individuals/communities who have experienced trauma. This session will review newly released resources and three sets of competencies for crisis counseling, disaster mental health, and trauma counseling.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Being “Woke”: The Experiences of Counselor Educators of Color
60-Minute Education Session
Tyce Nadrich, Muninder Kaur Ahluwalia, Michael D. Hannon
The impact of the sociopolitical climate in the United States on people of color with racial insight and awareness is profound and often unacknowledged. Colloquially, having racial awareness and insight and understanding the ubiquity of systemic racism and oppression is referred to as being “woke.” This presentation will include findings of a qualitative study on the experiences of woke counseling professionals of color. Recommendations for integrating cultural narratives and fostering systemic change are provided.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
**Recreating Black Clients’ Stories With Narrative Therapy**
60-Minute Clinician Education Session  
*Janelle M. Bettis, Atasha Christian*
Using narrative therapy with Black clients helps with negative portrayals in media. This presentation will discuss the impact of media on the Black culture, identify techniques that clinicians can use to ethically and culturally support Black clients, and discuss methods to advocate for Black clients related to media and news.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
**Honoring the Place of Spirituality and Religion in the Counseling Process**
60-Minute Clinician Education Session  
*Harriet L. Glosoff, Robert C. Rogers*
Spiritual/religious beliefs and practices may be related to clients’ presenting issues or hold keys to the resolution of those issues. Many counselors, however, do not feel competent to assess for and integrate information about client belief systems. In this interactive session, attendees will review concrete suggestions to ethically address the spiritual domain in the intake and assessment process as well as ways to integrate client belief systems and spiritual practices in counseling plans. Handouts will be provided.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
**Working Ethically in a Small Community Where Everyone Knows Everyone**
60-Minute Clinician Education Session  
*Melanie C. Harper*
Small communities occur in rural settings and anywhere a relatively small number of people frequently cross paths due to similar interests, backgrounds, or characteristics. Counselors who are part of small communities and serve clients in those communities must carefully evaluate the people they ethically and legally serve. They also must evaluate any relationships with their clients outside of counseling. This presentation will discuss this evaluation and document of relationships with clients in small communities.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
**Using “Theatre of the Oppressed” Techniques in Adolescent Grief and Loss Groups**
60-Minute Clinician Education Session, Advanced  
*Adam W. Carter, Jimmy D. Chrismon*
“I don’t even feel like I’m living my own life right now. It’s like I’m watching someone else live their life, wearing a mask that looks like me.” When an adolescent experiences a loss (death, loss of attachment, divorce, displacement), all too often it feels like all control and hope are also lost. This presentation explores how Boal’s Theater of the Oppressed techniques can be used in group counseling to help adolescents rebuild hope and regain control when grief is viewed as an oppressive force by the client.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Reclaiming Your Soul From Work: Making Choices That Honor Your Authentic Self
60-Minute Education Session, Advanced
Spencer G. Niles
The pace of living today and the pressure to cope within an increasingly complex career context make it easy to disconnect your true self from your work (soul–spirit disconnection). Such disconnections can have disastrous effects on a person’s life. However, people can take steps to increase their soul–spirit connection in their work. We use the hope action theory and career flow model to demonstrate how counselors can help their clients address these issues.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Monogamy Is Over, if You Want It: Working With Polyamorous and Nonmonogamous Clients
60-Minute Education Session
Deanna Richards, Pia Johnson
Let’s unpack consensual nonmonogamy (CNM) and polyamory. Counselors will address misconceptions about polyamory and CNM, explore the impact of counselor bias, and learn how to provide affirming services for this community. The presenters will cover core concepts and definitions, describe relationship structures, and provide practical clinical strategies. Counselors will discuss working with diverse clients and building clients’ sense of wellness and community. Participants will receive a handout of resources.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Transdiagnostic Treatment Approaches: The Next Wave of Evidence-Based Practice
60-Minute Education Session, Advanced
Gary G. Gintner
In contrast to disorder-specific treatments, transdiagnostic approaches address underlying mechanisms that cut across traditional diagnostic boundaries. Research shows that disorders related to anxiety, depression, disordered eating, and trauma have a common set of vulnerability factors that are amenable to a transdiagnostic protocol. Research is reviewed in the area and case examples are used to illustrate how these protocols are implemented.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Legislative Advocacy Among Counseling Leaders
60-Minute Education Session,
Isabel C. Farrell, Casey Barrio Minton
Legislative professional advocacy is a vital component of professional counseling identity and essential for attaining the 20/20 vision. This presentation will include highlights of literature regarding professional advocacy and the results of a grounded-theory study that investigated social–political professional advocacy among leaders in state and national organizations. The presentation will include ample discussion of findings and exploration of implications for counselor preparation.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Hard Talk: Conversations on Social Justice Within the Counseling Profession
60-Minute Education Session
Anabel Mifsud, Nasima R. Khan
As the world delves deeper into the 21st century, the counseling profession must remain committed to its mission to advance social justice in a highly charged and divisive sociopolitical climate. Within this context of turmoil and uncertainty, it is imperative that the counseling profession in the United States embarks on an introspective exercise that opens the floor for a genuine dialogue that addresses the conflicting beliefs and views that divide the profession as to counselors’ responsibility to confront societal ills.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Opiate Addiction and Pain Management: Overview of Counseling Approaches
60-Minute Education Session
Geraldine A. Miller, Ben Asma, Jaime Dean, Andrea Marsh, Jennifer Kliine
This proposal is based on the theory, research, and practice of addiction and pain management as they are applied in counseling populations in various settings. This presentation will focus on the specific theory and techniques of addiction and pain management as they relate to the current opiate epidemic in America. The presentation will also provide the audience with opportunities to apply this knowledge to their clinical population and setting through a question-and-answer period.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Mental Health Care Experiences of Trans Military and Veterans: A Mixed-Methods Study
60-Minute Education Session
Megan Shaine, Deanna Cor, Andrew Campbell
Trans service members and veterans are an increasingly visible population in need of mental health services. This session presents original results from a mixed-methods study of their experiences with both military and nonmilitary mental health care providers. Incorporating findings from qualitative interviews and online surveys, the presenters will discuss barriers to mental health care access, perceived gender discrimination, and ways to increase competence in working with this specialized population.
Too millennial or not too millennial: Engaging emerging adults utilizing strengths
60-Minute Education Session  
*John C. Nance, Monica P. Band, Christopher Corbett, Rebecca Blanchard,*  
For generations, emerging adults have struggled for independence and acceptance. The continual striving for identity development creates tensions for individuals as they work to define their place in the greater society. Labels are often placed upon the group by other generations creating bias and misunderstanding. This session will highlight the identity development of emerging adults from a wellness model and introduce normative mental health concepts and highlight potential intervention needs.  

Saturday, March 30, 2019  
4:00 pm - 5:00 pm  
Can Accommodations Make a Student More Disabled?  
60-Minute Education Session  
*Le'Ann L. Solmonson, Suzanne Maniss*  
School counselors are often challenged with developing accommodation plans for students with behavioral and executive functioning disabilities that interfere with learning. Parents and educators may be short-sighted and focus on accommodations that assist in reaching the next grade level or graduation but don’t develop the skills necessary for lifelong success. This session will present a different approach to accommodations focused on skill development that compensates for deficits related to symptoms of disorders.  

Saturday, March 30, 2019  
4:00 pm - 5:00 pm  
AMCD Town Hall Meeting: Strategic Plan Revealed  
60-Minute Education Session  
*Shon D. Smith, Chrsitian Chan*  
As AMCD enters its 46th year as a division, we celebrate our amazing history while intentionally preparing for our future. During this session, AMCD will reveal our 4-year strategic plan that will bring us to our 50th year as a division. Led by Strategic Plan Committee Co-chairs, the full plan will be revealed to all AMCD and ACA members.  

Saturday, March 30, 2019  
4:00 pm - 5:00 pm  
Emerging Opportunities for Counselors: Expanding Standards of Professional Practice  
60-Minute Education Session  
*Gray Otis*  
This session shows how mental health counselors can achieve distinction as advanced practice counselors and also as qualified specialists. Third-party payers, the public, and other stakeholders want to identify highly skilled counselors. In addition, there is a growing demand for specialists in trauma, co-occurring disorders, integrated behavioral health counseling, etc. Mental health counseling training and practice standards illustrate how to realize new opportunities for counselor recognition.  

Saturday, March 30, 2019  
4:00 pm - 5:00 pm
Disaster Mental Health Counseling: Beyond Psychological First Aid
60-Minute Education Session
Jane M. Webber, J. Barry Mascari
With the increase in disasters, mass violence, and shootings, providing effective DMH interventions is critical for counselors. However, there is scant research on what works, especially for different cultures and communities. This session, based on the presenters’ book Disaster Mental Health Counseling, will address current issues of PFA assessment, stabilization, and long-term needs. Individual and community-based counseling approaches for handling posttraumatic stress and promoting resilience, empowerment, and growth will be recommended.

Saturday, March 30, 2019
4:00 pm - 5:00 pm
Orientation and Study Strategies for the NCE and NCMHCE Exams
60-Minute Education Session
David Wadman
This session is designed for those in prelicensed status who are preparing to take the NCE or NCMHCE exams. The presentation will provide an overview of the format of both exams, study strategies, and time management strategies for both exams, as well as an overview of materials available to assist with exam preparation.

Sunday, March 31, 2019
7:30 am - 8:30 am
Crisis and Grief in Schools: Creative Group Interventions for Counselors
60-Minute Clinician Education Session, Advanced
Katie Christensen, Rachel Saunders
Students in all types of schools experience the deaths of family and friends due to school violence, accidents, illnesses, and suicide. School counselors or other mental health professionals may struggle to adequately support grieving students. This presentation will address trauma-informed strategies for offering support groups for adolescent students experiencing grief, with the goal of understanding the importance of directly addressing grief in the school setting.

Sunday, March 31, 2019
7:30 am - 8:30 am
Assessment and Treatment of Disordered Eating: Guidelines for Ethical Practice
60-Minute Clinician Education Session, Advanced
Laura H. Choate
Disordered-eating symptoms are common client concerns that can escalate into significant biopsychosocial consequences, including potentially lethal medical complications. It is important for counselors to be aware of ethical challenges that can arise when assessing for and treating these concerns. The presenter will describe strategies for assessing initial client symptoms, explore risk factors, and use an ethical decision-making model to guide a discussion of challenging ethical conflicts in counseling practice.

Sunday, March 31, 2019
7:30 am - 8:30 am
“My Advocacy Looks Like...”: How Today’s Counseling Professionals Engage in Advocacy
60-Minute Clinician Education Session, Advanced

Kristina Wilkerson

This program will provide an overview of how advocacy has evolved within the counseling profession. Participants will learn information regarding social justice and advocacy standards and explore models and examples of advocacy efforts practiced in the counseling profession. Participants will also receive tips regarding how to engage in their own advocacy passions and develop advocacy plans.

Sunday, March 31, 2019

7:30 am - 8:30 am

The Psychophysiological Toll of Being a Black Woman: Implications for Counselors

Whitney McLaughlin, Latonya Graham

Chronic stress is a common experience among Black women, which takes a psychophysiological toll on their minds and bodies. This session will provide counselors with a culturally informed approach that includes creative interventions to facilitate stress management for Black women to better their overall health and well-being.

Sunday, March 31, 2019

7:30 am - 8:30 am

Understanding Suicide in Young African Americans: Suicide Theory and Kalief Browder

Autumn L. Randell, Lindsay Kozachuk, Nickolas Spears, Michael Deitz

The interpersonal-psychological theory of suicide (IPTS) is composed of three distal factors: perceived burdensomeness, thwarted belongingness, and acquired capability. The suicide rate for young African Americans is steadily increasing; Kalief Browder’s story highlights how the IPTS factors can be used to understand suicidal behavior in young African Americans. This presentation emphasizes the importance of utilizing empirically supported theory when assessing for suicide risk in young African Americans.

Sunday, March 31, 2019

7:30 am - 8:30 am

Responding to the Parkland Shooting: A Unified Service Delivery Approach by Counselors

Tara S. Jungersen, Carly Paro, Elda Veloso

Using a framework of psychological first aid (PFA) and trauma-focused cognitive behavior therapy (TF-CBT), the presenters will outline lessons learned from their deployment working within the Douglas zone in the weeks following the 2018 Marjory Stoneman Douglas school shooting. Administrative needs of the school district will be explored in relation to individual, family, and classroom counseling needs. Postvention considerations for counselors, including vicarious trauma prevention, will also be discussed.

Sunday, March 31, 2019

7:30 am - 8:30 am

Being a Stay-at-Home Dad: Implication for the Mental Health Profession

60-Minute Education Session
Eric S. Davis, Jennifer Wolgemuth, Vernon S. Smith, Steven Haberlin, Sharlene Smith

The shift in the traditional male role of caregiver has resulted in a variety of social and mental health issues for stay-at-home dads (SAHDs). SAHDs experience struggles associated with balancing roles, encountering stereotypes, and lack of social support. Despite the increase in the prevalence of SAHD issues, there is a lack of research and interventions. The presenters will discuss results of a qualitative study with SAHDs including their experiences, interactions, and strategies for working with this population.

Sunday, March 31, 2019
7:30 am - 8:30 am

Coming Out and Religious? Counseling Gay Men and Women From an Intersectional Approach
60-Minute Education Session
Matthew Shurts, Leslie Kooyman

Gay men and women often experience internalized and/or externalized religious rejection due to their sexual orientation. Specifically, the coming-out process can often result in existential crises and personal challenges. This interactive presentation proposes a developmental framework for understanding and treating client distress related to the intersection of religious & sexual identity development. Cass’s stage model of coming out and Genia’s model of religious development serve as the framework’s foundation.

Sunday, March 31, 2019
7:30 am - 8:30 am

A Mindfulness and Social–Emotional Counseling Intervention for Young Children
60-Minute Education Session
Matthew Lemberger-Truelove, Alfredo Palacios

The presenters introduce the outcomes of multiple grant-funded studies that were each performed using a combined social–emotional learning (SEL) and mindfulness-based intervention (MBI), as delivered to 3- and 4-year-old children who hailed from economically challenged homes and who attended state-sponsored pre-K schools. Additionally, the presenters will provide equal treatment to the description of the developmentally and culturally appropriate techniques used in the intervention. Resources will be provided.

Sunday, March 31, 2019
7:30 am - 8:30 am

The Science of Presence: Neurocounseling and the Therapeutic Relationship
60-Minute Education Session
Jonathan D. Wiley, Justin R. Jordan

Research consistently supports the importance of the therapeutic alliance for facilitating change with clients. This session will specifically address the development of presence among counseling professionals to support the development of effective therapeutic relationships. The presenters will draw on the scientific foundations and critical concepts of presence as illuminated through neurocounseling and interpersonal neurobiology research to offer practical recommendations on the cultivation of presence.

Sunday, March 31, 2019
7:30 am - 8:30 am
Wellness Concerns for Clients Adjusting to Amputation
60-Minute Education Session
Jessica Huddy, Katherine A. Shirley
The ramifications of lower limb amputation create practical barriers to mental wellness. The interrelationship of self-esteem, mobility, and depressive symptoms speaks to the need for counseling interventions that account for functional challenges posed by amputation. This research-based presentation will educate counselors on the interplay of self-efficacy and independent living in mediating mental health outcomes. The need to expand the applications of evidence-based, behavioral interventions is emphasized.

Sunday, March 31, 2019
7:30 am - 8:30 am
Community Violence and Nonfatal Gunshot Injuries: Implications for Mental Health Care
60-Minute Education Session
Jiaqi Ma
Nonfatal gunshot injuries present challenging physical and psychological consequences that are often complicated by barriers to services and racial disparities in health care. This session will discuss the unique needs of victims of community violence and the mental health counselors’ role in mitigating barriers and providing trauma-informed care.

Sunday, March 31, 2019
7:30 am - 8:30 am
Saving Lives One at a Time: An Evidence-Based Treatment Model for Combating Opiate Disorders
60-Minute Education Session
Martina S. Moore, Paula J. Britton
Every 16 minutes, a person in the United States dies from an opioid overdose. Like other chronic diseases, opiate use disorder (OUD) can be treated. The most effective therapy, called medication-assisted treatment (MAT), combines cognitive–behavioral therapy (CBT) with medications. Despite MAT’s demonstrated effectiveness, many people do not have access to this therapy. This training will not promote any one method of MAT but will give information about each method’s effectiveness and how they can help to reduce accidental overdoses.

Sunday, March 31, 2019
7:30 am - 8:30 am
A Community-Based Systemic Mental Health Intervention to Address Reunification
60-Minute Education Session
Dalena Dillman-Taylor, Bethany Russell
The opioid epidemic, specifically related to prescription drugs, continues to escalate, impacting not only those with an opioid use disorder (OUD) but also many children who grow up in households with an adult diagnosed with OUD. Child–parent relationship therapy (CPRT), an evidence-based approach, was used in a community-based setting to address reunification of parents with an OUD with their children. Presenters will discuss learned lessons, adaptations to the CPRT intervention, and outcomes for the 50+ families served.
Sunday, March 31, 2019
7:30 am - 8:30 am

**Distance Counseling and Emotional Support Animals: Navigating New Frontiers**
60-Minute Education Session, Advanced
*Christopher Corbett, Kathryn P. Alessandria*

Distance counseling (DC) is gaining popularity. In 2018, the Higher Education Mental Health Alliance (HEMHA), an interdisciplinary partnership providing leadership to advance college students’ mental health, published a guide on DC in college settings. HEMHA representatives will review this free resource and share information about the forthcoming guide on emotional support animals (ESAs). This interactive session will frame the important questions and ethical dilemmas counselors may face with these topics.

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Sunday, March 31, 2019
7:30 am - 8:30 am

**Are You Career Ready? Tips, Tools, and Pointers to Help Prepare You For Success**
60-Minute Education Session
*Danielle Irving-Johnson*

As you prepare for life after graduate school, are you ready to begin your career in the counseling profession? The transition from student to new professional can be challenging and a bit daunting, but we are here to help prepare you for the next steps in your career. In this session, the ACA Career Services Specialist will provide tips to enhance your resume/CV and cover letter, discuss best practices for navigating the licensure process, job search strategies, tools to improve your interview performance, and more!

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Sunday, March 31, 2019
7:30 am - 8:30 am

**Bridge Building Collaboration: ACA, ASCA, and NCDA**
60-Minute Education Session
*Tom Dodson*

The three associations of ACA, ASCA, and NCDA are at a great place of potential collaboration within the focus area of career development across the lifespan. This presentation will include: an overview of career development as an area of common ground within the three associations, a specific bridge-building model of collaboration, and concrete applications to utilize. Participants from the three associations will leave this presentation with both inspiration and meaningful goal-directed practical activities.

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Sunday, March 31, 2019
7:30 am - 8:30 am

**A Seat at The Table: Barriers and Solutions to Achieving Parity of Status for Counselors**
60-Minute Education Session
*Rita A. Westermann-Bolton, Gray Otis*

The term parity evokes a wide range of issues for professional mental health counselors, such as equal pay and client access to services. Parity also extends to equality in terms of status. A growing concern for counselors is that despite their advanced education and training, and their unique skill set and product, they do not enjoy a “seat at the table” with other professionals.
where crucial mental health issues are discussed. The how, where, and why of this disparity are presented in this session, as well as possible solutions.

Sunday, March 31, 2019
8:45 am - 10:15 am
Assessment of Trauma Using Evidence-Based Measures
90-Minute Education Session
Maureen C. Kenny, Claire E. Helpingstine
Many clients present with trauma histories and a complex array of symptoms. Proper assessment of these posttrauma symptoms is a necessary first step in establishing treatment goals. Presenters will provide an overview of evidence-based assessments to measure trauma in children and adolescents. Case examples will be used to illustrate the information that can be gained from a comprehensive trauma symptom assessment.

Sunday, March 31, 2019
8:45 am - 10:15 am
Master Conflict Therapy: A New Model for Practicing Couples and Sex Therapy
90-Minute Education Session, Advanced
Heather Lauren Davidson, Stephen J. Betchen
This 90-minute didactic and interactive workshop will train participants to utilize a comprehensive treatment model specifically designed to treat couples who present with a wide variety of problems, including sexual symptoms. The model is based on master conflict therapy (MCT), an integrative approach that combines psychoanalytic conflict theory and psychodynamic family-of-origin work with basic principles and exercises of sex therapy. Detailed case studies will be utilized for illustration.

Sunday, March 31, 2019
8:45 am - 10:15 am
The Neurobiology of Trauma and Its Application to Successful Treatment
90-Minute Education Session
Judith A. Swack, Wendy Rawlings
Trauma is structured and cleared in layers. It has neurobiological underpinnings that need to be accurately mapped to be successfully treated. Participants will learn the structure of trauma and an evidence-based technique from the field of energy psychology for rapidly clearing trauma from the conscious mind, unconscious mind, and body.

Sunday, March 31, 2019
8:45 am - 10:15 am
Vicarious Posttraumatic Growth: Practitioner Growth Within the Work of Trauma Care
90-Minute Education Session, Advanced
Debra G. Hyatt-Burkhart, Eric W. Owens
Vicarious exposure to trauma can be an opportunity for clinician growth in the same way that vicarious exposure can create negative reactions. As practitioners, we are often privileged to see clients survive, thrive, and grow as a result of trauma. In this session, we explore the ways in which exposure to client growth, positive approaches to the work of trauma, and targeted self-
care strategies can be used to prevent the negative effects of vicarious traumatic exposure as well as promote vicarious posttraumatic growth.

Sunday, March 31, 2019
8:45 am - 10:15 am
Three Cheers for Peers: The Utilization of Peer Support in Counseling
90-Minute Education Session
Elizabeth Shilling, Olivia Currin, Elizabeth White, Taylor Tarvin, Kiana Booth
Peer support can benefit those recovering from traumatic injuries, addiction, and other mental illnesses. This presentation will review how counselors integrated peer support specialists into existing services to enhance client experiences. Participants will learn about different types of peer support, ethical considerations for integrating peer services, and the benefits associated with peer support services.

Sunday, March 31, 2019
8:45 am - 10:15 am
“No One Prepares For This”: Lessons From Charlottesville
90-Minute Education Session
Cynthia M. Miller, John Rogers
On August 12, 2018, an act of domestic terrorism in Charlottesville, VA, sent shockwaves through the community and the nation. Over the course of 2 days, dozens were injured, three lives were lost, and a community was traumatized. Hear the story of how counselors in Charlottesville responded to the mental health needs of the community after the event. Discover how to use the lessons learned there to proactively prepare a mental health response for your own community, should it experience a disaster.

Sunday, March 31, 2019
8:45 am - 10:15 am
Counseling in the Fourth Decade of an Epidemic: The Past, Present, and Future of HIV/AIDS
90-Minute Education Session
Richelle Joe, David J. Ford, Jr., Tiffany Hairston
In the decades since HIV/AIDS was first identified, medical discoveries have advanced prevention and treatment, and shifting demographics have changed the face of the illness. HIV is no longer a death sentence, although social determinants of health have contributed to the disproportionate effect that HIV/AIDS has in some marginalized communities. This session will assist professional counselors in providing people affected by HIV/AIDS with relevant, culturally sound services that are free of bias and stigma.

Sunday, March 31, 2019
8:45 am - 10:15 am
Counseling Single African American Women: A Developmental Life Cycle Model
90-Minute Education Session
KL McGriff
The task of marriage is a cultural expectation found in prevailing life cycle models (Cherlin, 2010; McGoldrick & Shibusawa, 2012), yet African American women are disproportionately
single (Clarke, 2011) and not considered in developmental paradigms. Participants will learn the
tenets of, and how to utilize, a conceptual framework characterizing the developmental life cycle
model for single African American women. Stages of development, associated tasks, and
implications for counseling practices will be addressed.

Sunday, March 31, 2019
8:45 am - 10:15 am
Group Play Therapy: Impacting Social and Behavioral Changes Using the Power of Play
90-Minute Education Session, Advanced
Theresa M. Kascsak
Child-centered group play therapy (CCGPT) offers special challenges and rewards. The presence
of another child combined with the presence of the counselor can provide children with unique
opportunities for growth, as children learn from each other and benefit from the therapeutic
benefits of the group. This interactive workshop addresses the effectiveness of CCGPT for
addressing social skills and behavioral impairments.

Sunday, March 31, 2019
8:45 am - 10:15 am
Virtual Clinical Training Center: A Telebehavioral Health Training Program
90-Minute Education Session, Advanced
LoriAnn Stretch, Susan J. Foster
Thanks to the advancements in technology and security, telebehavioral health is a growing
modality within our field. The presenters will discuss the Virtual Clinical Training Center
(VCTC), an integrative telebehavioral health program that trains student counselors to provide
telebehavioral health services to medically underserved populations. Participants will receive
recommended steps to creating a telebehavioral health training program, as well as ethical, legal,
and technical resources.

Sunday, March 31, 2019
8:45 am - 10:15 am
Corrections Counseling: Providing a Framework for Effective Re-entry Treatment
90-Minute Education Session
Regina L. Schrecengost, Rebecca Andrews, Stephanie Ackley
This presentation’s aim is to explore literature & characteristics of those who offend & provide a
framework for an integrative treatment approach utilizing reality therapy, motivational
interviewing, & cognitive–behavioral therapy to target criminogenic needs. Participants will gain
an understanding of characteristics, treatment needs, & strategies that promote re-entry.
Attendees will be exposed to treatment planning & measure objectives that promote skill
attainment & decrease the risk of offending behaviors.

Sunday, March 31, 2019
8:45 am - 10:15 am
The Neuroscience of Mindfulness in Counseling: Theory and Practical Application
90-Minute Education Session
Kathy Shoemaker
Research highlights the effectiveness of mindfulness-based interventions for use with a variety of diagnoses, including anxiety and depression. Understanding the neuroscience that supports these interventions and how to use them effectively can be beneficial to counselors. This presentation integrates neuroscience pertinent to mindfulness in counseling and experiential mindfulness exercises to prepare counselors to effectively use these techniques with their clients and for personal self-care.

Sunday, March 31, 2019
8:45 am - 10:15 am
Healing Mothers, Building Brains: Using Dyadic Mother–Baby Play in Addiction Programs
90-Minute Education Session
Evette Horton, Catherine Tucker
Infants and children whose mothers are addicted to opioids face challenges with attachment bonding and self-regulation. Deficits in these areas are known to lead to child social and emotional delays. Dyadic interventions that directly address both attachment and co-regulation are important additions to substance abuse treatment programs for pregnant or parenting women. We summarize the research on why these dyads are so vulnerable to attachment disturbances and describe a number of evidence-based interventions.

Sunday, March 31, 2019
8:45 am - 10:15 am
Mental Health in Schools: Modern, Research-Based Strategies That Work
90-Minute Education Session
Elizabeth Portman Minne, Rakima Doliole Parson, Christopher McCarthy
This presentation will focus on the following themes: (1) Youth and Family Clinical Services on Campus: Breaking Down Barriers to Care; (2) Beyond the Therapy Session: Creating a Trauma-Informed School Climate; and (3) Healthy Adults for Healthy Kids: A Focus on Teacher Wellness. Presenters will share about student and teacher programs offered through a multisystemic clinical mental health model of care in a large school district.

Sunday, March 31, 2019
8:45 am - 10:15 am
Focus on the Future: The Advancement of Research for our Military and First Responder Populations
90-Minute Education Session
Judith J. Mathewson, Jennifer Szalkoper, Thomas L. Watson
Using a combination of round table discussions and presentations, the past, present, and future Presidents of the Military and Government Counseling Association look to provide a research framework and topics for further research within our military and first responder populations. This presentation seeks to provide graduate students and new professionals with current and future avenues of research within the military and first responder research fields. Also, the presentation focuses on hot topics affecting our military and first responder populations, such as portability and licensure issues for military spouses, using the MGCA military competencies for research, and the counseling needs of dual military couples. This presentation also helps new
professionals, graduate students, and researchers understand the goals and the mission of the Military Government Counseling Association.

Sunday, March 31, 2019  
8:45 am - 10:15 am  
Social Justice Action Summit, Part I: Centralizing the Margins  
90-Minute Education Session  
Anna Flores Locke  
Join us for this first part of the Inter-divisional Social Justice Action Summit and discuss current social justice concerns affecting our profession and society. Discuss these concerns from multiple perspectives (e.g., indigenous rights; addiction; multicultural, spiritual, and affectional orientation, to name a few) and apply the advocacy competencies to begin developing action plans to address them. Be part of this collaborative and action-oriented summit and embrace the possibilities!

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
Trauma: What’s the Big Idea?  
90-Minute Education Session  
Amanda Prugar, Shirley M. Craig, Emily Boudreaux, Koonteera Kaew-Im Solares,  
Trauma covers all races and genders. It does not discriminate against anyone. A common misconception is that once a child is born, the trauma that they experience in utero no longer affects them. Research shows that this trauma causes symptoms across the life span. This session will cover common causes, symptoms, and outcomes of in utero and early childhood trauma. This presentation will offer real-life examples and discussion about this neglected issue and offer invaluable information and treatment intervention approaches.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
S-Quad: Strength, Solidarity, Strategy and Sustainability in Counselor Social Action  
90-Minute Education Session, Advanced  
Rebecca L. Toporek, Muninder Kaur Ahluwalia  
Increasing incidents of social, political, and economic injustice present challenges for clients and counselors. ACA identifies advocacy as an important function of counselors, yet few concrete and comprehensive resources help counselors navigate this role and thrive while doing so. Using the elements of strength, solidarity, strategy, and sustainability, this interactive session will guide participants through a model and activities for developing their own professional and personal social action plan.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
Healing Shame: Relational Body-Centered Approaches to Promote Resilience  
90-Minute Education Session, Advanced  
Nevine Sultan  
Shame lives in the body. It originates in early childhood through verbal and nonverbal communication perceived as disapproving. It activates the body’s stress system, compromising
self-regulation and promoting patterned behavior. We explore the interpersonal origins of shame; its impact on the body, nervous system, and social–emotional functioning; and somatic interventions to support healing. We emphasize the therapist’s use of self in forming a therapeutic alliance that serves as a foundation for change.

Sunday, March 31, 2019
10:30 am - 12:00 pm
**Neurosequential Trauma-Informed Interventions for Mentally Ill Offenders**
90-Minute Education Session, Advanced
*Leigh Falls Holman*
More mentally ill people are treated in correctional facilities than in hospitals, but counselors lack the training and experience to work with the complex tapestry of mental illness, complex trauma, and addictions in forensic settings. We present neurodevelopmental trauma-informed interventions used in several community-engaged research projects demonstrating positive mental health and community policing outcomes when mental illness and the law intersect.

Sunday, March 31, 2019
10:30 am - 12:00 pm
**Cognitive–Behavioral Understanding of Social Anxiety Disorder**
90-Minute Education Session, Advanced
*Brad A. Imhoff, Molly E. Perkins*
Social anxiety disorder affects up to 13% of the U.S. population, but individuals go an average of 15 years before receiving treatment. This results in a lot of missed opportunities for those who suffer from the social, academic, and work impairment associated with the disorder. This presentation focuses on a cognitive–behavioral understanding of the disorder and the schemas and self-talk that perpetuate impairment. Participants will be provided with a variety of interventions used to help manage social anxiety disorder.

Sunday, March 31, 2019
10:30 am - 12:00 pm
**Counselors’ Clinical Experience With Integral Breath Therapy**
90-Minute Education Session, Advanced
*Wen-Mei Chou, Harris T. Leonard, Mika Smith*
Integral breath therapy (IBT) promotes healing through manipulation of the breath. Professional counselors have observed its effectiveness in healing trauma and facilitating growth. A qualitative research studied breath counselors’ clinical experience with IBT. Presenters will report the research result. Participants will learn about (1) IBT’s healing principles; (2) how to apply these principles in the counseling process, and (3) the IBT effectiveness observed by counselors and researchers.

Sunday, March 31, 2019
10:30 am - 12:00 pm
**Ethics Training for Aspiring Mental Health Counselors: A Developmental Model**
90-Minute Education Session
*Jori A. Berger-Greenstein, Claire Couch*
This talk will present the developmental model of ethics training, which describes ethics training as a process. It highlights two stages, beginning with content and moving toward application and critical thinking through students’ trajectory in training. Stage I focuses on the “rules” needed to answer “what should I do?” Stage II focuses on application and increasing ability to understand that it almost always “depends.” Presenters are an ethics instructor and recent graduate, who will both describe their perspectives.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
**Adlerian Strategies for Treating Clients With Eating Disorders in Private Practice**  
90-Minute Education Session  
*Susan E. Belangee*  
Many clients struggle with subclinical eating disorder symptoms that create significant problems in their lives. Adlerian psychology offers a comprehensive model for understanding these issues. This presentation covers 3 essential Adlerian concepts (purposefulness of behavior, social interest, and lifestyle) in a hands-on format that can be utilized in private practice settings. Case studies will be analyzed in dyads or small groups, and strategies will be demonstrated. Worksheets/handouts will be provided.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
**Developing Social Justice Competencies: Pedagogy and Research in Counselor Education**  
90-Minute Education Session,  
*Gayle Garcia, Shelby Coen, Damon Drew, Colette T. Dollarhide,*  
Social justice involves the development of a social justice identity, which implies the integration of social justice into the professional and personal worldview of counselors. The presenters will overview the pedagogical philosophy from a multicultural course, which was a mixture of emancipatory communitarianism and transformative learning. The presenters cover the findings of action research from this class, focusing on developing social justice competencies through empirically supported learning strategies.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
**Good Grief: Strategies for Empowering Children and Adolescents on Their Grief Journey**  
90-Minute Education Session  
*Allison Elaine Mahon, Marcy Douglass*  
Many young people will experience the death of a loved one by age 18. Young people grieve differently from adults, and creating a balance of lightness and seriousness in grief work is important to gaining stability in their lives. This didactic and experiential session examines the literature and Worden’s Four Tasks of Mourning, followed by an exploration and demonstration of various counseling activities and interventions that can be utilized in private practice and school settings.

Sunday, March 31, 2019  
10:30 am - 12:00 pm  
**A Mind/Body Counseling Approach to Healing Chronic Pain**
90-Minute Education Session, Advanced
*Douglas Guiffrida, Scott McGuinness, Rachel Carter*

An innovative mind/body counseling intervention for curing chronic pain is presented. The presenters will define the types of chronic pain appropriate for the approach, discuss strategies for implementing it, and describe their own experiences healing chronic pain with clients who were not helped by traditional medical interventions. They will also present original research that has explored the perspectives of clients who participated two small-group intervention programs they conducted.

Sunday, March 31, 2019
**10:30 am - 12:00 pm**

**Unspoken Narratives: Diverse Relationships, Healing, Wellness, and Creative Arts**
90-Minute Education Session, Advanced
*Bogusia Skudrzyk*

Presenters will demonstrate a multicultural narrative approach conducive to restoring wellness and healing. The use of multicultural creative arts will be discussed, and experiential activities will be embedded into the presentation. Participants will have an opportunity to gain greater awareness of how group facilitation skills can be integrated with multicultural creative interventions that foster connections among diverse group members, especially when experiencing difficult and traumatic transitions.

Sunday, March 31, 2019
**10:30 am - 12:00 pm**

**Training the Trainer: Teaching Basic Helping Skills for LGBTQ+-Affirmative Practices**
90-Minute Education Session
*Nicole A. Stargell, Shenika J. Jones, Whitney P. Akers*

Despite the best efforts of school personnel, students who identify as LGBTQ+ experience lower self-esteem, lower GPAs, and lower career expectations than their heterosexual/cisgender peers. The presenters developed and delivered a workshop to teach basic helping skills to undergraduate student teachers and school administration students, and the workshop significantly increased their affirmative practice beliefs. Implications for counselors, supervisors, and counselor educators will be provided.

Sunday, March 31, 2019
**10:30 am - 12:00 pm**

**Pressing Power Out of Poverty: Modeling Success From Its Stress**
90-Minute Education Session
*Benton K. Johnson, II, Nikki Russel, Sonya Heckler-Cheyne*

This presentation will focus on developmental and holistic impacts of poverty. It is known that many counselors are not adequately prepared for this amazing work. Pressing power out of poverty will help elucidate strengths of children and families as well as assist counselors in knowing how to model success from poverty’s stress. Through self-disclosure, singing, humor, videos, and vignettes, the presenters will use small-group discussion and research to apply new meaning to counseling people in poverty with the best success.

Sunday, March 31, 2019
The Presence of Community Violence Within the African American Population
60-Minute Clinician Education Session
Sonia Elise Gooden-Alexis, M. Nickleson Battle, Jr.
Violence is a traumatic experience that affects many communities of low socioeconomic status. Increasing the recognition of symptoms of violence-related trauma within the African American community by those in the counseling profession is important. Counselors are encouraged by the 2014 ACA Code of Ethics to recognize that culture affects the manner in which clients’ problems are defined and experienced. In addition, participants will learn how to apply a treatment modality.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Existential–Integrative Strategies for Counseling in Judicial Settings
60-Minute Clinician Education Session, Advanced
Bryan G. Stare, Delini Fernando
Existential–integrative (EI) counseling provides a framework for developing culturally responsive counseling interventions in judicial settings. Counselors may use EI approaches to validate and explore client experiences in oppressive systems. Session participants will discuss tenets of EI counseling, multicultural considerations for counseling target group members, and EI strategies for counseling and advocating for target group members in judicial settings.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Trauma-Informed Application of the Seven-Stage Crisis Model
60-Minute Clinician Education Session
Charmayne R. Adams, Jillian Blueford, Joel Diambra
Effective crisis intervention is an integral part of clinical practice for all counselors. This presentation will introduce a Seven-Stage Model of Crisis intervention with an emphasis on infusing trauma-informed practices throughout the framework. This model is flexible enough to be used in a variety of settings—including home, school, and clinics—while offering a clear guide to ensure nothing is overlooked during crisis stabilization. Participants will gain a vital tool to support the unique needs of clients in crisis.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Strategies for Addressing Politically Divided Relationships in Counseling
60-Minute Clinician Education Session
Hannah Barnhill Bayne, Olga Dietlin, Rebecca Michel, Jonathan Impellizzeri, Katie Aafjes-van Doorn
Political identity is an underinvestigated aspect of personal identity that impacts a client’s worldview, values, and relationships. In this session, we explore how the 2016 presidential election impacted politically divided significant relationships. We will highlight components of political identity, discuss bipartisan relationships, and offer strategies for bipartisan relationship preservation or reconciliation based on a qualitative study. Attendees will learn direct applications for clinical practice.
Sunday, March 31, 2019
12:15 pm - 1:15 pm
Competing Attachment in Romantic Relationships
60-Minute Education Session, Advanced
Anabelle L. Bugatti
Competing attachment is a type of threat to romantic attachment bonds in which one partner turns outside of the relationship to something or someone else for escape, soothing, comfort, and/or attention to substitute for unmet attachment needs. This workshop will present current research on competing attachment as a threat to adult romantic relationships and provides a guidepost for therapists and clinicians to use attachment-based interventions in the treatment of competing attachment in romantic relationships.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Requeering the Trans Binary: Gender-Nonconforming Counseling Experiences
60-Minute Education Session
Michael H. Stephens
What is gender nonconforming (GNC)? Genderqueer? How do we effectively assist those who transgress the “gender binary”? This queer theory–informed presentation will review previous research on these topics and its lack of nonbinary identities, provide excerpts of GNC individuals’ experiences of their counseling experiences, and discuss the themes that existed in both positive and negative GNC counseling experiences. This session will conclude with a discussion to explore participant questions around these topics.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Creative TF-CBT Techniques Focused on Preschool and Elementary School Children
60-Minute Education Session, Advanced
Vanessa B. Teixeira
Trauma-focused cognitive behavioral therapy (TF-CBT) is an evidence-based counseling model utilized with children who have experienced trauma. Using PRACTICE skills, attendees will acquire advanced knowledge of creative and effective interventions that can be utilized with preschool and elementary school children who have experienced trauma or a major stressor. Interventions will include art, music, media, and games to help children develop coping skills while working through their trauma narrative.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Beyond Basic Training: Ethical Considerations In Military Cultural Competence
60-Minute Education Session
Duane K. L. France, Marco A. Bongioanni
As an increased number of veterans and their families seek counseling due to the reduction of stigma regarding therapy, it is necessary for counselors to move beyond cultural awareness training to true cultural competence. This session will present the proposed competencies for counseling military populations and how these competencies align with the ACA Code of Ethics.
The session will aim to identify how the need for developing cultural competence in working with this population is an ethical imperative for counselors.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
21st Century Counseling: A Syndemic Approach to Inclusion, Equity, and Advocacy
60-Minute Education Session
Samantha Mostafa
Multiple intrinsic and extrinsic factors can combine to create additive barriers that prevent an individual from receiving counseling services (e.g., barriers such as race, gender, sexual orientation, disability, and political climate). Applying the syndemic theory of disease to these barriers allows not only for a different perspective to current barriers but also for implementing holistic and synergistic approaches that include multicultural competencies and advocacy efforts as laid out by the ACA Code of Ethics.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Client Suicide and the Clinician Survivor: After the Loss
60-Minute Education Session
Laura L. Corbett-Contorchick, Kimberly J. Desmond
Nearly one third of practicing counselors will experience the loss of a client to suicide at some point in their careers (Schwartz & Rogers, 2004), resulting in a variety of implications for the counselor—implications for which many counselors are ill prepared. The purpose of this session is to enhance awareness and understanding of the experiences of clinician survivors and provide information, strategies, and resources to help facilitate counselor healing and resilience following the loss of a client to suicide.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Diversity and Intersectionality in the Muslim Community: Implications for Practice
60-Minute Education Session
Zobaida Laota
To effectively work with the Muslim community, counselors must understand the intersectionality and diversity within this culturally diverse religious community to provide comprehensive care. This presentation is intended to provide a comprehensive and holistic perspective to culturally competent work with Muslims by discussing the influence of intersectionality and diversity of this population and presenting practical implications for practice.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
School Counselors Leading the Charge: Social Justice Through Advocacy
60-Minute Education Session, Advanced
Nancy Naomi Carlson, Linda Colón, Ileana A. Gonzalez, Laura Owen
Advocating for underserved youth through a social justice lens can be extremely challenging for counselors. Counselor advocacy should focus on providing equal access and opportunities for
underserved youth, especially students of color and from families with low incomes, regarding their education, mental health, and more. This session will provide participants with evidence-based strategies and resources to help counselors collaborate with key stakeholders in their advocacy efforts.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
A Strengths-Based Approach to Career Development in Rural Appalachia
60-Minute Education Session
Melinda M. Gibbons, Emily C. Brown, Katherine Cook, Marlon Johnson, Leigh Bagwell
Counselors need to understand the unique needs of rural Appalachian residents and other diverse groups. Then, they can build on strengths while addressing regional challenges to promote career development. We present a theoretically grounded model that builds on community strengths to create culturally relevant career development programming for rural Appalachians and other diverse cultural groups.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Role of Family in the Lives of Diverse Black Collegians: Moving Into and Through College
60-Minute Education Session
Moya N. Malcolm, Chrystal George Mwangi, Barbara Thelamour
The positive influence of family involvement on the academic achievement of youth is well documented and spans the K-12 pipeline, yet, there is limited understanding of the role of family in supporting college enrollment and completion for diverse Black students. This session features a qualitative study examining the role of family and identity in the experiences of immigrant and U.S.-born Black collegians. The session concludes with a discussion of implications relevant to precollege and college counselors.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Courageous Conversations: Social Justice Movements and Counselor Education
60-Minute Education Session
NeShaun J. Borden, Shawn Arango Ricks, T'Airra Belcher, Francisca Rivas,
This presentation provides an overview of the history of social justice in the counseling profession and of current social justice movements happening in the United States. The presenters recognize that topics like DACA, Black Lives Matter, and #MeToo can feel too risky to bring into the classroom. Knowing this, the presenters have identified four strategies for having courageous conversations related to social justice and current social justice movements in the classroom.

Sunday, March 31, 2019
12:15 pm - 1:15 pm
Using Reflexivity to Become a Practitioner–Researcher
60-Minute Education Session
Jade L. H. Letourneau, Brandon J. Wilde, Pamela C. Wells
Many of us do innovative and important counseling work every day, yet we never consider sharing our work in a scholarly way. Perhaps it’s lack of time and resources, or maybe we don’t know where to start. This program will be a lively and informative presentation to help you find ideas to turn your current work into research in a fun and inclusive way. We will show you how using reflexivity paired with qualitative research methodologies can enable you to share your work and experiences with others in the field.