
**Florida Counseling
Association**
66th ANNUAL CONVENTION



September 11th & 12th
Orlando, Florida

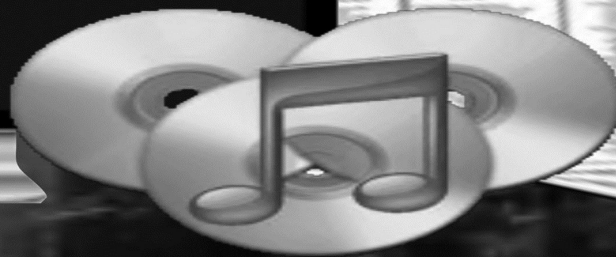
**Ambassadors for Counseling:
Serving Others**



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Welcome Letter from the President ...

Greetings!

I'd like to personally welcome each of you to the 66th Annual Florida Counseling Association (FCA) Convention "Ambassadors of Counseling: Serving Others". It's an exciting time for FCA as we continue to grow and adapt. We hope to motivate and be responsive to Counselors in the State of Florida. Our organization is confronting a time of many changes and we're meeting these changes during a time of larger nation-wide and global change. The world of Counseling is an exciting area in which to work/study/play, and we'll continue to meet and bring inspired people together in conventions like this, to ensure FCA remains at the cutting edge.

I'd like to give you an idea of what you can expect and what we hope to achieve over the next few days. New this year is the opportunity to obtain your required Ethics credits for licensure renewal and acquire the skills to effectively use DSM 5. I am so excited about our keynote speaker Dr. Canfield and plenary speaker Dr. Osborn for taking on the challenge of being strong ambassadors for the counseling profession. Each session was individually chosen to meet your needs within the disciplines of counseling.

Let me give you a brief update on where we are today. Since the ACA conference in Orlando 2015, FCA was recognized for excellence in the Branch Community through the American Counseling Association 2014-2015 5-Star Branch Award. Additionally, FCA has endorsed a plan for counselor licensure portability. The letter of agreement was supported and submitted to the Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling for the title and scope of practice for Counselors in the State of Florida to move to License Professional Counselor (LPC). This would allow for our counselors to serve the underserved populations, move from state to state with a standardized professional counseling practice and shortages in rural areas can be met.

We're transforming the way we operate to continuously improve our ability to address the needs of our counselors. We strive to advocate and promote educational opportunities. Our leadership team and partners have continued to meet the challenges of our field and to excel. We should all be very proud of where we are today and excited about where we are headed.

Before I close, I'd like to thank each of you for attending our conference and bringing your expertise to our gathering. You, as leaders, have the vision, the knowledge, the wherewithal, and the experience to help us pave our way into the future. You are truly our greatest asset today and tomorrow. We continue to accomplish service through out our community with your support and leadership. Throughout this convention, I ask you to stay engaged, keep us proactive and help us shape the future of the Counseling profession. My personal respect and thanks goes out to all of you.

Best regards,

Michelle Bradham-Cousar

Michelle Bradham-Cousar, MA, CRC

Florida Counseling Association President, 2014-2016



Plenary and Keynote Speakers

2015 Plenary Speaker



Dr. Debra Osborn

Debra Osborn, Ph.D., is an Associate Professor of psychological and counseling services in the Educational Psychology and Learning Systems Department at The Florida State University. She coordinates the MS/EdS program in career counseling. Dr. Osborn has an established program of research with three specific foci, including (a) the design and use of technology in counseling, (b) innovation and effectiveness in counselor education; and (c) the design and use of assessments in career services. Specific research areas include exploring factors related to career decision-making, the application of career theory to career service delivery, and the intersection of mental health and career concerns. She is a past president of the Florida Career Development Association and the National Career Development Association (NCDA), and she currently serves on the NCDA and American Counseling Association boards as the ACA Governing Council Representative. She is a fellow of both NCDA and ACA.

2015 Keynote Speaker

“Professional Counseling: Challenges and Opportunities”

Dr. Brian Canfield

Dr. Brian S. Canfield served as the 56th President of the American Counseling Association. His leadership within the counseling profession has included roles in state and national organizations, including service on the ACA Governing Council and ACA Executive Committee. This past July, he completed a second term as ACA Treasurer. Dr. Canfield is a past President of the International Association of Marriage and Family Counselors, and he continues to work with IAMFC as Chair of the International Education and Development Committee. For the past 15 years, he has organized and directed the annual IAMFC Family Counseling Institute, which will be held in July 2016 at St. Hilda's College of Oxford University in Oxford, England.



Dr. Canfield is the recipient of numerous national and international awards, including the **“Leadership, Vision, and Professional Excellence Award”** of the Australian First Nations Cultural Family Therapist and Counseling Association, the IAMFC **“Distinguished Leadership Award,”** and the **“Distinguished Lifetime Achievement Award”** of the Louisiana Association for Marriage and Family Therapy. In 2013, he was named a “Fellow” of the American Counseling Association. Dr. Canfield has led counseling delegations to the countries of Turkey and Rwanda, and he presented to professional audiences throughout the United States and Internationally in Malaysia, Cyprus, Turkey, Germany, Mexico, Canada, China, the UK, and Australia.

Dr. Canfield's university career, includes academic leadership roles as clinical director, department chair, associate dean, and vice president for academic affairs. He currently holds appointment as Professor in the Department of Counseling at Barry University in Miami Shores, Florida.

Concurrent with his teaching and research, Dr. Canfield has been a practicing counselor for more than 35 years— helping individuals, couples, and families address a wide-range of mental health and life adjustment issues. He is a Clinical Fellow and Approved Supervisor of the American Association for Marriage and Family Therapy (AAMFT), a Licensed Professional Counselor Supervisor (LA), a Licensed Marriage and Family Therapist Supervisor (LA), and a Licensed Psychologist (AR.) Dr. Canfield is currently collaborating with colleagues in the south Florida region to organize the “Miami Couples Institute” – a private organization that will provide clinical services and professional training in marriage counseling and couples therapy.

Brian is the father of five children. A Louisiana native, he and his wife Irene LeBlanc Canfield (who is an LMHC and Clinical Director of a Substance Abuse Treatment Agency in Ft. Lauderdale) moved to Florida in 2014.

Welcome from your Convention Chairs...

Hello Everyone,

On behalf of the 2015 Convention Committee, we welcome you to the 66th Annual Florida Counseling Association Convention in Orlando, Florida! Our theme for the convention, “*Ambassadors for Counseling: Serving Others*,” is a theme that your convention committee and FCA leadership take to heart. Each day, we work to support you, the hardworking counselors of our state. Thank you for all you do for your clients, students, and families every day.

In honor of September 11th, we are encouraging all convention attendees to wear Red, White and Blue to show our pride in our country and to remember all those we lost on 9/11/01. We hope you will join us!

Please take advantage of Keynote, Plenary, Educational Sessions, Division meetings, Research Colloquiums and networking opportunities within this 2 day event. The knowledge you gain and connections you make at this year’s convention will motivate and enhance your practice throughout the entire year.

A huge “Thank You” goes out to the 2015 Convention Committee for all the hard work they have put into this year’s Convention!

If you are in need of anything, please contact any of the Convention Committee/Volunteers, as we want you to have a rewarding and inspiring time at this year’s convention. Thank you and enjoy!

Sincerely,

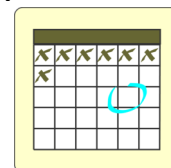
Anne LP Flenner, Ed.S.
2015 FCA Convention Chair

Kristie Knight, Ed.S.
2015 FCA Convention Co-Chair



Pre Convention Sessions	
Thursday, September 10th	
Forum East 2 3 CEU 9am—12pm	<p>Legal & Ethical Issues in Counseling</p> <p>*This workshop meets the continuing education requirement of Ethics and Boundaries for renewal of licensure. *</p> <p>Dr. Bert Bertram, EdD, LMHC, LMFT</p> <p>The work of professional counselors presents unique legal and ethical challenges. Counseling individuals, couples, families and other groupings of related individuals inevitably generates issues around defining and maintaining boundaries particularly as it relates to confidentiality, privilege and privacy.</p> <p>This presentation will remind practicing counselors (school, mental health, and marriage and family) of the purpose and value of professional association codes of ethics including ASCA, ACA, and AAMFT ethics codes. Participants will be introduced to a Legal/Ethical Decision Making Model and will apply the model to a case study.</p>
Forum East 2 3 CEU 1pm-4pm	<p>Catching up on the Changes in the Utility and Diagnostic Criteria in the DSM 5</p> <p>Dr. Patrick Powell</p> <p>The DSM is the most significant manual in our field. As clinicians, we utilize the manual to guide treatment, to evidence our diagnoses to third party payers, to maintain a consistency in diagnostic criteria for research purposes, and to communicate symptoms presentations to other professionals.</p> <p>The first DSM was published in 1952 and is updated frequently to reflect current research and newly conceptualized diagnoses. Altered criteria or diagnoses in new editions can affect the counseling field in significant ways. In order to better treat our clients or continue professional relationships in which diagnostic terms are utilized, we as counselors are required to remain vigilant in understanding the diagnostic changes that come with each new version of the manual.</p> <p>The fifth version of the DSM is very recent. While many counselors own a copy, many do not understand some of the diagnostic changes. For example, do you know the definition of some of the new diagnoses such as Mood Dysregulation Disorder? How is it different from Major Depressive Disorder or Bipolar Disorder? For those of you treating clients in the substance abuse field, did you know that alcohol abuse and alcohol dependence are no longer diagnoses? For those of you treating PTSD or other trauma presentations, did you know that the newest edition includes distinct symptoms for children under the age of 6?</p>

Mark Your Calendar for the:
67th Annual Florida Counseling Association Convention
October 13-16, 2016
The Florida Hotel & Conference Center



FRIDAY, SEPTEMBER 11, 2015	
7:00 AM Registration Desk will open	
Concurrent Educational Sessions - Convention Registration opens at 7:00 AM	
Morning Schedule – 8:00 AM to 11:15 AM	
Concurrent Educational Sessions 8:00 AM—9:30 AM	
FASERVIC Forum West 1 1.5 CEU	<p>FAT and Wellness: Introduction to Faith Attachment Therapy</p> <p>Bliss Wargovich and Katie Fields</p> <p>Presenters will discuss the theoretical foundations of a new approach to counseling called Faith Attachment Therapy (FAT), including Attachment Theory and Bowen’s Family Systems Theory. They will define faith and spirituality and discuss applicable instruments. Attendees can engage in three role plays demonstrating the use of FAT with clients.</p>
FACES Forum West 2 1.5 CEU	<p>Alienation and Alfred Adler: The Original "Compassion Fatigue"</p> <p>Thomas Garcia</p> <p>This seminar will explore the concept of Alienation, an idea originally developed by Karl Marx that influenced the founding fathers of psychotherapy and has since been subtly popularized into “Compassion fatigue.” This seminar will also explore Alienation as it relates to “compassion fatigue” and Alfred Adler’s three identified life tasks.</p>
FCA General Forum West 3 1.5 CEU	<p>Using Expressive Arts in Self-Supervision</p> <p>Page Thanasiu, Stephanie Stock and Abraham Velez, Jr.</p> <p>This session will introduce practitioners to creative methods for enhancing self-awareness regarding thoughts, feelings and actions in relation to their clients. Attendees will experience expressive arts activities during the session and leave with practical tools for continued use.</p>
FCA General Forum East 2 1.5 CEU	<p>Multidisciplinary Approach to Eating Disorder Treatment</p> <p>Genevieve Camp and Keri Southall</p> <p>Eating Disorders are complex mental illnesses that affect body, mind, and spirit. A multidisciplinary approach to treatment is crucial for giving clients the best chance for recovery. This presentation will address the key players in comprehensive eating disorder treatment and provide guidelines for counselors working as part of a team.</p>
FCA Presidential Session Forum East 3 1.5 CEU	<p>Perspectives of Counseling Clients Suffering from Intracranial Injury</p> <p>Michelle Bradham-Cousar, FCA President</p> <p>This session examines three theories and their derived therapies to investigate how they apply to counseling clients with intracranial injury. The theories examined are cognitive theory by Beck, social cognitive theory by Bandura, and information processing theory, which is a multidisciplinary theory. Each theory can be helpful in providing a better understanding of treating individuals with an intracranial injury. An intracranial injury, also called a traumatic brain injury, is the result of a sudden jolt to the head. This research will explore current information in order to assist counselors in serving this special population. Studies will be evaluated based on Denscombe’s evaluation criteria of a good theory.</p>

15 Minute Break 9:30 AM—9:45 AM	
Concurrent Educational Sessions 9:45 AM – 11:15 AM	
FAMCD Forum West 1 1.5 CEU	<p>Understanding Identities and Culture: Strategies to Increase Multicultural Counseling Competence</p> <p>Shainna Ali</p> <p>An individual's culture is a complex combination of intersecting identities. The American Counseling Association (2014) emphasizes the importance of multicultural counseling competency in order to provide culturally-sensitive services which promote optimal client-functioning. This presentation promotes the utilization of reflection, awareness, assessment, and attentiveness to improve multicultural counselor self-efficacy and competence.</p>
FCDA Forum West 2 1.5 CEU	<p>Career Counseling for Individuals with Disabilities</p> <p>John Petko</p> <p>Career counseling is challenging enough with individuals without disabilities. When a disability enters into the discussion, a new set of challenges arises (dealing with discrimination {albeit illegal} from employers; finding suitable/gainful employment). The session is intended to educate counselors on the diverse needs of individuals with disabilities and challenges they encounter as they re-enter the work force. Included is a discussion on the rehabilitation counseling process and appropriate interventions. Participants will be encouraged to take part in an exercise concerning the rehabilitation process.</p>
FASERVIC Forum West 3 1.5 CEU	<p>Counseling Individuals, Couples, and Families of Islamic faith: Introducing Tradition to Post-Modernism</p> <p>Alaa Alhejail, Khalid Alfallatah and George Walker</p> <p>The presentation discusses and models evidence-based counseling techniques useful in treating individuals, couples, and families of the Islamic faith. Muslim counselors will model the role of the client, the counselor, and be available to answer questions. Post-modern approaches are discussed in relation to social justice considerations with this population.</p>
FCA General Forum East 2 1.5 CEU	<p>Childhood Adversity in Adults: Trauma Informed Care</p> <p>Naomi Wheeler and Jenene Case-Pease</p> <p>Adverse childhood experiences (ACE) contribute to poor mental and physical health. The UCF Marriage and Family Research Institute provides counseling and psychoeducational services for low-income and ethnic minorities. Participants will explore ACEs within the context of individual and couple functioning, discuss ACE prevalence at the MFRI, and review trauma-informed approaches.</p>
FCA General Forum East 3 1.5 CEU	<p>Ethical Implications of Counselor Burnout</p> <p>April Crable and Karae' Carey</p> <p>The session provides the opportunity to discuss the responsibility of the professional counselor in implementing appropriate self-care, the construct of burnout, warning signs, and prevention strategies. The session will provide attendees an opportunity to gain a deeper understanding of the impact of burnout and the lack of self-care.</p>

15 Minute Break 11:15 AM-11:30 AM	
11:30 AM – 1:15 PM Salon 2 <i>Featured Plenary Session</i> Lunch: 11:30 AM –12:15 PM Plenary Speaker: 12:15 PM—1:15 PM	Lunch and Plenary Speaker Sponsored by Fort Lauderdale Hospital Dr. Debra Osborn Debra Osborn, Ph.D., is an Associate Professor of psychological and counseling services in the Educational Psychology and Learning Systems Department at The Florida State University. She coordinates the MS/EdS program in career counseling. Dr. Osborn has an established program of research with three specific foci, including (a) the design and use of technology in counseling, (b) innovation and effectiveness in counselor education; and (c) the design and use of assessments in career services. Specific research areas include exploring factors related to career decision-making, the application of career theory to career service delivery, and the intersection of mental health and career concerns. She is a past president of the Florida Career Development Association and the National Career Development Association (NCDA), and she currently serves on the NCDA and American Counseling Association boards as the ACA Governing Council Representative. She is a fellow of both NCDA and ACA.
Afternoon Schedule – 1:15 PM to 5:45 PM	
15 Minute Break 1:15 PM—1:30 PM	
Concurrent Educational Sessions 1:30 PM – 3:00 PM	
FACAC Forum West 1 1.5 CEU	Management of the Complex Family Systems in Anorexia Nervosa Matthew Nguyen and Keri Southall We will discuss the presentation of Anorexia Nervosa patients and discuss the management of therapist counter-transference towards the complex family systems that usually coincide with this patient population. We will be discussing the typical presentation of Anorexia Nervosa (both medical and psychological construct) and then discussing the interaction of therapists with the complex family systems that usually encompass these patients. We will define and discuss the more common defense mechanisms involved with therapist counter-transference, including projection and projective identification. We will use case illustrations and encourage audience participation regarding these concepts.
FACES Forum West 2 1.5 CEU	#BlueandBlack or #WhiteandGold: Using pop culture in the Counseling Process Regina Moro, Melissa Taylor, Kayla Anthony, Hilary Jemeson, Maite Rodriguez and AnnMarie Rodriguez In early 2015, a seemingly innocent picture was posted online with a simple question- what color is the dress? #BlueandBlack or #WhiteandGold hashtags were all over social media. The dress phenomenon creates a unique opportunity for counselors to discuss the concept of multiple realities and dialectics in counseling.

FAMCD/FASERVIC Forum West 3 1.5 CEU	Diversity and Dance: Exploring the Therapeutic Implications of World Dance Shainna Ali and Alina Siddiqui The potential for healing through the medium of dance has been utilized throughout history across various world cultures. This presentation informs participants of the mental health benefits to world dance and provides implications for world dance as a therapeutic tool in creative, multicultural counseling.
FCA GENERAL Forum East 2 1.5 CEU	Breaking Barriers to LGBT Substance Abuse Treatment Breanna Crowley and Ami Hooper-Knox This will be a lecture with group participation. The goals include identifying the substances generally used, methods of use, use of substances as a coping skill, issues for LGBT clients seeking counseling for addiction issues, and LGBT clients in the criminal justice system. Participants will better understand the dynamics of use of substances for LGBT individuals, both as a means of coping, as well as a social outlet.
FACAC Forum East 3 1.5 CEU	Blooming Self-Esteem in the School Garden Jacqueline Swank Nature provides an environment that promotes healing and fosters therapeutic change. This session focuses on using gardening and nature activities to promote self-esteem. Attendees will learn about nature-related activities and the findings from a recent study focused on using nature with youth to foster self-esteem.

15 Minute Break 3:00 PM—3:15 PM	
Concurrent Educational Sessions 3:15 PM-4:45 PM	
Presidential Session Forum West 1 1.5 CEU	Trauma Sequelae in the Forensic Female Population: Working with Numbing Behaviors Tara Jungersen Women in the forensic system have extensive trauma histories that present as harmful behaviors, both during confinement and post-release. Incarcerated women who have experienced sexual and intimate partner violence engage in a variety of numbing behaviors, including substance use, child neglect, self-injurious behavior, and sexual acting-out. This presentation will review the limitations of in-house trauma work, and help counselors tailor strategies to mitigate numbing with forensic populations.
FAMCD Forum West 2 1.5 CEU	Asian American Youth and Identity: Fostering Bicultural Competence Christopher Cheung Asian immigrant children are considered to be growing up in two cultural systems (Benet-Martínez, et al. 2002). Achieving bi-cultural competence is associated with positive well-being (Berry & Sam, 1997). Findings have implications for multicultural practice. The presentation will provide relevant literature and strategies for fostering bi-cultural competency in Asian youths.

Concurrent Educational Sessions 3:15 PM-4:45 PM	
FCA General Forum West 3 1.5 CEU	Posttraumatic Growth: Thriving in the Aftermath Kristina Nelson Posttraumatic growth (PTG) is known to occur among some survivors of significant adversity (e.g., car accidents, natural disaster, etc.). Such individuals make gains in areas including: personal strength, new life possibilities, interpersonal relationships, appreciation for life, and spirituality. It is suggested that PTG is the result of cognitive effort to redefine personal beliefs shattered by trauma, and to rebuild one's assumptions about oneself, others, and the world. Rather than allowing one's past define their future, one must use the past to inspire their future. Although much research has been dedicated to understanding PTG among survivors of various traumatic events, little has been done to explore PTG following child sexual abuse. Research currently being conducted to explore experiences of PTG following abuse will be presented. Furthermore, recommendations for therapists to help clients achieve PTG will also be shared.
FCA GENERAL Forum East 2 1.5 CEU	Mindful Creativity: Relational Cultural Body Whispers Emi Lenes, Katie Fields and Jacqueline Swank Participants will have the opportunity to experience creative mindfulness activities that may be adapted with clients, students, or supervision. Both inward and outward messages of the body will be attended to in a mindful way that honors the uniqueness of each person and fosters connections across diverse experiences.
FCA GENERAL Forum East 3 1.5 CEU	Creative Interventions as a Way to Combat Against Compassion Fatigue in Counselors Courtney Martensen and Rachel Scott All counselors are at risk for developing compassion fatigue. This presentation will provide an overview of the evolution of compassion fatigue, psychoeducation regarding the signs and symptoms, populations and work environments that place counselors at greater risk, as well as creative interventions that can be utilized to help bolster resiliency.
Division & Interest Group Meetings 5:00 PM—5:45 PM Come and learn about the amazing work of FCA Divisions! Get involved!	FACAC—Florida Association for Child and Adolescent Counseling—Forum West 1 FACES—Florida Association for Counselor Education and Supervision—Forum West 2 FASERVIC—Florida Association for Spiritual and Ethical Values in Counseling—Forum West 3 FAMCD— Florida Association for Multicultural Counseling and Development—Forum East 2 FAMFC—Florida Association for Marriage and Family Counselors—Forum East 3 FCDA—Florida Career Development Association— Forum East 4 Interest Groups—To be Determined—Please see Registration Desk for Meeting Locations
<p>Be sure to stay and join us for our evening schedule which includes:</p> <p>the Poster Sessions held during the Chi Sigma Iota Colloquium Poster Session</p> <p>and Graduate Student Reception held at 6:00 PM</p> <p>FCA Awards of Excellence at 7:15 PM</p> <p>FCA Sunshine Social at 8:00 PM</p>	

Evening Schedule – 6:00 PM to 10:00 PM

Chi Sigma Iota Poster Session 6:00 PM—7:00 PM

6:00 PM– 7:00 PM

Salon 3

Chi Sigma Iota Poster Session & Graduate Student Reception

See page 19 & 20 for Poster Sessions

FCA Awards of Excellence 7:15 PM—8:00 PM

Salon 2

Sponsored by: **CounselingExams.com**

Join FCA leadership and membership as we honor counselors from across the state who have made contributions to our field and community! All are welcome at this event!

FCA Sunshine Social 8:00 PM—10:00 PM

Salon 2

Sponsored by: **Bright House Networks Business Solutions**

The social event of the Convention! Kick back and enjoy the company of like-minded counselors, as we enjoy music, food dancing and fun! Our theme is the PARADE Of NATIONS- Go GLOBAL. Please wear clothing that symbolizes who you are and your culture!

2015 FCA Convention Service Project

Coalition for the Homeless of Central Florida Women's & Children's Residential Center Donation Drive

During this year's 2015 FCA Convention, we will collect **Supply Kits** from all FCA attendees as this will be distributed to the Orlando Coalition for the: Homeless Women's & Children's Residential Center. Please place these items in the specified boxes around the convention site and at the registration desk.

ITEMS NEEDED:

DIAPERS (4, 5, 6 Pull-ups)

DIAPER WIPES

BABY POWDER

BABY WASH

BABY LOTION

BABY SHAMPOO



Many thanks to The Florida Hotel & Conference Center for an enjoyable location for this year's annual conference.



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SATURDAY, SEPTEMBER 12, 2015**7:00 AM Registration Desk will open****Concurrent Educational Sessions - Convention Registration opens at 7:00 AM****Morning Schedule – 8:00 AM to 11:30 AM****Concurrent Educational Sessions 8:00 AM -9:30 AM**

FCDA Forum West 1 1.5 CEU	Employability: Solution for Success—Working Ahead, Moving Forward Kay Brawley & Michael Lazarchick Employment solutions must be more comprehensive to deal with the more complex economic issues of today. Long-term unemployment not only suppresses productivity in the workplace and economy, it creates havoc within families, relationships and communities. Solutions need to consider all players involved to overcome the consequential dysfunctions within society. The National Employment Counseling Association (NECA) sought an initiative that uses state-of-the-art electronic efficiency with proven quality. NECA has now developed, piloted, and is in its fifth year of 24/7 training for career practitioners and instructors, using its online <i>Working Ahead, Moving Forward™ GCDF curriculum</i> , established to provide standardized training for professionals working in the career field.
FAMFC Forum West 2 1.5 CEU	Attachment Science: A Roadmap to Heal Broken Relationships Marta Rocha and John Gallagher Latest research on attachment theory provides the roadmap to understanding relational distress and disconnection. It also offers practical interventions to help couples create more secure attachment bonds.
FAMCD Forum West 3 1.5 CEU	Exploring Best Practices for Effectively Serving and Retaining African American College Students Impacted by Trauma Anthea Henderson and V.L. Stanley Smith Colleges and universities address minority student retention in various ways. Participants will explore how the impact of trauma, college climate, and coping strategies are considered when designing interventions for this population. The need to advocate for a comprehensive approach to support the student's college adjustment and resiliency will be emphasized.
FCA General Forum East 2 1.5 CEU	Working with the Transgender Client David Baker-Hargrove More than ever before, clients who feel they may be transgender are more comfortable about expressing these feelings to health professionals. Today's mental health professionals can benefit clients by being ready and equipped to provide needed services in a culturally competent/sensitive manner that promotes growth and healing.
FCA General Forum East 3 1.5 CEU	The Many Faces of Social Injustice: A Therapeutic Guide for Advocating for Marginalized Individuals Aliesha Rowley This interactive presentation will explore marginalized populations, introduce advocacy competencies, and educate participants on utilizing these competencies to help underserved populations.

15 Minute Break 9:30 AM – 9:45 AM**Concurrent Educational Sessions 9:45 AM – 11:15 AM**

FACAC Forum West 1 1.5 CEU	Cognitive Behavioral Play Therapy Group Curriculum for Children with Anxiety Genisis Games Attendees will learn the benefits of Cognitive Behavioral Play Therapy (CBPT) for children suffering from anxiety disorders. The presenter will share the outline of a ten-week group curriculum, which integrates CBPT and mindfulness to provide developmentally sensitive treatment to elementary school aged children with anxiety.
FACES Forum West 2 1.5 CEU	The Implications and Research Findings of Facebook on Counseling D. Paul Rodriguez and Lynda Lapertos Implications of Facebook in Counseling. Exploring therapists' perception of the role of Facebook and the distress that it causes. Current Research on the subject will be reported, as well as how it affects the therapist's role in the counseling process.
FAMCD Forum West 3 1.5 CEU	I am E.N.O.U.G.H.: A Self-Esteem Group Curriculum for African American/Black Adolescent Females Victoria McNeil Black young women are at a higher risk for developing low self-esteem because of experiences with racial discrimination. Racial socialization activities help to lessen these negative impacts. This presentation examines how racial socialization activities can be integrated into a psychoeducational support group for Black middle school aged girls.
FCA General Forum East 2 1.5 CEU	A Legacy of Leadership in FCA Kathryn Williams, Rhonda Makki, Sandi Logan, and Jacqueline Swank FCA is working to preserve the history of the counseling field in our state while acknowledging those who have contributed to the counseling field in Florida. During this session, attendees will gain an understanding of the perspectives and experiences of our past leaders within the association. Important moments in FCA's history will be addressed. Leaders will share about how the diversity of the state impacted their leadership experiences. They will share advice given to them as leaders and counseling professionals and share some words of wisdom to those in the field now.
FCA General Forum East 3 1.5 CEU	Cognitive Load Theory and Multimedia Learning or Memory and Middle School, Is There Any Hope? Shennen Bowman Cognitive Load Theory, short term working memory and schemas. What can the school counselors and teachers do to aid in learning during the middle school and high school years?

15 Minute Break 11:15 AM – 11:30 AM

11:30 AM – 1:45 PM

Legacy North

Ballroom

Lunch 11:30 AM—
12:15 PM

Keynote Speaker

12:15 PM—1:15 PM

2015 FCA Keynote Speaker

Sponsored by **ROTC**

“Professional Counseling: Challenges and Opportunities”

Dr. Brian Canfield

Dr. Brian S. Canfield served as the 56th President of the American Counseling Association. His leadership within the counseling profession has included roles in state and national organizations, including service on the ACA Governing Council and ACA Executive Committee. This past July he completed a second term as ACA Treasurer. Dr. Canfield is a past President of the International Association of Marriage and Family Counselors, and he continues to work with IAMFC as Chair of the International Education and Development Committee.

Dr. Canfield’s university career includes academic leadership roles as clinical director, department chair, associate dean, and vice president for academic affairs. He currently holds appointment as Professor in the Department of Counseling at Barry University in Miami Shores, Florida.

Delegate Assembly
1:15 PM—1:45 PM

Legacy North

Ballroom

FCA Delegate Assembly

Sponsored by **Valdosta State**

FCA prides itself in serving its professional members. Delegate assembly is a time for all FCA members to be in tune with new initiatives and changes within FCA. All members are highly encouraged to take part in this event!

Afternoon Schedule 1:45 PM to 5:15 PM

15 Minute Break 1:45 PM—2:00 PM

Concurrent Educational Sessions 2:00 PM—3:30 PM



Share with the world what you have learned at this year’s 2015 FCA Convention! Use **#FCA2015** to share your knowledge and passion with those at convention and in our online communities!

“Like” and “Follow Us” at Florida Counseling Association on Facebook and Twitter.

15 Minute Break 1:45 PM—2:00 PM**Concurrent Educational Sessions 2:00 PM—3:30 PM**

FACAC Forum West 1 1.5 CEU	Child Sexual Abuse: Healing Through Play Kristina Nelson Children who have experienced abuse are not always able to verbalize their experience or their thoughts and feelings related to the experience. Play therapy interventions that provide opportunity for children to explore, express, and resolve emotional pain through play will be presented, explored, and discussed.
FACES Forum West 2 1.5 CEU	Emotion Regulation for Novice Counselors Alena Prikhidko Developmental characteristics of novice counselors often times include an increase of frustration and anxiety; calling for emotional self-care concerned with specific strategies of emotional regulation, which counselors might perform on their own. This session will show counselors and supervisors various strategies they might use when facing frustration and anxiety.
FAMCD Forum West 3 1.5 CEU	Restorative Justice, Narrative Practices, and Returning Addiction Treatment to the Community George Walker, Raina Edwards, and Sashay Goodletty This presentation discusses the principles related to Restorative Justice (RJ). It will also offer RJ as a counter-balance to the havoc wrought by the “war on drugs”; particularly in the African-American community. The use of Narrative therapy provides a treatment approach and a philosophical frame for addressing the harm done.
FCA General Forum East 2 1.5 CEU	Distance Counseling in Florida Tanya Johnson An overview of applicable Florida laws and ethics regarding online counseling as it pertains to crisis situations, including a client expressing suicidal or homicidal ideation. Specific guidelines and actions plans are outlined, including how to facilitate an involuntary hospital admission via the Baker Act, and appropriate follow-up.
Presidential Session Forum East 3 1.5 CEU	Courageous Conversations: Addressing Psychological Implications of Divorce on Co-Parents and Children Using Motivational Interviewing Strategies Michelle Mitcham This educational session will review the effects of divorce on children and families. There is an emotional divorce, physical divorce, social divorce, and psychological divorce, in addition to the legal divorce that counselors must consider, along with the implications of each. Through case studies and sharing extensive experience working with this population, the workshop facilitator will bring to life the challenges and opportunities of counseling high-conflict co-parents considering divorce, separated or post-divorce.

15 Minute Break 3:30 PM—3:45 PM	
Concurrent Educational Sessions 3:45 PM—5:15 PM	
FAMCD Forum West 1 1.5 CEU	<p>Assessing and Addressing Human Trafficking of LGBTQ+ Youth and Young Adults: A Systems Approach to Counseling Victims and Their Families</p> <p>Lamerial Jacobson</p> <p>Human trafficking remains a major problem in society, especially in Florida, affecting millions each year. Considering the large amounts of tracking, a business model of human traffickers exists and counselors need to understand the model to best serve victims and their families. In addition, due to high prevalence rates of trafficking vulnerable lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth and young adults, several counseling implications exist for assessing and addressing human trafficking from a systemic framework utilizing families of victims. Finally, counselor advocacy for victims from macro- and micro- level perspectives remains important in order to decrease the prevalence of tracking as well as the mental health impact.</p>
FAMFC Forum West 2 1.5 CEU	<p>Finding Strength Together: Sharing the Cancer Journey</p> <p>Tina Fitts</p> <p>This presentation describes the common challenges that people with cancer encounter in their families as a result of their condition. This presentation sheds light on families affected by cancer diagnosis and issues that can arise during the cancer journey. Counselors will learn strategies to help families affected by cancer tackle the challenges of coping with cancer as a family. Problem solving and stress management techniques that have proven effective for tackling the challenges that cancer can have on a relationship are discussed as well. Additionally, the presenter will discuss her experience working with people with cancer and how coping with stress associated with cancer can enhance well-being and quality of life. She will also provide suggestions on how counselors can help people with cancer and their families reclaim their lives after diagnosis.</p>
FCA General Forum West 3 1.5 CEU	<p>Nonsuicidal Self-Injury as an Addictive Cycle</p> <p>Eric Richardson</p> <p>Evidence suggests that some individuals who engage in Nonsuicidal Self-Injury will experience it as an addiction (Buser & Buser, 2013). This presentation seeks to propose Carnes' (2001) addictive cycle and offers counselors a guide to informally assess whether a client's engagement in NSSI is an addictive behavior.</p>
FCA General Forum East 2 1.5 CEU	<p>Clinical & Ethical Issues Managing Juvenile Sex Offenders</p> <p>Lee Underwood and April Crable</p> <p>This training will contextualize the ethical code for behavioral health providers paying attention to those areas that relate to the indicated controversial issues. Participants will work through several cases where ethical dilemmas are presented, and through the case conceptualization process, work through the scenarios to arrive at an ethical stance.</p>
Presidential Session Forum East 3 1.5 CEU	<p><i>"Should I stay, or should I go?"</i> – Helping Clients Address Relationship Commitment Ambivalence</p> <p>Brian Canfield</p> <p>This presentation will present a short-term therapeutic intervention for helping individual clients address relationship commitment issues. "Discernment counseling" helps an ambivalent client gain greater clarity, in order to make an informed decision regarding the future direction of their marriage or relationship. This presentation is appropriate for counselors at all levels of education and experience, including graduate students, marriage and family counselors/therapists; as well as counselors with no formal training in marriage and family counseling or therapy.</p>

**Poster Sessions held during the Chi Sigma Iota Colloquium Session
& Graduate Student Reception**

Friday, September 11th , 2015

6:00 PM – 7:00 PM

Salon 3

Increasing the self-esteem of ADHD students—Presented by Yi-Wen Su and Taneshia Greenidge

Prosperity Equity—Presented by Tommy Lo

A Group Counseling Curriculum for College Students with Music Performance Anxiety—Presented by Brent Weber

The Exploration of Social Interest, Trauma, and Trauma Resiliency: The Relationship Amongst Concepts—Presented by Antwan Player

The History and Leadership of the Florida Counseling Association (FCA) - Presented by Rhonda Makki, Kathryn Williams, Sandi Logan & Jacqueline Swank

Internalized Shame and the Role it Plays in Addiction Development Within the LGBTQ+ Community—Presented by Alandria Mustafa & Keri Johnson

Assessing and addressing human trafficking of LGBTQ+ youth and young adults: A systems approach to counseling victims and their families— Presented by Lameria Jacobson

Path to Success: HBCU Institutional Agents Supporting African American Men Matriculate—Presented by Homer Brown & Christine Sacco-Bene

Supporting the Emotional Needs of Gifted Youth through the Group Curriculum— Presented by Marni Pasch & Abaco Schweizer

The Mindful Parent - Presented by Caroline Meyer

Processing the "Process" and Treating Trauma through Interpersonal Neurobiology and EMDR Lenses—Presented by Zachary Bloom & Shainna Ali

The Super Support Club; for those Children of Divorced or Divorcing Families — Presented by Gina Iuretig

Development of an Interactive Career Counseling Tool Using the Self-Directed Search—Presented by Jennifer Greene

A Post Abortion Counseling Group for Young Adult Women - Presented by Sabina Flores

Abuse Against LGBT+ individuals: Organized Religion's Role in Abuse— Presented by Lameria Jacobson & John Super
Counseling Students' Preferred Social Distance from HIV/AIDS—Presented by Joe Richelle

A Service Learning Model for Teaching Play Therapy Skills—Presented by Page Thanasiu & Stephanie Stock

Racial Violence in a Post-Racial Society: Strategies and Implications of Ongoing Traumatic Stress Response and Continuous Traumatic Stress—Presented by Arleezah Marrah & Andrea Jackson

Facilitating PTG with ACT Group Work—Presented by Stefanie Yockey

Second-order Change from a Cognitive Perspective—Presented by Khalid Alfallatah

Poster Sessions held during the Chi Sigma Iota Colloquium Session & Graduate Student Reception, Continued

Helping Adoptive Families Thrive Through Filial Therapy —Presented by Genesis Games

Looking Through A Different Lens: Understanding Research As A Form Of Advocacy— Presented by Racheal Noble

Dangers of Love: Educating Adolescents About Healthy Dating - Presented by Audrianna Sanchez

Overcoming ADHD In College: A Group Counseling Approach - Presented by Amanda Sostenuto

Preparing Tomorrow's Teens Today: School-Based Prevention of Eating Disorders Among Adolescents—Presented by Amanda Knievel

Internal Acceptance to a Dynamic Environment: ACT for Group a Curriculum for Caregivers of Family Members with Neurodegenerative Disease (NDD) - Presented by Kathleen Hawkins

The Happiness Approach: A Simple Plan for Wellness in Today's Complicated World—Presented by Heather Geils

Dissertation in Distance Education: Increasing Retention through Connection—Presented by Laura Cunningham & Tara Thomas

Counseling Older Adults—Presented by Lindsey Richards

Thank you for participating and making this FCA convention a successful event! Please come back next year for the latest and most innovative ideas in counseling!

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