

**The American Counseling Association of Iowa**  
**3<sup>rd</sup> Annual Symposium**  
**The Art of Adaptability in the Counseling World: Resilience Through Alliance**  
 Friday, September 16, 2022  
 7:00am-5:00pm  
 Register at: [ACA of Iowa Events \(counseling.org\)](https://www.counseling.org/events/aca-iowa-2022)

|                      |  |   |
|----------------------|--|---|
| 7:00-7:30            | <b>Check In</b><br>Attendees are encouraged to log in at least 10- 15 minutes prior to the start of the conference to ensure their technology is working and they can log into Zoom.                           |   |
| 7:30-8:30            | <b>Welcome</b><br>Ljubomirka “Luba” Bijelic Appenzeller, MA., LMHC, NCC (she, her, hers)<br>President<br><b>Housekeeping and Board Updates</b><br>American Counseling Association of Iowa Board                |   |
| 8:30-9:30            | <b>Keynote</b><br><b>Living in Liminality: Managing Traumatic Stress in a Changing World</b><br>Matthew Vasquez PhD, LMSW (he/him/his)<br>University of Northern Iowa  |   |
| 15 min break         | <b>BREAK</b>   |   |
| <b>Time</b>          | Breakout A   | Breakout B  |
| <b>9:45-10:45</b>    | <b>Racial Identity Development: Adapting and Connecting through the Gap</b><br>Tiffany Simon MEd (she/her/hers)<br>University of Iowa<br>Lindsay Woodbridge MS, LMHC, NCC (she/her/hers)<br>University of Iowa | <b>Tears of Blood: Understanding and Creatively Intervening in the Grief of Miscarriage Loss</b><br>Kristin Erickson, PhD, LIMHC, CPC, ACS, BCB (she/her/hers)<br>Bellevue University |
| 15 min break         |  |   |
| <b>11:00:12:00pm</b> | <b>Burnout and Self Compassion</b><br>Ljubomirka “Luba” Bijelic Appenzeller, MA., LMHC, NCC (she, her, hers)<br>Matthew Vasquez PhD, LMSW (he/him/his)<br>University of Northern Iowa                          | <b>Emotionally Healthy Workplaces: Policy versus Reality</b><br>Renee Schulte, LMHC (she/her/hers)<br>Schulte Consulting<br>Jason Haglund, BS, CADC (he/him/his)                      |
| 15 min break         |  |   |
| <b>12:00-1:00</b>    | <b>Poster Presentations</b><br>Followed by Q and A   |   |
| <b>1:00-1:30</b>     | <b>Lunch Break and Networking</b>  |   |
| <b>1:30-2:30</b>     | <b>Affirming Rural Services: LGBTQIA+ Competence for Practitioners in Rural Iowa</b><br>Valeo Khan-Snyder, M.S. (he/him/his)   | <b>Broaching as a Strategy to Increase Multicultural Competency in Clinical Supervision</b><br>Denise Purvis, PhD, NCC, LCPC, CRADC, CODP II (she/her/hers)                           |

|                   |  |  |
|-------------------|--|--|
|                   |  | Judson University  |
| 15 min break      |  |  |
| <b>2:45- 3:45</b> | <b>Food for the Soul: Addressing Existential Themes through Creative Interventions</b><br>Kristin Erickson, PhD, LIMHC, CPC, ACS, BCB<br>(she/her/hers)<br>Bellevue University | <b>Self-Compassion for Eating and Sleeping</b><br>Ljubomirka “Luba” Bijelic Appenzeller, MA.,<br>LMHC, NCC (she, her, hers)<br>Matthew Vasquez PhD, LMSW (he/him/his)<br>University of Northern Iowa |
| <b>3:45-5:00</b>  | <b>Closing Remarks, Survey, and Networking</b>   |  |
| <b>Closing</b>    |  |  |