

CONFERENCE AT-A-GLANCE

All times are listed for Eastern Standard Time (EST)

Friday June 3rd, 2022

9:00 AM - 10:15 AM	Welcome & Keynote
10:30 AM - 11:30 AM	Breakout Session 1
11:30PM - 12:30 PM	Poster Sessions / Lunch Break
12:45 PM - 1:45 PM	All Member Meeting
2:00 PM - 3:00 PM	Breakout Session 2
3:15 PM- 4:15 PM	Breakout Session 3

Saturday June 4th, 2022

8:00 AM - 8:45 AM	Mindfulness Meditation
9:00 AM - 10:00 AM	Breakout Session 4
10:15 AM - 11:15 AM	Breakout Session 5
11:15 AM - 12:45 PM	Lunch Break
12:45 PM - 1:45 PM	Breakout Session 6
2:00 PM - 3:00 PM	Breakout Session 7
3:15 PM - 3:30 PM	Closing Ceremony (Lobby/Outdoors)

CONFERENCE ITINERARY

All times are listed for Eastern Standard Time (EST)

June 3rd, 2022

9:00 AM - 10:15 AM	Welcome & Keynote
10:30 AM - 11:30 AM <i>Breakout Session 1</i>	<p>Being Comfortable with the Uncomfortable: Multicultural Awareness, Sensitivity, and Humility (Roundtable)- <i>JungHee Trexler, M.A., LMHCA, NCC</i></p> <p>Counselors must be aware of their own personal experiences, values, and biases to provide ethical and competent clinical care. This roundtable exchange will utilize the AMCD Multicultural Counseling Competencies to facilitate a conversation about working with clients from different cultural backgrounds.</p>
	<p>Spirituality and Religion Competency: The Integration in Clinical Counseling- <i>Alisha Ahrendts, MS, LMHC, CGP, Doctoral Candidate</i></p> <p>This presentation will discuss the spirituality and religious competencies in clinical counseling and integration tools. This presentation will cover the importance of integrating religion and spirituality into the clinical counseling session. We will also discuss legal and ethical issues regarding spirituality and religion.</p>
	<p>AA - Alfred Adler and Alcoholics Anonymous: Coincidence or confluence?- <i>Dale Wayman, Ph.D., LCAC, LMHC, ACS</i></p> <p>Adlerian theory comprises much of the approach in Alcoholics Anonymous. Dr Adler and Dr Bob (AA) were contemporaries. The similarities between Adler and AA are many, leading both mental health counselors and addictions counselors to see Adler as an AA influence. Adlerian theory is presented as common ground between these two professions.</p>
11:30PM - 12:30 PM	Poster Sessions
12:45 PM - 1:45 PM	All Member Meeting
2:00 PM - 3:00 PM <i>Breakout Session 2</i>	ICA Panel Discussion
	<p>Uplifting Communities to Address Sexual Violence through Collaboration and Psychoeducation- <i>Alexander Y. Persons, B.S., John A. Leman, B.S., Benjamin D. Maddock, B. A., Drew M. Klinepeter-Persing, Zoë D. Peterson, Ph.D., & Catherine M. Sherwood-Laughlin, H. S. D., M. P. H.</i></p> <p>This rural community-academic partnership project focuses on preventing sexual violence by implementing evidence-informed interventions in school and community-based settings using a CBPR approach. Topics identified through a collaborative process by the partners to promote healthy relationships include setting boundaries, using technology safely, and identifying trusted adults.</p>
	<p>Exploring Interventions for Youth Firesetting - <i>Michael Slavkin, Ph.D., LMHC, NCC</i></p> <p>Although a common practice for youth, maladaptive firesetting is not an often explored behavior in counseling programs. The current session will examine rationales that youth give for using fire and provide intervention strategies to reduce this serious behavior.</p>

<p>3:15 PM- 4:15 PM <i>Breakout Session 3</i></p>	<p>The Whole You: Five Layers to Nurture for Wellbeing- <i>Melissa Moran, Kathy Busto Mickel</i> Yoga philosophy describes five koshas, or layers, of a human being. These layers can't be separated; they are different aspects of a single person. The koshas are like five classes in school that must be attended regularly. Learn about the koshas and practical ways that you can nurture each layer.</p>
	<p>Defining Meaning and Value with a Clear Voice and Vision for Counseling: The innovative path of intercultural Integration begins with our presence, the sensory script that delivers an unconditional invitation to trust and engage- <i>Anthony McCrovitz, Ph.D., LMHC, HSPP, BCPC, IMH-E®(II), DAPA</i> How does our unspoken PRESENCE convey value, protect human dignity and support one's sense of identity? In a counseling environment, one's 'self-sense' needs to experience acknowledgement and unconditional acceptance before genuinely engaging in dialogue & integrative learning. An innovative and inclusive mindset in our practice & ethical discipline will cultivate meaningful connections & empower one's voice and vision.</p>
	<p>Hidden Disabilities: Addressing Unseen Needs- <i>Harley Hill, BS, Michael Slavkin, Ph.D., LMHC, NCC</i> The current presentation will explore how universal design principles can be incorporated into addressing hidden disabilities. Many individuals struggle with mood and personality disorders, but what of those individuals who struggle with traumatic brain injuries, chronic pain, autism, etc. Discussion will include how these people often feel misunderstood, ignored, and invalidated.</p>

June 4th, 2022

<p>8:00 AM - 8:45 AM</p>	<p>Mindfulness Meditation</p>
<p>9:00 AM - 10:00 AM <i>Breakout Session 4</i></p>	<p>Best practices in Pedagogy for Impacting Student Clinical Mental Health Counselors Multicultural Competence- <i>Amanda Brooke White Ph.D., LMHC, Sara East M.S., LMHCA, Anna Viviani Ph.D., LMHC</i> This presentation is to examine what teaching and education practices are most influential in impacting a students perception of multicultural competence when working with clients.</p>
	<p>The Anatomy of Grief; Addressing Loss as Foundational to Mental Health- <i>Melissa Douaire, M.Div., M.Ed., and Certified Grief Counselor</i> This is about humanity and our basic needs to have our pain witnessed and affirmed. Understanding the realities of loss due to death and non-death events such as divorce, illness, and retirement. Grief is not linear but multidimensional; introducing two grief theory models that are not stages. Melissa will help you understand the symptoms of grief that include physical, psychological, behavioral, and cognitive attributes. The power of naming the emotions related to loss helps gain the social and emotional support needed for healthy healing.</p>
<p>10:15 AM - 11:15 AM <i>Breakout Session 5</i></p>	<p>Normal is just a setting on the Dryer: Building Resilient, Innovative Cultures- <i>Brigitta Rubin, CEO</i> Failure is an essential part of innovation. However, research shows that most organizations lack the culture of trust necessary to inspire change, fail, adjust, and innovate. Space2Fail (S2F) counters the stigma around professional failure using the power of storytelling and cross-disciplinary problem-solving.</p>

	<p>Discrimination Model of Supervision: Overview and Application- <i>Michael Trexler, Ph.D., LMHC (IN), LPC (VA, GA), NCC, CCMHC, ACS</i></p> <p>Clinical supervision is a hallmark in the training of professional counselors. The discrimination model of supervision guides clinical supervisors to take on various roles throughout the supervisor/supervisee relationship. This presentation provides an overview of the model and how it can be applied practically with graduate counseling interns and resident counselors.</p>
	<p>Exploring the Implications of Reported Self-Care Practices of Mental Health Providers During the COVID-19 Pandemic: Best Practices to Avoid Burnout and Vicarious Traumatization- <i>Jama Davis, Ph.D., LMHC (IN), LCMHC (NC), NCC, ACS, Whitney Buckles, Ph.D., LMHC (IN and FL), NCC</i></p> <p>ACA ethical guidelines require counselors to practice ongoing self-care. Implications of self-care practices during COVID-19 involving data collected from counselors will be described. Practical information from research will be offered to guide counselors in further developing healthy self-care practices to avoid burnout and vicarious traumatization and to increase compassion satisfaction.</p>
<p>12:45 PM - 1:45 PM</p> <p><i>Breakout Session 6</i></p>	
	<p>The Impact of Personality and Trauma on Becoming a Counselor</p> <p>In the current investigation the author seeks to systematically examine whether today's helping professionals are guided by personality factors or childhood experiences that lead them to be helping professionals. By systematically examining personality factors as well as adverse childhood experiences, this study will investigate which influences career selection more, and whether there are differences between helping professionals. It is hoped that by exploring these helping professions we can better provide resources and support to advancing the fields.</p>
	<p>Counselors Experience of Work and Family Roles During the COVID-19 Pandemic- <i>Emeline Eckart, Ph.D., LMHC, Assistant Professor</i></p> <p>Quantitative research examined the relationship between counselors' work-family conflict, work-family enrichment, work variables, and family variables during March/April 2020. Overall counselors experienced higher enrichment than conflict during the pandemic.</p>
<p>2:00 PM - 3:00 PM</p> <p><i>Breakout Session 7</i></p>	
	<p>The Role of Intellectual Virtues in the Practice of Professional Counseling- <i>Mark S. Gerig, Ph.D., LMHC, FCMHCE, Professor of Counseling</i></p> <p>The intellectual virtues (IVs) are proposed as a fundamental predisposition that supports effectiveness and excellence in the practice of professional counseling. The definition and characteristics of the ten IVs are described. Their role in knowledge and skill acquisition, counseling practice, ethical decision-making is explored. Implications for counselor education are discussed.</p>
	<p>The Era of Virtual Therapy: Impacts of COVID-19 on Telemental Health Training Needs for Student and Clinician Counselors- <i>Claire Williams, BA, Emma Eckart, Ph.D</i></p> <p>Due to COVID-19, telemental health training needs for students and clinicians are more pertinent than ever before. This presentation will discuss survey results detailing how prior training impacted counselors' comfort and preparedness in providing teletherapy during the pandemic. Perspectives on future telemental health training practices will additionally be shared.</p>
<p>3:15 PM - 3:30 PM</p>	<p>Closing Ceremony (Lobby/Outdoors)</p>

GRADUATE STUDENT POSTER PRESENTATIONS

June 3, 2022 11:30pm-12:45pm

Advocacy Initiatives for Suicidal In-Patient Youth - *Ronnie Watson, Graduate Student, Ball State University, Khirey B. Walker, Ph.D*

Suicide is a growing concern for adolescent youth, especially within psychiatric in-patient facilities. The purpose of this study, then, was to use qualitative measures to examine existing advocacy initiatives hospital administrators and clinicians could use to curb suicide ideation, plan, and attempt for patients admitted to their care.

Counseling and Neuroscience - *Saundra Fredrickson, MA, LMHC, Doctoral Candidate*

As stressors of life continue to get more intense it is imperative that counselors continue to learn new, effective ways to help clients thrive amid uncertain times. More knowledge of the brain is important. Evidence shows that counseling increases gray matter volume in the brain and functionally “rewire” the brain.

Mental Health Advocacy Matters - *Nikki Davidson, Graduate Student, Indiana State University*

This presentation is over why advocacy is so important in the mental health field. It covers: bringing in patients, inclusivity, awareness, and ethics in regards to advocacy.

Let’s Talk About (Safe) Sex, Baby: A Study Assessing The Relationship Between Knowing Someone With A Chronic STID and STID-Related Stigma, Shame, Knowledge, and Safe Sex Practices Among College Students - *Ariana Gleckman, Graduate Student, Ball State University, Dr. Alexander Tatum, Ph.D., HSPP, CST*

The United States currently faces a significant problem with sexually transmitted infections and diseases (STIDs). It is well-established that adolescents and young adults (AYAs) currently hold the highest rates of STIDs. Psychological consequences of STIDs include anxiety, depression, self-harming behavior, internalized stigma, and suicidal. Physical consequences of STIDs include painful lesions, sores, infertility, various cancers, and death. This study aims to address how knowing someone with a chronic STID, and a person’s self-reported closeness to a person with a chronic STID, may minimize STID-related stigma and shame as well as increase safe sex practices among college students.

Pouring Paint Over our Feelings - *Mackenzi Gruenert, Graduate Student, Indiana State University*

A Person’s A Person, No Matter How Small! Examining the Long-term Effects of ACES and Effective Treatment for Adult Survivors.

This presentation will look at adverse childhood experiences and their ongoing effect on physical and emotional health. There are consequences of adverse experiences immediately in a child’s life, but there are also consequences that can and do occur throughout life. These adults would benefit from working through these events.