



*Interrelationships –
The Ties that Bind*

***2015 Louisiana Counseling
Association Conference***

Baton Rouge Renaissance Hotel

September 26-29, 2015

Welcome

The LOUISIANA COUNSELING ASSOCIATION welcomes you to Baton Rouge, the Renaissance Hotel and the 2015 LCA Conference. The LCA Leadership hopes that your stay in Baton Rouge will be both professionally and personally rewarding.

This Conference Program provides the information you need to maximize the value of your conference. For your convenience, every effort has been made to provide complete and accurate information throughout. However, changes will occur after the Program goes to press. Changes will be announced at the general session, on the dry erase board located in the Registration area and on the Louisiana Counseling Association Conference App.

For your convenience:

- A Volunteer Table will be available in the Registration Area if you need assistance or have questions.
- The Voting Table will be located in the Registration Area. A Ballot will be in your conference bag. Please take time to vote for President-Elect (2017-2018).
- Please visit the exhibitors. They are located in the hallway outside the Ballroom.
- Divisions not having a luncheon are offering summit meetings to discuss issues and interests affecting the various divisions. CEUs are available at these summits.

Again in 2015 LCA is offering a Conference App. LCA is excited to continue to offer a conference app for you to make your conference experience more interactive and fun! The Mobile Web App is available for iPhone, Android and Blackberry; you may download the app through the following link: lcaannualconference2015.sched.org Please download it to your phone, create your personal account and create your own person conference schedule.

The LCA extends its thanks to the dedicated individuals and committee chairs who have worked to make this conference successful! Special thanks to the Conference Presenters as there would be no conference without their efforts. To Iman Nawash, Onsite Chair and her committee, a special thanks for giving a year of their time to make this conference a success!

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LCA's Annual Conference,

our largest annual conference, draws more than 1,000 professional counselors and features over 100 programs, including the Learning Seminars and Pre-Conference Workshops, over the entire four day event. This conference is intended for professional counselors who provide services in private practice settings; at elementary, middle and secondary schools; on college campuses; in criminal justice settings; substance abuse agencies, at community mental health centers, hospitals, nursing homes and managed care facilities; and in other settings across Louisiana. Conference programs are eligible for LPC, NBCC, BESE, LAC, LMFT, SW continuing education credits.

A Message from the President of LCA



I am proud to be serving as President at this time and I personally extend to you a welcome to the Louisiana Counseling Association's Conference. We are celebrating 47 years as an association. We look back at a rich history of representing and serving the professional counselors and counseling students of Louisiana. In accordance with our mission to enrich the life processes and to advance the profession of counseling within the state of Louisiana, we continue to this day to carry out this mission for the professional counselors

and the citizens of our state.

This year's theme is *THE Professional Counselor: This is Our Time: to reflect, to renew, to refocus.*

Every counselor has a story. Our stories are unique and powerful. They are shaped by past experiences, driven by current challenges, and they prepare us for the future. LCA recognizes multiple voices within our counseling community that embrace innovative and proven counseling techniques that are for all. Our time requires confronting and addressing the problems facing our profession. We are the ones who will be best to solve these problems.

We need to look at our past and Reflect; we need to look at the now and Renew; and we need to look at the future and Refocus.

We are the ones who will be best to solve these problems. We are THE Professional Counselor: This is our time.

General Information

NAME BADGE

Please be sure to wear your badge at all times. You may be asked for it as you enter sessions, meals, and special events. The number on your badge is also your door prize number.

ELECTRONIC DEVICES

As a courtesy to other conference attendees, turn off all electronic devices or set them to vibrate during educational sessions. If it is necessary for you to use your cell phone, step outside the meeting room to avoid disturbing the other participants.

LAC SIGN-IN FORMS

Are you a Licensed Addiction Counselor (LAC)? Please use the sign in forms in the back of this program to log your arrival and departure time. **You must submit this form to receive LAC continuing education clock hours.** There will be a box available at the Information Table; please place the forms there. **If you are not a Licensed Addiction Counselor, do not submit these forms.**

First Timers

If this is your first LCA conference, please pick up a First Timers Ribbon at the registration tables.

LPCs and LMFTs

If you have a question for the LPC Board, pick-up the form at the Information Table and submit the question before the LPC Board Update on Sunday. Place your question in the box at the Information Table.

LPCs and PLPCs with HPSO Insurance:

HPSO Insurance offers a discount at renewal for LCA members attending the 2015 LCA Conference. Please see the form in the Forms Section of this Program.

CONTINUING EDUCATION CLOCK HOURS:

Conference Participants may earn continuing education clock hours for **NBCC, NCC, NCSC, LPC, LMFT, LAC, NASW-LA and Certified School Counselors.**

CONFERENCE UPDATES

Changes, updates and cancellations will be announced at each General Session or the APP.

ENDORSEMENTS

Any reference to a product, service, activity, company or listing of a website in the 2015 LCA Conference material does not imply endorsement by the Louisiana Counseling Association.

EVENT/PROGRAM INFORMATION

ADA Compliance: We make every effort to accommodate all persons with disabilities who have contacted us with specific needs, including transportation, sign language interpreter, guides for the visually impaired or any other special needs prior to your arrival. Many thanks to Joan Gallagher for her diligence in seeing that this happens and the Louisiana Commission for the Deaf for working with LCA in providing sign language interpreters.

Exhibit Hall Hours

Sunday, September 27 – 1:00-5:00p

Monday, September 28 – 7:00a-5:00p

Tuesday, September 29 – 7:00a-3:00p

Please make every effort to visit the exhibit booths. They are a vital part of making this conference a success.

REGISTRATION

Registration is required to attend all conference events. Conference Registration will be located in the hotel lobby during the following days and times:

Saturday, September 26 @ 8:30 & 4:45

Sunday, September 27 @ 7:30a-5:00p

Monday, September 28 @ 7:30a-5:00p

Tuesday, September 29 @ 7:30a

TICKETED EVENTS & CONFERENCE T-SHIRTS

Meal function, special event and conference t-shirt tickets MUST be purchased in advance and are non-refundable. T-shirt sizes cannot be exchanged.

All pre-purchased tickets are included in your registration packet.

T-shirt tickets can be redeemed at the t-shirt booth near the onsite registration area. All t-shirts not picked up by Tuesday, September 29 at 8:00a, will be made available for sale to general conference attendees for \$15.00.

Division luncheon tickets not picked up by 10:00a on the day of the luncheon will be made available to the general conference attendees. These will be available at the on-site registration table.

CE Report Forms should be submitted before you leave the conference

Every attempt was made to ensure complete and accurate information. Given the volume of detailed information, omissions or errors are possible. Thank you for your consideration.

2015 Keynote Speakers



Human relations expert, **Dr. Sherene McHenry** is passionate about helping counselors avoid burnout so they can reignite their passion and be more effective on a daily basis. Sherene has a Ph.D. in Counselor Education from the University of Wyoming, speaks internationally and is the author of *Pick: Choose to Create a Life You Love* and *The Busy Student's Guide to College and Career Success*. Having invested nearly two decades training counselors at Central Michigan University, she's a former full professor and member of the American Counseling Association. She's also a

member of the National Speakers Association and president elect of the National Speakers Association, Michigan.

Dr. McHenry will present [High Stress or High Impact: The Choice Is Yours](#) at the General Session on Monday, September 28, 2015.

Feeling frazzled, frayed or frustrated? Doing more and more with fewer and fewer resources? Dealing with difficult people? Feeling burned out, overwhelmed or ill-equipped to deal with swelling caseloads, tragedies and ever increasing severity of client issues? Reignite your passion, decrease your stress, and set yourself and others up for long-term success.

Dr. McHenry will also present a content session Monday afternoon [Why Johnny Can't Keep His Hands to Himself and Answers to Other Baffling Behaviors](#). This content session will help counselors strategically learn to empower students experiencing difficulty in and out of the classroom, and leave equipped to change lives, transform classroom and work climates, and enhance relationships of all shapes and sizes.

(See the handout for both Dr. McHenry's presentations in the Handouts Section of this Program.)



Thelma Duffey, Ph.D. serves as the 64th President of The American Counseling Association. Dr. Duffey is Professor and Department Chair in the Department of Counseling at the University of Texas at San Antonio and Owner of a multidisciplinary private counseling practice since 1990. Dr. Duffey was the Founding President of *The Association for Creativity in Counseling*, a division within The American Counseling Association, and she served two terms on the ACA Governing Council. She is a past president of the Texas

Association of Counselor Education and Supervision (TACES) and served on the Executive Board of the Southern Association of Counselor Education and Supervision (SACES). Dr. Duffey is Editor for the *Journal of Creativity in Mental Health* and she served as Guest Co-Editor for a Journal of Counseling and Development (JCD) Special Issue on Counseling Men. She is currently co-editing a JCD Special Section on Relational-Cultural Theory.

Dr. Duffey, an ACA Fellow, received the Association for Counselor Education and Supervision (ACES) Counseling Vision and Innovation Award, the ACES Distinguished Mentor Award, the ACA Professional Development Award, and the TACES Outstanding Counselor Educator Award. She is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Texas. Dr. Duffey has over 60 publications in the areas of creativity, innovations in grief and loss counseling, relational competencies (Relational-Cultural Theory), Developmental Relational Counseling (DRC) and addictions counseling. Her collaborative research project on relational competencies received the *2010 Texas Counseling Association Research Award*, and her collaborative publication on assessment practices in counselor education programs received the *2014 AARC/CORE Outstanding Outcome Research Award*. Her edited book, *Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies*, is published by the Taylor & Francis Group, and she is co-editor of *A Counselor's Guide to Working with Men*, published by the ACA Press.

Dr. Thelma Duffey, ACA President, will provide a keynote address entitled *Counselor's Coming Together in Professional Advocacy and Social Action*. Dr. Duffey will discuss the power of connection and collaboration in moving the counseling profession forward and making a difference in our larger communities. Professional counselors make an impact by working together, and by using their creativity and strength of their numbers to create possibilities within the profession and for the clients we serve.

2015 Conference Sponsors

THANK YOU!

LCA extends a heart-felt "Thank You" to each of the following conference sponsors.

Silver Sponsors:

Physicians Behavioral Hospital

Bronze Sponsors:

HPSO Professional Insurance

Magellan Health in Louisiana

Palmetto Addiction Recovery Center

Hospitality:

Acadiana Addiction Center



2015 Conference Exhibitors

Addiction Recovery Resources

A treatment program facility located in the New Orleans area.

American School Counselor Association

A national association serving school counselors

Barnes and Noble

Will offer professional books for mental health providers.

Children's Hospital Behavioral Health

The Child and Adolescent Behavioral Health Center offers acute inpatient treatment specifically designed to meet the needs of children ages 8 to 12 and a separate adolescent unit for teens ages 13 to 17.

ITI Technical College

ITI Technical has graduated over 10,000 technicians to work in today's high paying occupations. Visit this table and learn about ITI

Jefferson Oaks Behavioral Health

An addiction treatment facility in Baton Rouge

Louisiana LPC PAC Auction

The LPC PAC is the political action committee for Louisiana LPCs and PLPCs. Visit the tables and bid on the items; support the PAC.

Louisiana Youth Challenge Program

The Louisiana National Guard Youth Challenge Program (YCP) is an alternative educational program for adolescents.

Louisiana School Counselors Association

LSCA supports counselors, strengthens students, provides advocacy and best practice resources to empower school counselors.

MARCO Products

Provides materials to be used with youth

National Center for Youth Issues

Provides materials to be used with youth

Sallie Mae

Will offer college financial information

Silpada Designs (jewelry)

Jewelry and accessories

Singular By Design

Jewelry and accessories

St. Elizabeth Foundation

St. Elizabeth Foundation offers pregnancy help and adoption services in Baton Rouge.

Townsend Addiction Treatment Center

An addiction treatment facility in Lafayette

Universal Technical Institute

A technical college offering 12 campuses across the nation.

Woodlake Addiction Recovery Center

A treatment center in Abbeville, Louisiana

2015 LCA Leadership

The LCA Executive Board is composed of the LCA Leadership, the Division Presidents, and the Committee Chairs. Committee Chairs are searching for LCA members who want to serve on one of the various committees. If this is YOU, contact the committee chair below and volunteer.

The Louisiana Counseling Association is composed of the twelve Divisions. The Affiliate CIAL became a Division 7/11/2015 and changed its name to PLCA (Provisional Licensed Counselor Association)

Elected officers

President:
Tim Fields, LPC
tfield1@lsu.edu

President Elect (2015-16)
Dr. Iman Nawash, LPC
iman97@aol.com

President Elect (2016-2017)
Dr. Christine Ebrahim, LPC
Christine.Ebrahim@counselone.org

Past President
John Crawford, LPC
john615549@aol.com

The Administrative Council is comprised of the above officers and Ramon Lopez, the Division representative

Ex Officio Members

Parliamentarian
Bruce Galbraith
gotoschoolman@yahoo.com

Secretary
Vickie Thompson
vsthompson@suddenlink.net

Executive Director
Diane Austin
lca_austin@bellsouth.net

Business Manager
Austin White
austin@northdeltamanagment.com



Division Presidents

LOUISIANA SCHOOL COUNSELORS ASSOCIATION (LSCA)

Tara Washington

LOUISIANA ASSOCIATION FOR COUNSELOR EDUCATION AND SUPERVISION (LACES)

Stacey Duarte

LOUISIANA CAREER DEVELOPMENT ASSOCIATION (LCDA)

Lynn Browning

LOUISIANA ASSOCIATION OF MARRIAGE AND FAMILY COUNSELORS (LAMFC)

Rashundra Miller Reed

LOUISIANA ASSOCIATION FOR SPIRITUAL, RELIGIOUS, AND ETHICAL VALUES IN COUNSELING (LASERVIC)

Dan Jurek

LOUISIANA COLLEGE COUNSELING ASSOCIATION (LCCA)

Ramon Lopez

LOUISIANA ASSOCIATION OF ADDICTION AND OFFENDER COUNSELORS (LAAOC)

Arianne Trogden

LOUISIANA ASSOCIATION FOR MULTI-CULTURAL COUNSELING AND DEVELOPMENT (LAMCD)

Dalia Chatelain

LOUISIANA MENTAL HEALTH COUNSELORS ASSOCIATION (LMHCA)

Cindy Escandell

ASSOCIATION FOR GAY, LESBIAN, AND BISEXUAL ISSUES OF LOUISIANA (ALGBTIC OF LOUISIANA)

Tiffany Cologne

LOUISIANA COUNSELORS FOR SOCIAL JUSTICE (LCSJ)

Louis Lowrey

PROVISIONAL LICENSED COUNSELOR ASSOCIATION (formerly CIAL)

Ken Schmitt

Committee Chairs

ADA Compliance: Joan Gallagher

Archives: Joyce Wakefield Fields

Awards: John "Jodey" Edwards

Bylaws: Eric Odom

Finance: Dr. Iman Nawash

Government Relations: Mary Feduccia

Graduate Student: Kerri Spears

Membership: Dr. Christine Ebrahim

Publications:

Journal: Dr. Peter Emerson and
Dr. Meredith Nelson

Newsletter: Vinetta Frie

Nomination & Elections: John Crawford

Prof. Development: Joan Fischer

Public Relations: Adrienne Trogden
and Dr. Erin Dugan

Strategic Planning: Dr. Matthew Lyons

Join CSI for a brown bag lunch
Monday at Lunch

1:00-2:00 in Des Glaises

LCA Community Project

(Please give generously)

Eden House

Eden House is a groundbreaking non-profit in New Orleans, Louisiana, offering long term housing and services to survivors of human trafficking and commercial sexual exploitation. Founded in 2011, we are the first of our kind in the state of Louisiana. Our two-year residential program offers a holistic approach to recovery including outreach, housing, food, mental and physical healthcare, job training, education, legal services, and spiritual support. Eden House empowers survivors to overcome their pasts, while developing substantive skills to move forward in their lives and become self-sufficient, flourishing members of our community.

Eden House is a two-year residential program for women who have been commercially and sexually exploited. Modeled after Magdalene House in Nashville, Tennessee, Eden House provides six to eight women a safe and supportive home for two years, free of cost.

Through Eden House, women receive wrap-around services such as counseling, education, and job training. Since addiction is often connected with prostitution, a twelve-step program is part of the Eden House model.

Eden House has opened its doors to its first residents, and thanks to considerable community support and enthusiasm, the momentum is growing.

Office Number: (504) 407-0943

Mailing Address: Eden House, 2000 Louisiana Avenue, PO Box 750386, New Orleans, LA 70175

Eden House is a registered 501(c)(3) non-profit corporation.

Conference Overview

All conference activities will be held at the Baton Rouge Renaissance Hotel unless otherwise noted. Content sessions will be held in the first and second floor meeting rooms (see the hotel diagram for directions).

Changes in the schedule will be announced at the general sessions on Sunday night and Monday. The changes will also be noted on the LCA Conference APP.

Saturday, September 26

8:30a	Registration/sign-in	Hotel Lobby
9:00a-5:15p	Crisis Preparation Workshop	Des Cannes
9:00a	Volunteer Meeting/Bag Stuffing	Bridal Dressing Room
9:30a-12:45a	Morning Workshops	Salon 3 and 4
8:00a-12:00p	Exhibitor check-in and set up	Hotel Lobby
10:00a-4:45p	Leadership Academy	Timbalier
12:45a-2:00p	Lunch	
11:45a-1:30p	Conference Registration Opens	Hotel Lobby
2:00p-5:15p	Afternoon Workshops	Salon 3 and 4
4:45p-5:30p	Registration opens	Hotel Lobby
5:30p-7:00p	LCA Executive Board Meeting	Bienvenue

Sunday September 27

7:30a-4:00p	Registration Opens	Hotel Lobby
7:45a-8:30a	LASERVIC Prayer Service	Bistineau
8:30a-11:45a	3-hour Seminars	Hotel Meeting Rooms
8:00a-12:00p	Exhibitors Check-in and Set up	Hotel Lobby
10:00a-12:00p	LSCA Executive Board Meeting	Cocodrie
10:00a-12:00p	PLCA Executive Board Meeting	Kullman Boardroom
10:15a-11:45a	1.5-hour content sessions	Hotel Meeting Rooms
11:45a-1:30p	Lunch	
12:00p-1:30p	LMHCA Executive Board Meeting	Cocodrie
	LAMCD Executive Board Meeting	Kullman Boardroom
12:00-1:30	LAAOC Executive Board Meeting	Lacassine
1:30p-3:00p	1.5-hour Content Sessions	Hotel Meeting Rooms
3:00p-3:15p	Visit the Exhibitors and Sponsors	Hotel Lobby
3:15p-4:45p	1.5-hour Content Sessions	Hotel Meeting Rooms
4:00p-5:00p	ALGBTIC Executive Board Meeting	Kullman Boardroom
5:00p-6:00p	LPC Board/LMFT Advisory Committee Update	Salon 2
6:15p	Opening Celebration Kickoff	Ballroom

Monday, September 28

7:00a-8:00a	Continental Breakfast	Hotel Lobby
7:30a-5:00p	Exhibits	Hotel Lobby
8:00a-10:00a	General Session	Ballroom
10:15a-11:45a	1.5 hour Content Sessions	Hotel Meeting Rooms
11:45a-1:00	Lunch on Your Own	
12:00p. -2:00p	Division Luncheons	
	LSCA	Salon 1
	LMHCA	Salon 4
	LAMFC	Salon 3
1:00- 2:00	CSI Networking Session	Des Glaises
	LCSJ Networking Session	Bienvenue
1:00p-2:00p	Mini Sessions	Bistineau
1:00-2:00	LCA Government Relations Committee	Kullman Boardroom
2:15p-5:30p	3-hour Seminars	Hotel Meeting Rooms
2:15p-3:45p	1.5-hour Content Sessions	Hotel Meeting Rooms
2:15-3:45	LCCA Executive Board Meeting	Kullman Boardroom
4:00p-5:30p	1.5-hour Content Sessions	Hotel Meeting Rooms
5:45p-6:45p	LACES Executive Board Meeting	Lacassine
5:45p-6:45p	LPC PAC Meeting	Salon 4
5:45p-6:45p	LCDA Networking Session	Salon 3
5:45p-6:45p	LASERVIC Executive Board Meeting	Cocodrie
5:45p-6:45p	LAMFC Executive Board Meeting	Kullman Boardroom

Tuesday, September 29

7:00a-8:00a	Continental Breakfast	Hotel Lobby
7:30a	Exhibits	Hotel Lobby
8:00a-9:30a	1.5-hour Content Sessions	Hotel Meeting Rooms
9:45a-10:15a	LCA General Membership meeting	Salon 2
10:30a-12:00p	1.5-hour Content Session	Hotel Meeting Rooms
12:00p-1:00p	Lunch on Your Own	
12:00p-2:00p	Division Luncheons	
	LASERVIC	Bienvenue
	LAMCD	Cocodrie
1:00p-2:00p	Mini Sessions	Salon 2 and 3
1:00p-2:00p	School Counselor Networking Sessions	
	Elementary	Salon 4
	Middle	Bistineau
	Secondary	Salon 1
2:15p-3:45p	1.5-hour Content Sessions	Hotel Meeting Rooms
3:50p	Closing Session	Salon 1



Conference Kick-Off Celebration

**Sunday, September
27th in the Ballroom**

**Enjoy excellent networking
opportunities, complimentary
refreshments, and door prize
drawings at the Conference
Kick-Off Celebration.**

**LCA Organizational
Members**

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an Organizational
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**See Dr. Christine
Ebraham for details.**



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2015 LCA Conference Program

Saturday, September 26th

2:00 pm -5:15 pm

Pre-Conference Workshops

9:30 am-12:45 pm

1. Being an Ethical Professional School Counselor: A Review of the Ethical Standards and Challenges in Schools (Ethics)

Christine Ebrahim, Ph.D., LPC-S, NCC, Loyola University Professor

Molly Sanders, M.S., NCC, PLPC

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 3

As professional school counselors, we often face ethical and legal dilemmas. This program reviews ethical standards and legal requirements for school counselors in Louisiana. During this interactive program the presenters will discuss the best ways to deal with the most common legal and ethical issues, the importance of consultation and documentation, confidentiality and privileged communication and addressing dual relationships. (Ethics track)

2. Appraisal and Diagnosis of Bipolar and Depressive Disorders (Diagnosis)

Christian Dean, Ph.D., LPC-S, LMFT, Walden University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 4

Participants will practice the ethical and culturally appropriate administration, scoring, and interpretation of appraisal instruments along with clinical interviews to diagnose and differentiate bipolar disorders from depressive disorders. (Diagnosis track)

3. The Cyberbullying Epidemic

Dr. Kellie Camelford, Ph.D., LPC, NCC, Loyola University Adjunct Professor

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 3

The cyberbullying epidemic is a blended presentation for counselors to gain knowledge on the topic, as well as to gain resources to utilize in psycho-educational settings, such as schools, and in individual therapy with clients being cyber-bullied.

4. Toward an Understanding of the Interaction of Values and Systems and their Relationship to Professional Identity, Competence and Ethical Practice (Ethics)

Dena Moore, Ph.D., LPC-S, NCC

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Salon 4

Professional competence arises from multiple, multilateral and interacting systems. This presentation will explore the impact of personal, familial, organizational, social and cultural values on professional identity and competent practice. Participants will gain greater understanding and awareness as to the ways various systems (and the values inherent to those systems) impact their professional identity and subsequently, competent and ethical practice. This presentation will offer hands-on exploration of relevant sections of the ACA, AAMFT, NAADAC and other professional codes of ethics as they relate to professional identity, competence, and ethical practice. (Ethics track)

10:00 am – 4:45 pm

Leadership Academy

Room: Timbalier

Registration Open 12:45-1:30; 4:45-5:15

Sunday, September 27th

7:45-8:30 LASERVIC Prayer Service

Room: Bistineau

8:30 am – 11:45 am 3.0 hour Seminars

1. Red Cross Mental Health Crisis Training

Donnie Underwood, LPC, LMFT

Approved for: LPC, NBCC, LAC, NASW-G

Room: Timbalier

Suggested Audience: Licensed Professionals

This course will prepare first time independently-licensed mental health professionals to deploy to a disaster relief operation.



2. An Introduction to Acceptance and Commitment Therapy: Mindfulness and the Science of Change (Diagnosis)

Corey Porche, M.S., LPC

Emily K. Sandoz, Ph.D., University of Louisiana at Lafayette Professor

Whitney Storey, M.S.

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Des Cannes

Suggested Audience: Clinicians and Students

ACT is an empirically-based cognitive-behavioral model of psychotherapy that uses acceptance and mindfulness practices alongside commitment and behavioral-change strategies to increase psychological flexibility. This workshop is designed for the clinical or student who is new to ACT as well as the six core processes aimed at increasing psychological flexibility.

3. Approaches! Techniques! Assessments Working with Diagnoses and Presenting Issues in Children and Adolescents in the School Setting (Diagnosis)

Erin Dugan, Ph.D., NCC, CRC, LPCSP, RPTS, LSU

Health Science Center Professor

Approved for: LPC, NBCC, LAC, NASW-C

Room: Des Glaises

Suggested Audience: School Counselors, Clinicians who deal with children

This presentation will provide attendees an overview of various techniques and activities used with children and adolescents presenting with varying presenting issues as well as those who meet diagnostic criteria fulfilling a disorder. Attendees will be provided an overview of disorders, presenting issues, as well as an overview of needs, skills, and supports in order to promote progress during treatment. An overview of an in-session assessment progress worksheet will also be presented in order for attendees to track changes during sessions with their clients. Attendees will be provided with techniques to use at varying stages of the therapeutic process in order to effectively determine where clients are in relationship to their actual and potential levels based on the intervention prescribed.

4. Professional Counselor Advocacy: A Healthy Way to Reduce Counselor Burnout

Michelle de la Paz, Ph.D., LPC-S, LMFT-S

Elizabeth Pace, M.Ed., LPC, NCC

Diana Maag, M.Ed., LPC, NCC

Approved for: LPC, NBCC, LAC, NASW-G

Room: Bistineau

Suggested Audience: Supervisors and interns
Presenters will define advocacy and provide practical strategies to assist counselors, interns, and supervisors in negotiating their livelihood and reducing burnout for the betterment of themselves and their clients.

5. Integrating Biofeedback into Counseling: An Interactive Discussion and Demonstration

(Diagnosis)

Janet Wisinger, LPC, BCB, NCC, M.S.

Approved for: LPC, NBCC, LAC, NASW-C

Room: Lacassine

Suggested Audience: LAC, Clinicians working with testing anxiety, stress, trauma

Through engagement in live biofeedback, participants will extend their current knowledge of the nervous system's role in mental disorders while learning evidenced-based practices for incorporating biofeedback into counseling sessions.

6. From Cursing to Blessing: Couples Conflict Transformed

Kathryn Elliott, Ph.D., LPC-S, LMFT

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 3

Suggested Audience: LPCs, LMFTs, Pastoral Counselors

One of the top two complaints couples bring to therapy is a high level of conflict. This experiential session offers a new concept and protocol, the Animus/Anima Blessing for transforming conflictual relationships.

10:00-12:00 LSCA Executive Board Mtg.

Room: Cocodrie

10:00-12:00 PLCA Executive Board Mtg.

Room: Kullman Boardroom

7. On the Cutting Edge: Self Harm in Adolescent Girls (Diagnosis)

Kellie Camelford, Ph.D., LPC, NCC, Loyola University Adjunct Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Bienvenue

Suggested Audience: LPC, LMFT, and School Counselors

This presentation will look at the phenomenon of self-harm among the adolescent female population. The program will include defining self-harm, reviewing the causes of self-harm, and sharing related statistics. The focus of the session will be on activities and interventions to utilize with this population.

8. School and Clinical Counselor Collaboration

Donald Casares, M.A., NCC, PLPC

Dottie Martin, Ph.D., LPC-S, NCC, Our Lady of Holy Cross Professor

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 4

Suggested Audience: School Counselors, LPCs, Students

This session will provide an overview of the process, limitations and ethical considerations associated with the collaboration between school and clinical counselors. An emphasis will be placed on practical strategies for effective collaboration.

9. Seizing the Opportunity: Professional School Counselor Role in Discipline

Frank Phinney, M.Ed., LPC, NCC, NCSC

Approved for: LPC, NBCC, NASW-G

Room: Salon 2

Suggested Audience: School Counselors

This program will give the Professional School counselor insight on how to utilize the disciplinary process to their program's advantage, through advocacy and restorative justice.

11:45-1:30 Lunch

12:00-1:30 LMHCA Executive Board Mtg.

Room: Cocodrie

12:00-1:30 LAMCD Executive Board Mtg.
Room: Kullman Boardroom
LAAOC Executive Board Mtg.
Room: Lacassine

1:30 pm – 3:00 pm 1.5 hour Workshops

10. FAFSA and Completions Strategies

Wendy Rock, M.Ed., LPC-s, NCC, NCSC
Denise Latour, M.Ed.

Room: Lacassine

Approved for: LPC, NBCC, NASW-G

Suggested Audience: School Counselors

This session will present ideas and strategies on getting your high school seniors to complete successfully the Free Application for Federal Student Aid.

11. Multicultural Supervision with English Learning Supervisees (Supervision)

Hsin-Ya Tang, Ph.D., NCC, Louisiana State University Shreveport University Professor

Approved for: LPC, NBCC, LAC, NASW-G

Room: Timbalier

Suggested Audience: Counselor Educators and Supervisors

This presentation is designed to present the result from a constructive grounded theory study exploring supervisors' perceptions of their training needs for working with English language learning supervisees.

12. Helping Students Transition to High School

Kellie Camelford, Ph.D., LPC, NCC, Loyola University Adjunct Professor

Approved for: LPC, NBCC, NASW-G

Room: Cocodrie

Suggested Audience: School Counselors

This session will provide an overview today's transitioning student through a solution-focused counseling lens. It will include ideas for creating a transition program and share potential activities to use for either middle or high school students.

13. The 411 on Bullying: What the School Counselor Needs to Know

Susan Foster, Ph.D., LPC

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 2

Suggested Audience: School Counselors

This session is designed to assist participants in developing an understanding of and roles associated with bullying, as well as active strategies to reduce or eliminate instances of bullying.

14. Navigating Grief in the Technological Age

June Williams, Ph.D., LPC-S, Southeastern Louisiana University Professor

Approved for: LPC, NBCC, LAC, NASW-G

Room: Des Glaises

Suggested Audience: All

This session will give participants an overview of how grief has been influenced by technology including the benefits and challenges of grieving in a digital world.

15. A College and Career Counseling Initiative

Reshelle Marino, Ph.D., LPC-S., NCC, Certified School Counselor, Southeastern Louisiana University Professor

Tireka Cobb, Assistant Director of Louisiana Gear Up, Louisiana Office of Student Financial Assistance

Approved for: LPC, NBCC, NASW-G

Room: Des Cannes

Suggested Audience: School Counselors, Counselor Educators

This is an interactive session designed to offer resources to school counselors to increase knowledge and skills in college and career readiness. College and career Counseling Initiative (CCCI) modules will be offered.

The ties that bind us are sometimes impossible to explain. They connect us, even after it seems like the ties should be broken. Some bonds defy distance, and time, and logic. Because some ties are simplymeant to be.

16. Sense-of-Presence Experience in Bereavement

Eric Hernandez, M.S., PLPC

Ninette Cormier, LPC-S

Mary Lahey, LPC, LMFT, NCC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bistineau

Suggested Audience: All

This session will include a discussion of the research of sense-of-presence experiences, their roles in the grieving process, and their value for clinicians helping bereaved clients.

17. Unique Aggression

John Dewell, Ph.D., NCC, LPC, Loyola University Professor

Approved for: LPC, NBCC, LAC, NASW-C

Room: Bienvenue

Suggested Audience: Clinicians working with aggressive adolescents

This presentation will help clinicians conceptualize their aggressive clients through two distinct typologies, reactive and proactive aggression. It will then discuss how each type warrants different interventions.

18. Animal Assisted Psychotherapy

(Diagnosis)

Zoe Tanner, Ph.D., LPC-S, LMFT-S, NCC, Nichols State University Professor

Ernesto Finales, M.A., M.Ed., NCC, PLPC, BPS, SCDS

Approved for: LPC, NBCC, LAC, NASW-C

Room: Salon 3

Suggested Audience: All

During this session, participants will acquire knowledge and skills on integrating animal assisted therapy into their current or future counseling treatment process. Participants will learn evidence-based practices for implementing animal assisted therapy in professional and school setting to improve therapeutic outcomes and enhance the counseling relationship.

19. Enhancing Self-Concept and Self-Esteem in Children and Adolescents through the Development of Social Connectedness

Marc Bourgeois, Ph.D., LPC-S, University of Louisiana at Lafayette Professor

Savannah Cormier, Graduate Student-ULL

Claire Landry, Graduate Student-ULL

Approved for: LPC, LMFT, NBCC, NCSW-G, LAC

Room: Salon 4

Suggested Audience: Any professional working with children and adolescents

This presentation will explore the development of social connectedness among children and adolescents with an emphasis on the interventions that facilitate the establishment of effective social relationships.

3:00-3:15 Visit the Exhibits

3:15 pm – 4:45 pm

1.5 hour Workshops

20. Oh, the Places You'll Go: Applying for and Receiving Local and National Awards

Jennifer Degruise, M.C.Ed., NCSC, NCC

Approved for: LPC, NBCC, NASW-G

Room: Timbalier

Suggested Audience: School Counselors

This presentation focuses on a comprehensive school counseling program and the procedure required to be a nominee for local, state and national awards.

21. Mindfulness and the Christian Faith in Psychotherapy

Mark F. Graham, M.Div., Ed.D, LPC-S

Emily Moise

Approved for: LPC, NBCC, LAC, NASW-G

Room: Lacassine

Suggested Audience: All

Mindfulness mediation enhances one's ability to be in the present. Jesus gives us a wonderful present to embody. This presentation will share an understanding of the practices of mindfulness as applied to the teachings of Christ.

22. ADHD vs. the Gifted Child

(Diagnosis)

Scott Hallila, M.A., NCC, LPC

Kelli Tazier Busbee, Ed.D.

Approved for: LPC, NBCC, LAC, NASW-G

Room: Des Cannes

Suggested Audience: School Counselors

In this session the presenters will discuss the current epidemic of the ADHD diagnosis, other possible explanations that are often left unexplored by physicians and how creativity in children is being labeled as a disorder.

23. Home and Community Based Play

Therapy: A Practical Guide for Therapists

Wendy Durant, M.Ed., LPC-S, RPT-S, NCC, CIT

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Cocodrie

Suggested Audience: School Counselors, Play Therapists, Therapists

This session will present an overview for providing home and community based play therapy to children and their parent (s)/caregiver (s) as well as identify strategies to create a structured play therapeutic environment.

24. Multicultural and Career Counseling in Groups

LaKeitha Poole, M.A., NBCC

Gwanette Johnson, MA, NCC, LPC-S

Approved for: LPC, NBCC, LAC, NASW-G

Room: Des Glaises

Suggested Audience: All

This session will discuss the benefits, challenges and outcomes utilizing groups to incorporate career development within multicultural counseling. Presenters will share specific techniques and activities.

25. Counseling Military Personnel and their Families

Carolyn White, Ph.D., LPC-S, LMFT, NCC, Our Lady of Holy Cross College Professor

Talmadge (Gus) White, LPC-S, LMFT

Chelsey Ragas, Graduate Student, Our Lady of Holy Cross College

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 3

Suggested Audience: All

With the current number of military personnel and veterans seeking mental health counseling, it is crucial that civilian counselors understand the military culture. This session will focus on the importance of civilian counselors' understanding the military culture, the stress that families feel from frequent deployments, as well as military-related mental health issues.

26. Healing the Family: A Systemic Look into the Treatment of Eating Disorders

(Diagnosis)

Hellen Cappo, M.A., LPC, LMFT

Molly Bahr, M.A., LPC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bienvenue

Suggested Audience: All

Eating Disorders have the highest mortality rate of all psychiatric illnesses with sufferers needing a myriad of resources to navigate toward full recovery. Families are looked towards as a main source of support; most unaware of the complexity embedded within the illness. Family therapy must serve as a crafted balance of education and restructuring, guiding not only the individual but the system as a whole toward healing.

27. Identifying Perinatal Factors that Impact Attachment

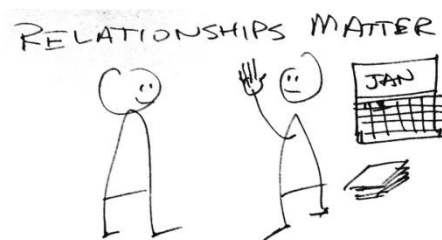
Tanya Radecker, M.S., RN, LPC-S, NCC, NCHT

Approved for: LPC, NBCC, LAC, NASW-G

Room: Bistineau

Suggested Audience: Clinicians

Multiple factors can impact mental health and attachment during the perinatal period. This presentation identifies issues important for counselors when working with women and their families during the perinatal period.



Monday, September 28th

28. Maximizing the School Counselor Intern Experience

David Spruill, Ph.D., LPC-S, LMFT-S, University of Louisiana at Lafayette Professor
Stephanie Hebert, M.S., Professional School Counselor

Approved for: LPC, NBCC, LMFT, NASW-G

Room: Salon 4

Suggested Audience: School Counselors, Counselor Educators, Interns

School Counseling internships are where classroom and job training combine to prepare students for professional school counseling careers. Interns, supervisors and faculty will share how to maximize the school counseling internship.

4:00-5:00 ALBTIC Executive Board Mtg.

Room: Kullman Boardroom

5:00-6:00 LPC Board Update

Room: Salon 2

6:15 Opening Celebration Kickoff

Room: Ballroom

Dr. Thelma Duffey, ACA President

"Counselor's Coming Together in Professional Advocacy and Social Action"

Dr. Duffey will discuss the power of connection and collaboration in moving the counseling profession forward and making a difference in our larger communities. Professional counselors make an impact by working together, and by using their creativity and strength of their numbers to create possibilities within the profession and for the clients we serve.

Presidential Reception will follow the Welcome Ceremony.

Support the LPC PAC Visit the PAC
Silent Auction.

7:00-8:00 Continental Breakfast

Hotel Lobby

7:30-8:00 Visit Exhibits

Hotel lobby

8:00-10:00 General Session

Room: Ballroom

Sherene McHenry, Ph.D., LPC

High Stress or High Impact: the Choice is Yours

Approved for: LPC, NBCC, LAC, NASW-G

Feeling frazzled, frayed or frustrated? Doing more and more with fewer and fewer resources? Dealing with difficult people? Feeling burned out, overwhelmed or ill-equipped to deal with swelling caseloads, tragedies and ever increasing severity of client issues? Reignite your passions, decrease your stress, and set yourself and others up for long term success.

10:15 am – 11:45 am 1.5 hour Workshop

29. A Fit NOLA: Obesity, Eating Disorders and Productivity (Diagnosis)

J. Casey Martin, M.S., LPC

W

Ap

CANCELLED

Room: Timberline

Suggested Audience: School Counselors, EAP
Obesity and eating disorders affect the health and productivity of employees and students. Martin Mental Health and Fit NOLA collaborate to address assessment, treatment, and supporting individuals with eating and weight related concerns,

Learn from yesterday, live for today, hope for tomorrow.

30. Cultivating Compassionate Minds through Social-emotional and Relational Literacy

Kimberly Mason, Ph.D., LPC, NCC, Walden University Professor

Catherine McDermott, Ph.D., LPC-S, NCC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Lacassine

Suggested Audience: School Counselors
Social cruelty occurs among youth and prevention efforts should focus on ways to cultivate social-emotional and relational literacy. The session will demonstrate how to engage youth to increase compassion, empathy, and understanding so social cruelty may decline.

31. Working the Exception: Solution Focused Counseling

Ida Chauvin, Ph.D., LPC-S, LMFT, Louisiana Tech University Professor

Ernie Cowger, Ph.D., LPC-S, LMFT, Louisiana Tech University Professor

Shalacey Bertrand, Graduate Student, Louisiana Tech

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bienvenue

Suggested Audience: LPC, LMFT, Social workers

This session will focus on Solution Focused Therapy which is one of the main stays of counseling because it can be brief, goal oriented and targeting the desired outcomes of therapy. Helping clients by pointing out exceptions will not only strengthen the confidence a client has in the counselor but will help clients reach their goal.

32. The Essential Ingredients in Becoming a Play Therapist

Erin Dugan, Ph.D., LPC-S, RPT-S, LSU Health Science Center Professor

Approved for: LPC, NBCC, LAC, NASW-C

Room: Cocodrie

Suggested Audience: School Schools, Clinicians

In this dynamic seminar attendees gain an overview of the history and development of the basic principles, objectives, goals, therapeutic

factors, tenets, and dimensions of play therapy. The basic skills and techniques in play therapy will be presented and examples of the utilization of the skills will be practiced.

33. #Counseling: How Social Media Can Benefit a School Counseling Program

CANCELLED

Room: Salon 2

Suggested Audience: School Counselors
Social media is prevalent in our society and Professional School Counselors can harness this tool to aide their school counseling program.

34. Faces of Trauma: Hurricane Katrina, Military, ????

(Diagnosis)

Kashon Wiley, MA, LPC-S, NCC

Viveca Johnson, M.A., NCC, PLPC

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Des Cannes

Suggested Audience: All

This session will focus on helping counselors to determine what mode of counseling is best suited for clients who exhibit criteria for trauma and stressor relate disorders.

The ties that bind us to life are tougher than you can imagine, or than anyone can who has not felt how roughly they may be pulled without breaking.

35. Sandy Hook: Lessons Learned (Best of Show)

Thomas Fonseca, Ph.D., LPC-S, LMFT-SC, NCSC, NCC, Our Lady of Holy Cross College Professor

Brian Hirsius, Graduate Student, Our Lady of Holy Cross College

Doug Lopata, Graduate Student, Our Lady of Holy Cross College

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Des Glaises

Suggested Audience: All

This presentation includes a first responder's exploration of the Incident Command System executed at Sandy Hook Elementary.

Recommendation will be explored concerning best practices in crisis response planning.

36. Depression in Adolescent Girls: Effective Treatment and Prevention (Diagnosis)

Laura Choate, Ed.D., LPC, Louisiana State University Professor

Kayla Fuller, M.A.

Alexandra Ambeau, MA

Michelle Robichaux, MA

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bistineau

Suggested Audience: All

By the age of 18, up to 20% of girls have experienced a depressive episode. This presentation will cover treatment components of CBT and Interpersonal Therapy, two well-studied treatments tailored to the needs of adolescent girls.

12:00 pm -2:00 pm Division Luncheons

LSCA Speaker: John White, Louisiana Superintendent of Education

Room: Salon 1

Approved for NBCC, LPC

LMHCA Speaker: Christian Dean, LPC-S, LMFT, Walden University Professor

“Interrelationships of Manipulative Drama “ **Approved for LPC, NBCC**

Room: Salon 4

LAMFC Speaker: Calvin Williams, LPC “Addictions in the Family” **Approved for:**

LPC, LMFT, NBCC

Room: Salon 3

11:45-1:00 Lunch on Your Own

1:00 pm – 2:00 pm 1.0 hour Workshops

Networking Sessions

1. CSI Session: Grab a sandwich and join other Graduate Students:

Grad Student 101 (presented by UNO Alpha Eta

Chapter of Chi Sigma Iota Speakers: Sarah

Barnes, M.E., Graduate Student UNO, Mary

Alice Olsan, (LA LPC Board of Examiners), Anita

Pool, M.Ed., NCSC, NCC, Doctoral Student, UNO

Approved for: LPC, NBCC

Room: Des Glaises

Suggested Audience: Master’s students & those preparing for PLPC application process

The presentation will cover practicum & internship requirements towards a counseling graduate degree & introduce students to ways to become involved in their program & the counseling profession. Doctoral degrees in counseling will be discussed and how students can become standout applicants. The PLPC application process will also be overviewed. Students will be able to ask questions of more advanced Master’s and Doctoral students.

2. LCSJ Networking Session

Speaker: Marjorie Esman, Executive Director ACLU of Louisiana

Approved for: LPC, NBCC, LAC

Room: Bistineau

3. Mini Sessions

Approved for: LPC, NBCC, LAC

Room: Bienvenue

12:45-2:15 Visit Exhibits

2:15 LCCA Executive Board Mtg.

Room: Kullman Boardroom

2:15 pm – 5:30 pm 3.0 hour workshops

37. School Based Crisis Prevention and Intervention

Christine Ebrahim, Ph.D., LPC-S, NCC, Loyola University Professor

Katherine Lambert, Graduate Student, Loyola

Molly Sanders, Graduate Student, Loyola

Room: Bienvenue

Approved for: LPC, NBCC, LAC, NASW-G

Suggested Audience: School Counselors

Effectively dealing with a school crisis requires a comprehensive plan that includes prevention, preparedness, intervention, and recovery.

During this interactive seminar, presenters will discuss best practices for school based crisis strategies.

38. Cooking Up Best Ethical Practices in Counseling (Ethics)

Jan Case, Ph.D., CRC, LRC, LSU Health Science Center Professor

Megan Long, Advanced MHS-RC Student at LSUHSC

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Salon 3

Suggested Audience: LPCs, LMFTs

The focus of this seminar is on one particular relationship (the relationship between the counselor and the newly revised ACA Code of Ethics and/or the AAMFT Code of Ethics) and a winsome and practical learning tool (The Baker's Dozen-II: Cookin' Up Best Ethical Practices) that can enhance this essential bond between the counselor and the Code in one's ongoing pursuit of best ethical practices.

39. Digging Deeper into Dialectical Behavior Therapy (Diagnosis)

Kate Zinaman, M.Ed., M.S., LPC

Approved for: LPC, NBCC, LAC, NASW-C

Room: Lacassine

Suggested Audience: ALL

This session will discuss how to accomplish realistically full strength DBT in today's world, leading effective skill groups and how to adapt DBT to youth.

40. Maclean's Three Brain Theory Revisited (Diagnosis)

Pete Cooper, M.S., LPC, PH.D. Candidate

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Timbalier

Suggested Audience: ALL

This seminar will revisit Paul MacLean's Three Brain Theory and apply it to the diagnosis of various disorders as described in the DSM-5 diagnostic criteria. The three primary levels of brain function will be illustrated in reference to physiology as well as the behavioral implications of brain anatomy.

41. Supervision: The Role of the Supervisor (Supervision and ethics)

Peter Emerson, Ed.D., LPC-S, Southeastern Louisiana University Professor

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 4

Suggested Audience: Supervisors

This session will examine the role of the Supervisor as it relates to Legal and Ethical Responsibilities, the changing nature of supervision in a developing supervision experience and the Supervisor's professional responsibilities.

42. The Growing Edge of Spirituality: Panel Discussion and Open Forum

Paul "Buddy" Ceasar, Ed.D., LPC-S, LMFT; Judy Miranti, Ed.D., LPC, LMFT, NCC, Xavier

University of Louisiana Professor, and Iman

Nawash, Ph.D., LPC-S, NCC

Moderator: Matthew Lyons, Ph.D., University of New Orleans Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Cocodrie

Suggested Audience: ALL

The counseling profession continues to grow in our recognition of spirituality as part of the human experience with cross-cultural implications and value the contributions of spirituality to wellness and therapeutic outcomes. The literature also reflects the growing interest in spirituality with increasing numbers of studies seeking to understand the phenomenon and the role it plays in counseling. Join us for a panel discussion that will include some locally and nationally known experts on spirituality. The moderated panel will discuss the growth of spirituality as a topic of interest, differentiating spirituality from religion, the role of spirituality in wellness, incorporating spirituality into counseling, and much more. Following the panel discussion, we will have an open discussion inviting the audience to ask questions, share their own perspectives, and continue to dialogue around this important topic.

Personal relationships are the fertile soil from which all advancement, all success and achievement in life grows.

2:15 pm -3:45 pm 1.5 hour workshops

43. Why Johnny Can't Keep His Hands to Himself and Answers to Other Baffling Behaviors

Sherene McHenry, Ph.D., LPC

Approved for: LPC, NBCC, LAC

Room: Salon 1

Suggested Audience: All

Strategically empower students experiencing difficulty in and out of the classroom, and leave equipped to change lives, transform classroom and work climates, and enhance relationships of all shapes and sizes.

44. Surviving the Parent Conference: A Humorous Look at a Sometimes Stressful Intervention

Mary Ballard, Ph.D., LPC, Southeastern Louisiana University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Des Glaises

Suggested Audience: School Counselors, Counselor Educators

This fun and lighthearted session takes a look at how different parenting styles play out in the parent conference. Tips for handling these sometimes difficult parents are discussed.

45. Transitioning to ICD-10-CM: What It Means for DSM-5 and Diagnostic Coding (Diagnosis)

Gary Gintner, Ph.D., LPC, Louisiana State University Professor

Amanda Anderson, Graduate Students, LSU

Bianca Lee, Graduate Students, LSU

Erin C. Savoy, Graduate Students, LSU

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 2

Suggested Audience: Clinicians

On October 1, 2015 ICD-10-CM will replace ICD-9-CM as the official US healthcare coding system. This program provides an overview of how this will impact the use of DSM-5 and how to write DSM-5 diagnoses using ICD-10 Codes.

46. Body Image And Eating Disorders: Toward A More Culturally Inclusive Perspective

Angela James, M.Ed., LPC, NCC

Eleanor McAuliffe, M.Ed., NCC, PLPC

Approved for: LPC, NBCC, LAC, NASW-C

Room: Bistineau

Suggested Audience: Clinicians, Students

This content session will focus on expanding social and cultural perspectives on body image and disordered eating among individuals. Clinical considerations and best practices will also be discussed.

4:00 pm – 5:30 pm 1.5 hour Workshops

47. High School Career Competencies and Helping to JUMP START Future Careers

Wendy Rock, M.Ed., LPC-S, NCC, NCSC

Anitra Boyd, M.Ed

Approved for: LPC, NBCC, LAC, NASW-G

Room: Bistineau

Suggested Audience: School Counselors

JUMP START is the state's new program providing career courses and workplace experiences to high school students, certifying them for the career fields most likely to lead to high-wage jobs. JUMP START is an elective path for students pursuing a university-preparatory diploma, and a required path for students pursuing a Career Diploma. JUMP START will ensure students access to state-of-the-art facilities, equipment, and professionals to prepare during their high school schedules for careers in Louisiana's high-growth job sectors.

48. Helping Children Process Grief and Loss

Christine Anthony, Ph.D., McNeese University Professor

Faye White, Ph.D., McNeese University Professor

Gwen Duhon, Ph.D., McNeese University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 2

Suggested Audience: All

This presentation is a basic overview of grief in children, the manner in which they process grief

and strategies and techniques for helping them achieve healing and acceptance.

49. Private Practice: From Intake to Billing

Christian Dean, Ph.D., LPC-S, LMFT, Walden University Professor

Sola Kippers, Ph.D., LPC-S, LMFT, CRC, CCTP, Capella University Professor

Approved for: LPC, NBCC, LMFT, NASW-G

Room: Des Glaises

Suggested Audience: Clinicians

Your practice is open for business, a client calls. Now what? Tips for before, during, and after client sessions: intake procedure, appraisal, diagnosing, billing and follow-up. This program will take participants through day to day management of a private practice.

50. Solving the Mystery: Understanding the Adolescent Brain

John Ryals, Jr., Ph.D., LPC-S, LMFT

Stephanie B. Lester, M.A., LPC, NCC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 1

Suggested Audience: All

This content session will focus on exploring recent findings from adolescent brain research, the link between adolescent thinking and behaviors, and the use of objective tools to identify targets for behavioral change. The interactive format will give participants an understanding of cutting edge knowledge and tools to utilize in their clinical practices.

5:45-6:45 LCDA Networking Session

Room: Salon 3

5:45-6:45 PAC Meeting

Room: Salon 4

5:45 LACES Executive Board Mtg.

Room: Lacassine

5:45 LASERVIC Executive Board Mtg.

Room: Cocodrie

5:45 LAMFC Executive Board Mtg.

Room: Kullman Boardroom

Tuesday, September 29th

7:00-8:00 Continental Breakfast

Hotel Lobby

7:30-8:00 Visit Exhibits

Hotel Lobby

8:00-9:30 1.5 hour Workshops

51. Mindfulness in Dialectical Behavior Therapy (Diagnosis)

Kate Zinaman, M.Ed., M.S., LPC

Approved for: LPC, NBCC, NASW-C

Room: Des Glaises

Suggested Audience: Clinicians

Of the five skills taught in DBT Skills Groups, the mindfulness module is considered core—essential to the mastery of all other skills. This presentation explains its importance.



52. Bullying Prevention and Conflict Resolution

Alice Cryer-Sumler, Ph.D., NBCC, LPC
Mary Lou Sumrall, M.Ed.

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 4

Suggested Audience: School Counselors
Bullying is prevalent in our schools at all levels and school counselor play a vital role in bullying prevention. This session will discuss the characteristics of bullying and strategies to prevent bullying. In addition the presenter will discuss how conflict resolution is viewed with bullying resolution.

53. The Power of Presence: Rediscovering the Client and the Therapeutic Relationship

David Spruill Ph.D., LPC-S, LMFT-S, University of Louisiana at Lafayette Professor
Lauren Hasha, M.S., PLPC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bienvenue

Suggested Audience: All
Counselors often emphasize theory and techniques over client factors and the counseling relationship, which are stronger predictors of client success. Participants will learn how to utilize these “common factors” to improve client outcomes.

54. Tourette Syndrome: An Overview with Comorbidity (Diagnosis)

Meredith Nelson, Ph.D., LPC, LMFT, NCC,
Louisiana State University Shreveport Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Timbalier

Suggested Audience: All
Diagnostic criteria for Tourette Syndrome (TS) will be outlined and issues for counselors, especially in the school setting will be addressed. Comorbidity with OCD, ADD/ADHD will be discussed.

55. Healing Our Heroes: A Holistic Perspective on Ending Veteran Homelessness

Christopher Monceaux, M.S., PLPC, CCTP
Shauna Russell, M.S., PLPC, Counselor in Training with ADRA, SOAR-certified case manager

Approved for: LPC, NBCC, LAC, NASW-G

Room: Lacassine

Suggested Audience: All
This presentation identifies the major barriers to permanent housing for homeless veterans. Additionally, resources and techniques for appropriate referrals and treatment for overcoming these barriers will be reviewed.

56. Play Hard, Work Hard: The Importance of Morale

Ariann Evans, M.S., NCC, PLPC
Nicholas Hingel, M.Ed., LPC-S

Approved for: LPC, NBCC, LAC, NASW-G

Room: Cocodrie

Suggested Audience: All
During this session the presenter will lead a discussion to examine morale in agency, school, and supervision settings. An alternative supervision model and suggestions for community building activities will be provided.

57. I'm So Fancy: Counseling African American Girls

Rashunda Miller Reed, M.Ed., LPC, LMFT
Cathy Green-Miner, M.ED., LPC-S, NCC
Mya Galathe, Graduate Students, UNO
Ciera Trufant, Graduate Students, UNO

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Bistineau

Suggested Audience: Counselors interested in working with African American girls
Join us as we discuss how to create a counseling process that is appropriate and relevant based on the needs of African American girls.

58. Integration of Play Therapy with Insecurely Attached Adolescents

Erin Dugan, Ph.D., LPC-S, RPT-S, LSU Health Science Center Professor

Megan Long, Graduate Student, LSUHSC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 1

Suggested Audience: All
This seminar will inform participants as to the ways in which adolescents are impacted when they experience insecure attachment with the primary caretaker. The session will also discuss a pilot study currently being conducted to gain

deeper meaning into the ways Registered Play therapists and Supervisors integrate play therapy into their treatment of these individuals.

59. Structuring a Session Using SFBC and FACT (Diagnosis)

Irv Esters, Ph.D., LPC-S, University of Louisiana Professor

Whitney Storey, Graduate Student University of Louisiana at Lafayette

Approved for: LPC, NBCC, LAC, NASW-C

Salon 2

Suggested Audience: All

This program will focus on structuring a session within two popular brief intervention models, including a presentation of information and demonstration of techniques.

The practice of charity will bind us---will bind all men in one great brotherhood.

60. Leveling Up Your Game: Integration of Interactive Videogames into Clinical Counseling Practice

Latifey LaFleur, Ph.D., LPC-S, RPT-S, University of Louisiana at Lafayette Professor

Monet David, Graduate Student, ULL

Aimee Schexnider Dupuy, Graduate Student, ULL

Zach Hebert, Graduate Student, ULL

Approved for: LPC, NBCC, LAC, NASW-C

Room: Salon 3

Suggested Audience: ALL

Video games have become cultural touchstones for many clients and offer powerful therapeutic applications. This presentation provides innovative techniques to integrate video games to build the therapeutic alliance and address clinical concerns.

61. Differentiation through the Lens of Mindfulness (Best of Show)

Justin Levitov, Ph.D., LPC, LMFT, Loyola University Professor Retired

Kevin Foose, M.S., LPC, Loyola University Assistant Professor

Maria Cicio, M.S., LPC, LMFT, NBCC, NCSW-C, LAC

Approved for: LPC, NBCC, LAC, NASW-C

Room: Des Cannes

Suggested Audience: LPCs and LMFTs

Differentiation of self and Mindfulness share many commonalities. This presentation offers ways to integrate Mindfulness with differentiation and propose techniques to enhance the therapeutic process.

9:45-10:15 LCA General Meeting

Room: Salon 1

10:30 am – 12:00 noon 1.5 hour Workshop

62. Social Skills Development and School Based Play Techniques: Educating and Empowering Students (Diagnosis)

Laura Fazio-Griffith, Ph.D., LPC-S, LMFT, RPT-S, Southeastern Louisiana University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Timbalier

Suggested Audience: ALL

This session is developed for clinicians who desire to enhance their knowledge of Cognitive Behavioral Play Therapy (CBPT) interventions utilized to facilitate school based social skills groups.

63. Practical Framework for Conduction Distance Supervision (Supervision)

Michelle de la Paz, Ph.D., LPC-S, LMFT

Sola Kippers, Ph.D., LPC-S, LMFT, CRC, CCTP, Capella University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 3

Suggested Audience: Supervisors, Interns

The LPC Board allows for 25 of the minimum

100 face-to-face supervision hours by a board-approved supervisor. Presenters will impart knowledge about the history of distance supervision and outline a framework for beginning conducting and documenting distance sessions within the guidelines set forth by ACA and NBCC.

64. Boundaries in Mental Health Counseling

Cynthia Cashman, M.S., LPC-S, NCC, LAC

Approved for: LPC, NBCC, LAC, NASW-C

Room: Salon 1

Suggested Audience: All

This presentation reviews boundaries in mental health counseling including the differences between boundary crossings, which when intentional and short-term, may be beneficial, and boundary violations which are always harmful.

65. Survival Strategies to Use during a School Shooting Event: Understanding ALICE Implementation

Thomas Fonseca, Ph.D., LPC-S, LMFT-SC, Our Lady of Holy Cross College Professor

Carmen Ward-Lewis, M.A., PLPC, NCC

Emily Pasternak, Graduate Student, Our Lady of Holy Cross College

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Salon 2

Suggested Audience: All

ALICE is Alert, Lockdown Inform, Counter, and Evacuate. Learn about ALICE as a set of proactive strategies that increase the chances of survival during an active shooter event. ALICE is the nation's first pro-active violent intruder response program.

66. Times of Change: A Developmental Understanding of Transgendered Clients

Katherine Hermann, Ph.D., University of Louisiana at Lafayette Assistant Professor

Shelly Semien, Graduate Student, ULL

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Lacassine

Suggested Audience: All

Do you have a limited understanding of transgendered clients? If so, join this presentation to learn about common

misconceptions, clinical and medical considerations, transgendered individual's emotional and physical developmental process, and therapeutic interventions.

67. When I Grow Up: College and Career Planning for Elementary School Students

Stephanie Choy, M.Ed.

Approved for: LPC, NBCC, LAC, NASW-G

Room: Des Glaises

Suggested Audience: School Counselors

Students are never too young to think about their futures. As JUMP START is implemented in Louisiana, it is critical that career and college planning begin in elementary school.

Additionally exposing our youngest to a wide variety of career paths may prevent them from limiting their career choices too early or base them on gender, race, or other attributes.

Keeping elementary students interested is no easy task and this presentation will discuss ways to keep students engaged and provide sample lessons and resource lists for counselors to take back to their schools.

68. Creative Group Techniques for Substance Abuse

Adrienne Trogden, M.A., LPC-S, LAC, CCS

Approved for: LPC, NBCC, LAC, NASW-C

Room: Bistineau

Suggested Audience: Clinicians, LAC

Tired of the same old substance abuse group topics? Want some new ideas and creative ways to conduct group? Then, this is the workshop for you. It can be difficult to consistently come up with new group ideas that are engaging for both the client and counselor. This workshop will present a variety of creative group ideas and activities to provide engaging and meaningful groups for both clients and group facilitators.

69. Overview of the Domestic Violence Cycle

Rhonda Yousef, M.S., PLPC

Regina Robichaux, NCC, LPC-S, LMFT

Dr. Rick Perkins

Meagan Patout, Faith House Liaison

Approved for: LPC, NBCC, LAC, NASW-G

Room: Salon 4

Suggested Audience: All

This session will present an overview of the domestic violence as a pattern, detailing the four types of abuse and the power and control wheel. The session will also discuss perpetrators' tactics and their common barriers to change.

70. African American Millennials and Mental Health

LaKeitha Poole, M.A., NBCC

Approved for: LPC, NBCC, LAC, LMFT, NASW-G

Room: Des Cannes

Suggested Audience: All

The purpose of this session is to examine the relationship between resilience, identity development, and academic achievement among African American college students and the creation of services for this population.

12:00-1:00 Lunch on Your Own

12:00 noon -2:00 pm Division Luncheons

LAMCD

"Struggles of Immigrant Families" Roy Salgado, Ph.D., LPC

Approved for: LPC, NBCC, LAC

Room: Cocodrie

LASERVIC

"Interpersonal Relationships" Michael Ruiz, LPC-S, LMFT, NCC

Approved for LPC, NBCC, LMFT

Room: Bienvenue

12:30-1:30 Visit Exhibits

Hotel Lobby

Have you visited the exhibitors? Please thank them for attending our conference.

1:00 pm – 2:00 pm Networking Opportunities

Mini Sessions A

Approved for: LPC, NBCC, LAC

Room: Salon 3

Mini Sessions B

Approved for: LPC, NBCC, LAC

Room: Salon 2

LSCA Networking Sessions

Elementary

Room: Salon 4

Middle

Room: Bistineau

Secondary

Room: Salon 1

2:15 pm – 3:45 pm 1.5 hour Workshops

71. It Takes Time: Investing for Positive Change Best of Show, 2014

Cindy Nardini, M.S., LPC

Selena Elmore, Client

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Bienvenue

Suggested Audience: LPCs and LMFTs who do psychotherapy

A client and counselor will explore aspects such as empathy and validation that help bring about positive change for the client. An understanding from a spiritual approach will be added.

72. High Stakes, Fast-Paced: Stress Management Interventions for Middle School Students

Tristen Bergholtz, M.Ed.

Meagan St Pierre, M.Ed.

Jennie Trocquet Hermann, M.Ed.

Approved for: LPC, NBCC, LAC, NASW-C

Room: Lacassine

Suggested Audience: Middle School Counselors

The most common stressors for middle school students will be discussed in this session.

Attendees to this session will receive a session-by-session outline for a stress management group.

73. Gambling Disorder: Odds Are We Are Missing a Chance to Treat (Diagnosis)

Heather Kleckinger-Craven, M.S., LPC
John Bundrick, M.A., PLPC
Ernie Cowger, Ph.D., LPC, LMFT, Louisiana Tech University Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C
Room: Bistineau

Suggested Audience: All
Gambling Disorder is overlooked while clinicians treat other issues. Learn how to assess for gambling throughout treatment and create a plan that meets the specific needs relative to compulsive gambling.

74. Innovative Tools and Interventions for Supervision (Supervision)

Latifey LaFleur, Ph.D., LPC-S, RPT-S, University of Louisiana at Lafayette Professor
Marc Bourgeois, Ph.D., LPC-S, University of Louisiana at Lafayette Professor

Approved for: LPC, NBCC, LAC, NASW-G
Room: Salon 1

Suggested Audience: Supervisors
This presentation will explore research regarding effective supervision practices and provide supervisors with innovative tools and creative interventions for organization and delivery of supervision.

75. Resiliency, Rest, and Rhythm: Restoring Wellness

Katherine Hermann, Ph.D., University of Louisiana at Lafayette Assistant Professor
Mary Beth Moore, Graduate Student, ULL
Rev. Susan Ferguson

Approved for: LPC, NBCC, LAC, LMFT, NASW-G
Room: Salon 2

Suggested Audience: All
Feeling stressed? Participate in this workshop to discover the healing benefits of integrating resiliency skills, restful practices, and a rhythm of life to promote holistic emotional physical and cognitive wealth.

76. Promoting a Culture of College and Career Readiness in Middle School

Tara Washington, NCC, NCSC, BCPC
Jennifer Degruise, M.C.Ed., NCSC, NCC

Approved for: LPC, NBCC, NASW-G
Room: Des Cannes

Suggested Audience: Middle School Counselors
This presentation will focus on sharing activities, events, and lessons that prepare middle school students for college and career readiness.

77. Movies as Bibliotherapy

Irv Esters, Ph.D., LPC-S, University of Louisiana at Lafayette Professor
Hannah Grant, Graduate Student, ULL

Approved for: LPC, NBCC, LAC, LMFT, NASW-G
Room: Timbalier

Suggested Audience: All
Movies touch on many issues encountered in counseling. This program will examine several clips from modern cinema and discuss how they can be used much like Bibliotherapy for client care.

78. Attachment Theory and Disability: How Is Attachment Theory Being Utilized in Research Pertaining to People with Disabilities

Dustin Reed, MHS, CRC, PLPC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C
Room: Des Glaises

Suggested Audience: All
This presentation will explore relationships people with disabilities (PWD) have with the people in their lives. Attachment Theory will be utilized in the understanding of those relationships: friends, family, professional, and the perceptions people have of PWD regarding relationships.

79. Acceptance and Commitment Therapy (ACT) with Couples: The Practice of Marriage (Diagnosis)

Corey Porche, M.S., LPC

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 3

Suggested Audience: LPCs, LMFTs

This session will offer an introduction to an Acceptance and Commitment Therapy (ACT). This therapy offers the therapists targets as well as a multitude of ways to intervene in order to increase psychological flexibility within the couple's system, affect values-based behavioral change and possibly increase marital satisfaction.

80. School and Marriage and Family Counselors: A Winning Combination

Rashunda Miller Reed, M.Ed., LPC, LMFT

Judith Miranti, Ed.D., LPC, LMFT, Certified Professional School Counselor, Xavier University Professor

Dottie Martin, Ph.D., NCC, LPC-S, , Our Lady of Holy Cross Professor

Approved for: LPC, NBCC, LAC, LMFT, NASW-C

Room: Salon 4

Suggested Audience: School Counselors, LMFTs

This session focuses on the needs, barriers, facilitators and strategies in order to promote systemic treatment in a school setting to better address the complex needs of students. This session will discuss research and professional experiences as it relates to the use of systemic and family treatment. This interactive researched based and practical session is designed to highlight the complements between school counselors and marriage and family counselors.

3:50 Closing Session

Salon 3

**Thank you for
showing your support
for Counseling and
LCA!**

Safe travels home and we hope you will join us at the Crown Plaza Baton Rouge next September for LCA 2016

Mini Sessions

Monday, September 28th 1:00 pm – 2:00 pm

(Attendees must attend the entire session to receive CE clock hours.)

Room: Bistineau

1. Experiential Family Therapy Groups for Girls

Xenia Hatzilias, B.S., Masters Candidate, Loyola University

Sarah Finney, B.S., Masters Candidate, Loyola University

This session will offer a 12-week group for adolescent females suffering from low esteem. The groups will utilize Experiential Family Therapy through Virginia Satir's work and will focus on building self-esteem.

2. Go See the Counselor! Building Rapport with Mandated Student Clients

Brittney Yandle, B.S., Masters Candidate, UNO

Maya Galathe, B.S., Masters Candidate, UNO

This presentative will address innovative and creative techniques that school counselors can utilize to build rapport and work through resistance with mandated student clients.

3. Motivating Techniques for Clients: A Solution-Focused Approach

Ida Chauvin, Ph.D., LPC-S, LMFT, Louisiana Tech University Professor

Shalacey M. Bertrand, B.A., Masters Candidate, Louisiana Tech University

Motivation is a driving force behind individuals. At times, motivation is limited to certain areas of one's life. Solution-focused therapy provides motivational guidance in other areas of the client's life.

Tuesday, September 29 12:30 pm -1:30 pm

Salon 3

1. It Ain't Your Mama's Yoga! Transformations Utilizing the DDP Yoga System

Pete Cooper, M.S., LPC Doctoral Candidate, Capella University

This presentation will present a single qualitative case study to examine the psychophysiological transformations that occurred in a 54 year old disabled veteran who has engaged in the DDP yoga system for six years.

2. Female Child Sexual Offenders: An Adlerian Conceptualization

Devin Leivo, B.S., B.A., Masters Candidate, Loyola University

This session will present information about female child sexual offenders and their victims, briefly outline Adlerian tenets, provide an Adlerian conceptualization females who sexually victimize children, and suggest treatments.

3. Integrating Feminist Narrative, and Exercise Therapies in Group Psychotherapy with Female Trauma Survivors

Angela Pellerin, BA, Masters Candidate, LSU

This session will present research on possible benefits of integrating feminist, narrative, and yoga therapists with female trauma victims, by challenging oppressive dominant narratives, fostering empowerment, and addressing the somatic component to trauma.

Salon 2

1. Acceptance and Commitment Group Therapy for Male Veterans with PTSD

Laura Pignato, B.A., B.S., Masters Candidate, Loyola

Lynsey Hinnenkamp, B.S. Masters Candidate, Loyola

Acceptance and Commitment therapy offers an innovative solution for male veterans with PTSD by targeting emotional avoidance and increasing psychological flexibility through emotional tolerance in a group modality.

2. The Advanced Use of Technology to Enhance Personal and Professional Growth during the Supervision Process for Graduate Students in Counselor Education Programs

Aliah Esmaeili, Ph.D., LPC-S, NCC, Certified School counselor

Josette David, Masters Candidate, Southeastern Louisiana University

This mini session will review the use of advanced technological software, the *Landro Play Analyzer* to enhance the supervision process for graduate students in a Counselor Education Master's program.

3. The Role of Disabling Sports Injuries in Substance Abuse

Molly Holmes, Masters Candidate, Loyola University

Caitlin Bach, Masters Candidate Loyola University

This presentation will examine the potential correlations between disabling sports injuries, identity and drug and alcohol abuse in adolescent and young adult males.

Tracts

Ethics Tract

PC-1 Being an Ethical Professional School Counselor: A Review of the Ethical Standards and Challenges in Schools

PC-4 Toward an Understanding of the Interaction of Values and Systems and their Relationship to Professional Identity, Competence and Ethical Practice

38. Cooking Up Best Ethical Practices in Counseling

41. Supervision: The Role of the Supervisor

Diagnosis Tract

P C-2 Appraisal and Diagnosis of Bipolar and Depressive Disorders

2. An Introduction to Acceptance and Commitment Therapy: Mindfulness and the Science of Change

3. Approaches! Techniques! Assessments Working with Diagnoses and Presenting Issues in Children and Adolescents in the School Setting

5. Integrating Biofeedback into Counseling: An Interactive Discussion and Demonstration

7. On the Cutting Edge: Self Harm in Adolescent Girls

22. ADHD vs. the Gifted Child

26. Healing the Family: A Systemic Look into the Treatment of Eating Disorders

29. A Fit NOLA: Obesity, Eating Disorders and Productivity

34. Faces of Trauma: Hurricane Katrina, Military, ????

36. Depression in Adolescent Girls: Effective Treatment and Prevention

39. Digging Deeper into Dialectical Behavior Therapy

40. Maclean's Three Brain Theory Revisited

41. Supervision: The Role of the Supervisor

- 45. Transitioning to ICD-10-CM: What It Means for DSM-5 and Diagnostic Coding
- 51. Mindfulness in Dialectical Behavior Therapy
- 54. Tourette Syndrome: An Overview with Co-morbidity
- 59. Structuring a Session Using SFBC and FACT
- 62. Social Skills Development and School Base Play Techniques: Educating and Empowering Students
- 73. Gambling Disorder: Odds Are We Are Missing a Chance to Treat
- 79. Acceptance and Commitment Therapy (ACT) with Couples: The Practice of Marriage

Supervision Tract

- 11. Multicultural Supervision with English Learning Supervisees
- 63. Practical Framework for Conduction Distance Supervision
- 74. Innovative Tools and Interventions for Supervision



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Today you are you. That is truer than true. There is no one alive who is "you-er" than you.

FORMS AND HANDOUTS

High Stress or High Impact: The Choice Is Yours

Louisiana Counselor Association

Sherene McHenry, Ph.D., LPC
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Inequitable or Even

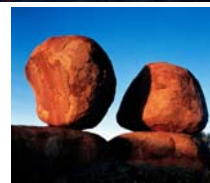
* Neither an under nor an over-functioner be!

* Do your share

* Hold others accountable

* Boulder or Backpack

Guilt goes away, resentment builds.



Tolerate or Terminate

“Bad behavior left unchecked grows.” Dr. Brenda Freeman

* Mitigate:

- * Drainers
- * Takers
- * Gators
- * Players



Give or Guard



“Learn to say no, it’ll be far more helpful than Greek, algebra or anything else you learn in college” Dr. Charles Swindoll

- * Say no to things you have neither the time, resources or desire to do.
- * Say no to over-functioning.
- * *Guilt goes away, resentment builds.*

Powerless or Powerful



- * No, thank you.
- * That doesn't work for me.
- * Thanks for asking, but I can't.
- * I can't do that, but I'd be happy to do this.
- * I'm flattered to be asked, but my plate is full. You may want to check with _____.
- * Let me get back with you.
- * I can help you with that next week.

Frozen or Free



- * Forgive Self
- * Forgive Others
 - * Termination Letter
 - * What I like(d) about you
 - * What I learned from you
 - * What I'd like you to know/understand
 - * My hopes for you
 - * Thank you
 - * It's done when "gator" bites are gone

Wear Down or Build Up

Do's

- * Find the humor
- * Watch funny shows
- * Read the funny pages
- * Make funny faces
- * Tell jokes
- * Choose laughter

Don'ts

- * Use humor to wound or "jab"
- * Humor at another's expense



Empty or Full Tank



- * Identify three activities that make you happy.

1. _____

2. _____

3. _____

- * Budget time and resources to regularly engage in energizing activities.



Stagnate or Passionate



- * Identify 25 hopes and dreams
- * Determine what's most important
- * Turn a dream into a reality with three High Value Activities (HVA's) a day.



Burnout or Boundaries

One thing I've noticed where ever I wander, everyone's got a dream they can follow or squander. You can do what you will with the days you are given. I'm trying to spend mine on the business of living...

Seize the day. Seize whatever you can,
Cause life slips away just like hour glass sand
Seize the Day, pray for grace from God's hand
that nothing will stand in your way.
Seize the day!

Seize the Day by Carolyn Arends, "I Can Hear You" (1995). Revision Records



Why Johnny Can't Keep His Hands to Himself

Louisiana Counseling Association



Sherene McHenry, Ph.D., LPC

Fully Engaged, LLC

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Key Concepts

- One of the deepest human needs is to feel valued and appreciated
- Relationships deteriorate when people do not feel valued and appreciated
- When people feel unappreciated, negative behaviors ensue
- People feel valued, appreciated and motivated when they receive feedback in a language they understand



Chapman's Love Languages:

- Are as different as
 - Chinese
 - English
 - French
 - German
 - Spanish
- Miscommunication occurs when individuals communicate valuing and appreciation in differing languages.



Five Languages:



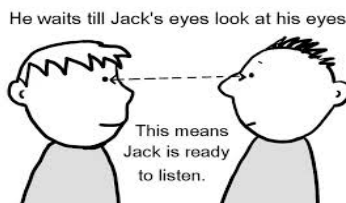
Affirmation:

- Feel valued and motivated when they receive compliments, statements of appreciation and words of encouragement.



Quality Time

- Feel valued and motivated when receiving undivided, focused attention, quality conversation and shared activities.



Gifts

Feel valued and motivated when given gifts that show the giver appreciates what they've done or knows them well enough to know what they like.



Service

- Feel valued and motivated when others see what needs to be done and do it without having to be asked.



**What You DO
Says More
Than What
You SAY**



Physical Touch

- Feel valued and motivated when they receive meaningful physical contact they enjoy.



Can People Be More Than One?



- Everyone has a primary language, most have a secondary language
- All five are nice and generally appreciated, but we would feel a great sadness if we never heard our language again
- We tend to express love, value and appreciation in our primary language
- We feel most valued, appreciated and loved when communicated with in our primary language

Questions to Ask:



- When was the last time you knew someone (spouse, child, friends, boss, colleague...) appreciated you? How did you know?
- How do you let others (boss, spouse, children, friends, colleagues...) know you appreciate and value them?
- What “hurts” do you still carry with you?
- What do you withdraw when you are hurt, angry or feeling unappreciated?
- What do you most often ask others for?



What do you most often complain about not getting?

Why learn a language

- Individuals, be it at home, work or school, long to feel valued, respected and appreciated.
- The happiest, most loyal people (students, co-workers, spouses, children...) are given love and appreciation in their primary language and recognize the languages of those around them.
- It is a choice to speak the language of the receiver.
- The mark of a mature adult is the ability to speak all 5 languages

Based on *The Five Love Languages* by Dr. Gary Chapman, Northfield Press.

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- *Coverage is available to eligible residents of the United States of America and Puerto Rico.
- *Discount not available to residents of Florida.
- *Discount available for individual policies only and does NOT apply to practice or business policies (i.e. LLC, PC, INC or practices with multiple employees).
- *(Discount applied at each renewal for three years)**

Instructions:

(1) You must secure a total of 6.0 Contact Hours (0.6 CEUs) or more by attending a combination of approved Learning Institutes (LIs), 90 minute and or 60 minute education sessions from the Conference Program Guide. Keynote sessions, 30-Minute Project/Research Poster Sessions are NOT approved.

Please note the list of unapproved sessions on the back of this form.

- (2) Include your name, address and policy number (if applicable) in the space provided below.
- (3) Sign the form. Unsigned forms will not be processed.

(4) Make a copy of this form for your records.

(5) A) If you are a current HPSO customer with an individual professional liability insurance policy then you may fax a copy of this form to 1-800-758-3635.

B) If you are not currently a HPSO customer, please contact www.HPSO.com to obtain an application for coverage.

C) Discount available for individual policies only and does not apply to practice or business policies.

Return the completed application and a copy of this form to HPSO at:

Healthcare Providers Service Organization

159 East County Line Road

Hatboro, PA 19040

(Print clearly)

Name:	
Address:	
City/State/Zip:	Policy Number:

Please list the Approved Sessions and/or Workshops you attended below. (Excluded sessions are listed on the reverse side of this page. Please note that all Poster Sessions and sessions less than 60 minutes in length are *excluded*):

Note each 60 Minute Session= 1.0 CE, and each 120 Minute Session = 2.0 CE, etc.

	Date	Time	Title	CE Amount
1				
2				
3				
4				
5				
6				

Total CE Amount (You must secure a total of 6.0 CE's or more)

I certify that the information I have reported on this form is complete and accurate.

Signature _____ Date: _____

The following sessions are **excluded** and may **not** be applied toward the 10% discount:

Saturday, September 26	
	All Sessions Included
Sunday, September 27	
	All Sessions Included
Monday, September 28	
12:45 pm – 1:45 pm	Networking Sessions
5:45 pm – 6:45 pm	PAC Meeting
8:00 pm	Past President's Meeting
Tuesday, September 29	
12:30 pm – 1:30 pm	Networking Opportunities



That's the average cost for a counseling professional to *defend* against a malpractice suit. Add another **\$129,900** if the claim is settled against you.*

The Counselors Professional Liability Insurance available through HPSO offers up to **\$1 million** each claim (up to \$5 million annual aggregate) of medical malpractice insurance, *plus* it pays your legal expenses.

- **66.7%** of malpractice claims involve face-to-face counseling with the client
- **39.7%** of allegations are due to 'inappropriate relationship' with the client
- **6.6%** of licensing board complaints result in loss of license
- **\$11 million** paid for counselors' malpractice claims over 10 years

Counselors Professional Liability Insurance

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800.982.9491

www.hpso.com/LCA



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When you add up all the numbers, HPSO equals *peace of mind.*

*Understanding Counselor Liability Risk, NSO and CNA, March 2014.

Healthcare Providers Service Organization is a registered trade name of Affinity Insurance Services, Inc.; (TX 13695); (AR 100106022); in CA, MN, AIS Affinity Insurance Agency, Inc. (CA 0795465); in OK, AIS Affinity Insurance Services, Inc.; in CA, Aon Affinity Insurance Services, Inc., (CA 0694493), Aon Direct Insurance Administrators and Berkely Insurance Agency and in NY, AIS Affinity Insurance Agency. E-11308-0615

THE PEOPLE'S CHOICE

BEST OF SHOW 2015

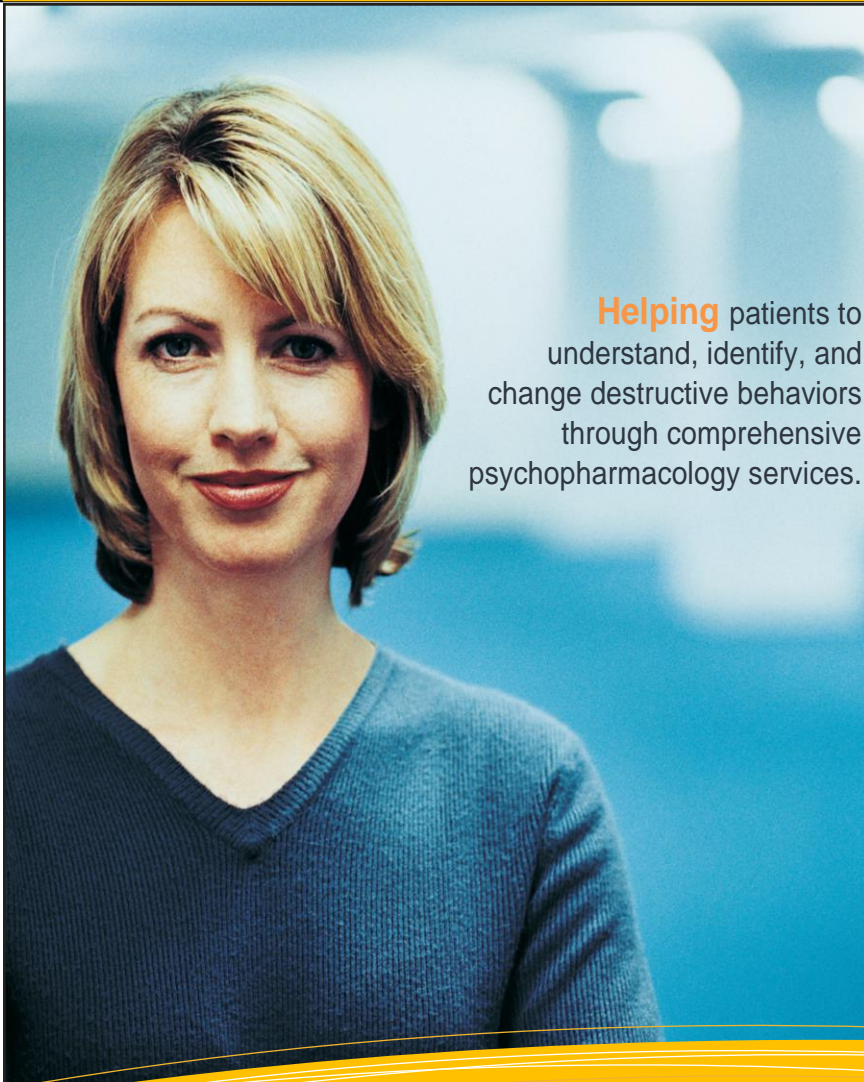
You are asked to select the most outstanding presentation from among those sessions you attend at the 2015 LCA Conference. The presentation(s) receiving the greatest number of votes will be honored with the distinction of “Best of Show” in the 2016 program. To cast your vote simply fill-in the blanks below, tear out, and place in the box provided. (Use original, no copies)

Session # _____

Title of Session _____

Name of Presenter(s)

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LASACT Sign-in and Sign-out Forms.

DO NOT TURN THIS FORM IN UNLESS YOU ARE REQUESTING LAC CEUs.

If you are planning to request LAC continuing education credit, you **MUST** sign in and sign out of the conference. Please submit the forms to the information table located outside the University Room. The sign-in form should document the time you begin the conference experience and the sign-in/out form may be submitted just prior to leaving conference. **LAC credit will not be given if the full form is not completed and submitted. LCA must submit these forms to the LASACT office (this is in lieu of your signing in and out of each concurrent session that you attend.)**

LASACT SIGN-IN FORM

I certify that I attended the LCA conference beginning

_____ at _____

(Date)

(Time)

(Name Printed)

(Signature)

LASACT SIGN-OUT FORM

I certify that I left the LCA conference _____ at

(Date)

(Time)

(Name Printed)

(Signature)

LOUISIANA
NATIONAL GUARD

LOUISIANA NATIONAL GUARD YOUTH CHALLENGE! PROGRAM



★ *“Changing America, One Youth at a Time”* ★

The Louisiana National Guard Youth Challenge Program (YCP) is an alternative educational program which offers 16-18 year old adolescents an opportunity to change their future. Students looking for a way to succeed outside of a traditional school setting learn self-discipline, leadership, and responsibility while working to obtain a high school equivalency diploma.

In total, YCP is a 17 month program which consists of two phases. During the 5 month Residential Phase, students live on site at one of the three locations: Camp Minden near Shreveport, Camp Beauregard in Central Louisiana, and The Gillis W. Long Center near Baton Rouge. During the Residential Phase, students attend school, receive individual counseling, and are supervised 24 hours a day.

After graduation, students return home and enter the 12 month Post Residential Phase. During this phase, which is designed to help students continue in a positive direction, graduates are assisted by case managers and community mentors to continue their education, enroll in college, begin job training, find employment, or enlist in the military.

What are the eligibility requirements to enroll?

Louisiana residents between the ages of 16 and 18 are eligible to attend YCP. Applicants should have a strong desire to complete a structured and disciplined program, and must attend an interview in order to apply.

Where are the three Louisiana YCP locations and when do they start?

Louisiana operates three Youth Challenge Programs. Each camp conducts two classes per year, and is open to applicants throughout the state. Camp Minden near Shreveport begins classes every February and August. Camp Beauregard in Central Louisiana begins classes every January and July. The Gillis W. Long Center near Baton Rouge begins classes every April and October.

Are graduates obligated to join the military?

No. Although YCP is administered by The Louisiana National Guard, students are not required to join the military. All students take the ASVAB, and interested graduates that meet specific eligibility qualifications and requirements may enlist in the military branch of their choice.

Do all students earn their high school equivalency diploma while in residence?

During the 5 month Residential Phase students attend daily classes with certified instructors and work at their own pace to improve their math and reading skills in order to increase their individual grade level. Those students who meet state eligibility requirements are provided the opportunity to test for their high school equivalency diploma.

Are there any additional educational opportunities for students in the program?

In collaboration with Bossier Parish Community College (BPCC) near Shreveport, LA and Associated Building Contractors, The Louisiana National Guard Youth Challenge Program is proud to offer students two exciting educational opportunities while enrolled in the Residential Phase of YCP. Students who qualify to participate in the BPCC program have the potential to earn up to 15 hours of college credit. Eligible students who participate in the NCCER course complete a 90 hour training class in order to become certified in basic construction technology.

Is this a boot camp?

No. This term is often affiliated with the court system. YCP is a military style alternative educational program. Students cannot be sentenced or court ordered to attend. The decision to attend should be made by the applicant and family. Each year a diverse group of teenagers from all across the state, and from all walks of life successfully complete the program.

When can I visit my cadet?

During the 5 month Residential Phase there are opportunities for cadets to visit family and friends. Each camp hosts two Family Days. Additionally, cadets are sent home for an extended weekend visit during scheduled home passes. Otherwise, students correspond with family and friends through letter writing, and place phone calls home once per week.

How much does the program cost?

There is no tuition associated with the program. All uniform, meal, educational, and housing costs are provided free of charge!



For More Information and Application Instructions:

1-800-CAMP-KID

LANGYCP.COM

 Louisiana Youth Challenge

★ Camp Minden,

Gillis Long
A/d?



The Youth Challenge Program does not exclude any person based on race, color, national origin, gender or religion

LOUISIANA COUNSELING ASSOCIATION CONFERENCE

September 26-29, 2015

Conference Evaluation

PLEASE SUBMIT YOUR COMPLETED EVALUATION BEFORE LEAVING THE CONFERENCE

Please circle the number that best represents your evaluation of each item listed.

(5= Excellent, 1= Unacceptable NA=Did not attend)

1. Registration	5	4	3	2	1	NA
2. Hotel	5	4	3	2	1	NA
3. President's Reception	5	4	3	2	1	NA
4. Division Meal	5	4	3	2	1	NA

Please list the number of each presentation and circle the number to evaluate each:

6. Pre-conference Workshop # _____ 5 4 3 2 1 NA

7. Sunday, September 27

8:30 Program # _____ 5 4 3 2 1 NA

10:15 Program # _____ 5 4 3 2 1 NA

1:30 Program # _____ 5 4 3 2 1 NA

3:30 Program # _____ 5 4 3 2 1 NA

8. Monday, September 28

General Session _____ 5 4 3 2 1 NA

10:15 Program # _____ 5 4 3 2 1 NA

2:15 Program # _____ 5 4 3 2 1 NA

4:00 Program # _____ 5 4 3 2 1 NA

9. Tuesday, September 29

8:00 Program # _____ 5 4 3 2 1 NA

10:30 Program # _____ 5 4 3 2 1 NA

2:15 Program # _____ 5 4 3 2 1 NA

10. Are you willing to volunteer at the 2016 conference? If so :

_____ (name)

_____ (email address or contact #)

If you do not want to sign your name to this form, please email your willingness to help with the 2016 conference to lca_austin@bellsouth.net.



P A L M E T T O



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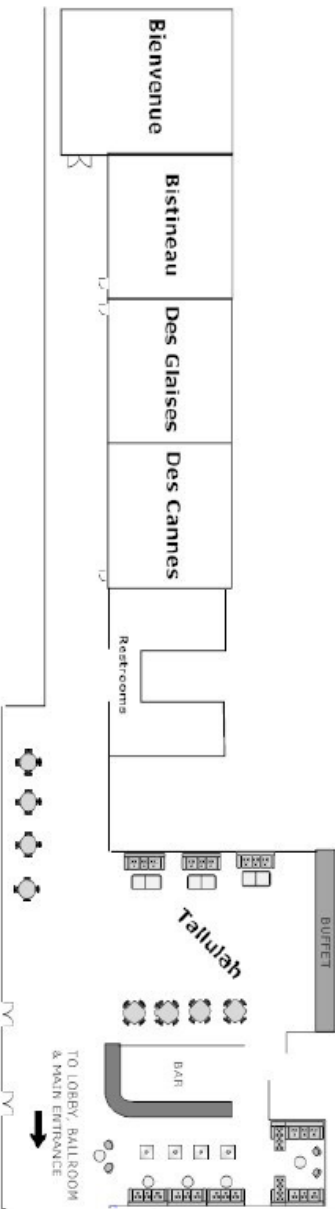
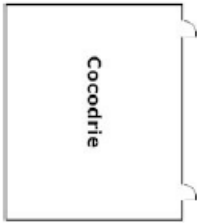
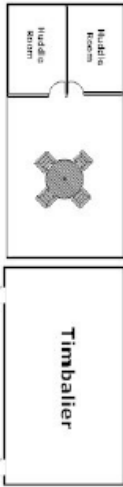
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