

WVCA Fall 2020 Conference – Virtual

November 5-7, 2020

Schedule of Events: Thursday November 5, 2020

9:30 – 11:00

Session A1. 1.5 CE hours. *Resilience and You – The Healing Power of Connection (Part 1) – Mary Vicario, LPCC-S (OH)*

Trauma’s negative effects on brain chemistry, development, and relationships are well documented, but did you also know that there are everyday activities you can do to help change and heal the brain? Let’s explore together the top five resilience factors found in those who have experienced trauma and moved beyond it, as well as how you already support the growth of resilience in those you serve. Once we’ve identified how we are helping others, we will build new ways to expand the resilience of our clients, staff and ourselves.

Learning Objectives:

1. Identify and use interventions designed to develop in those we serve the top five resilience factors found in individuals who have experienced trauma and moved beyond.
2. Identify the five good things found in mutually enhancing relationships and how to help those they serve find ways to develop relationships based on them.
3. Develop a resiliency plan for someone they serve.
4. Develop a resilience plan for themselves to help avoid toxic stress and secondary trauma.

11:00 – 11:15

Break

11:15 – 12:45

Session A2. 1.5 CE hours. *Resilience and You – The Healing Power of Connection (Part 2) – Mary Vicario, LPCC-S (OH)*

Continuation of Session A1

12:45 – 1:30

Lunch Break

1:30 – 3:00

Session A3. 1.5 CE hours. *Healing the Fear that Hides – Resilience Based Interventions for Biologically Based Fear Responses (Part 1) – Mary Vicario, LPCC-S (OH)*

Neuroscience is demonstrating that some of the most challenging behaviors demonstrated by trauma survivors are biologically based fear responses more related to fear-based dysregulation than intractable behavior. As Maureen Walker reminds us, “Strategies for disconnection are an intense yearning for connection in an atmosphere of fear.” We will examine how Adverse Childhood Experiences (ACEs) and Compounding Adverse Toxic Stressors (CATS) create repeated fear responses and disrupt the “felt safety” (neuroception) needed for the attachment and regulation centers of the brain to work properly. Setting power struggles aside, we will explore how the brain heals itself and identify every-day, brain-based strategies and interventions to help individuals of all ages and ability levels work with their caregivers to replace challenging behaviors with safe, healing connection.

Learning Objectives:

1. Explore traditional and emerging neuroscience-based understandings of chronic, challenging behaviors like aggression, self-harm, suicidality, risk taking, oppositional-defiance.
2. Practice a collaborative, non-adversarial approach to addressing chronic, challenging behaviors.
3. Be introduced to techniques for helping themselves and others experience felt (embodied) safety– feeling safe in your body when you are in safe environments and relationships.
4. Practice recognizing and addressing the role of shame, grief and fear in chronic, challenging behaviors and how to release it and develop replacement behaviors that promote resiliency.

3:00 – 3:15

Break

3:15 – 4:45

Session A4. 1.5 CE hours. *Healing the Fear that Hides – Resilience Based Interventions for Biologically Based Fear Responses (Part 2) – Mary Vicario, LPCC-S (OH)*

Continuation of Session A3

Schedule of Events: Friday November 6, 2020

9:00 – 10:30

Session B1. 1.5 CE hours. Ethics: Staying Current & Relevant (Part 1) – Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS

This presentation will focus on confidentiality as well as common ethical challenges that inevitably arise in modern therapy settings. Using the ACA Code of Ethics as a resource, attendees will have the opportunity to work through case vignettes in a collaborative environment. This collaborative effort also allows for participants to practice consultation.

Learning Objectives:

1. Define ethical, legal, & professional issues in counseling.
2. Explain how personal beliefs & feelings can impact interactions with clients.
3. Identify, explain, & understand the importance of beneficence.

10:30 – 10:45

Break

10:45 – 12:15

Session B2. 1.5 CE hours. Ethics: Staying Current & Relevant (Part 2) – Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS

Continuation of Session B1.

Learning Objectives:

1. Define ethical, legal, & professional issues in counseling.
2. Explain how personal beliefs & feelings can impact interactions with clients.
3. Identify any potential barriers to consultation as well as opportunities for consultation in one's own practice.
4. Identify potential benefits of consultation.

12:15 – 1:00

Lunch Break

1:00 – 2:30

Session B3. 1.5 CE hours. ALPS: Providing Quality and Effective Supervision (Part 1) - Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS

This presentation will focus on confidentiality as well as common ethical challenges that inevitably arise in clinical supervision in the counseling setting. Using the ACA Code of Ethics as a resource, attendees will have the opportunity to work through case vignettes in a collaborative environment. This collaborative effort will allow for attendees to expand on their own understanding of a quality supervisory relationship.

Learning Objectives:

1. Define ethical, legal, & professional issues in clinical supervision
2. Identify qualities of effective clinical supervision
3. Explain the significance of a quality supervisory relationship
4. Identify approaches to effectively & ethical manage dilemmas that may arise in clinical supervision

2:30 – 2:45

Break

2:45 – 4:15

Session B4. 1.5 CE hours. ALPS: Providing Quality and Effective Supervision (Part 2) - Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS

Continuation of Session B3

Schedule of Events: Saturday November 7, 2020

9:00 – 11:00

Session C1. 2 CE hours. *Veterans and PTSD – Different Perspectives – Elizabeth Kantor-Bright, MA, LPC and Jodi G. Williams, MS, M.Ed*

This is a 3-part presentation

1. Overview of the VA/DOD Clinical Practice Guidelines for the Management of PTSD and Acute Stress Disorder (ASD)
2. A Spouse's experiences and perspective as told by the spouse who is also a counselor
3. A veteran's personal experience and how he took charge and helped himself and other veterans

Learning Objectives:

1. Be informed of the Department of Defense's recommendations for treating veterans with PTSD and ASD
2. How PTSD effects the family including suggestions to better support the family
3. Understand PTSD through the eyes of a veteran
4. Learn and experience a method of helping soldiers heal from PTSD

11:00 – 11:15

Break

11:15 – 12:45

Session C2. 1.5 CE hours. *Blurred Lines: Youth Gaming and Gambling – Sheila Moran, MSW*

Gambling as an adolescent or college student sets the stage for gambling addiction as an adult, which is a problem for 1 in 50 West Virginians. Youth are 2-4 times more likely to develop a gambling problem than adults. There is a great overlap between Gambling Disorder and the recently categorized "Gaming Disorder" which focuses on internet use and video game play. We will discuss the highly controversial game feature of loot boxes. We will discuss the surprising results of recent surveys of youth on the issues of gaming and gambling, and the implications, especially considering the rapid expansion of "e-sports" teams in schools.

Learning Objectives:

1. Participant will learn how early conditioning and game design can make youth susceptible to gambling issues
2. Participant will learn early warning signs of problem gambling/gaming in youth, problems associated with the disorder, and why prevention services for these issues are crucial

10.5 CE's for Licensed Professional Counselors WVBEC AP #544

3 CE's for LPC Ethics has been approved WVBEC - 110520

2 CE's for LPC Military Workshop Contact hours WVBEC-110520

15.5 CE hours for Professional Counselors NBCC ACEP #2049

15.5 CE's for Licensed Social Workers WVBSWE approved provider number 499999



West Virginia Counseling Association (WVCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2049. Programs that do not qualify for NBCC credit are clearly identified. WVCA is solely responsible for all aspects of the programs.

REGISTRATION FORM or REGISTER ONLINE (<https://www.123signup.com/register?id=kgqry>)

Name: _____

Address: _____

City, State, Zip: _____

Email Address: _____

CE's for Counselors _____ (Please check if appropriate)

CE's for Social Workers _____ (Please check if appropriate)

WVCA Member? (circle one) Yes No

If you are a presenter, please check here: _____

2020 Conference Rates

Membership Status	Full Conference (Thurs-Saturday)	One Day - Thursday	One Day - Friday	One Day - Saturday
Member	\$150.00	\$100.00	\$100.00	\$60
Retired Member	\$85.00	\$50.00	\$50.00	\$40.00
Student Member	\$30.00	\$30.00	\$30.00	\$30.00
Non-Member	\$220.00	\$170.00	\$170.00	\$80.00
Presenter	\$0.00	\$0.00	\$0.00	\$0.00

**Join now and save! Join WVCA with a full conference registration and pay the member rate! No promo code necessary to join and pay the member rate.*

DEADLINE FOR REGISTRATION: October 23, 2020. A full refund of conference registration fee, minus a \$20.00 administrative cost, will be given if cancellation is on or before **October 23, 2020**. A 50% refund will be given after **October 23, 2020** with a \$20 administrative fee. **There will be no same day registration!**

Please Select from the Following Workshops

Thursday, November 5

- 9:30 – 11:00 **A1 Keynote: Resilience and You – The Healing Power of Connection (Part 1) – Mary Vicario, LPCC-S (OH)**
- 11:15 – 12:45 **A2 Keynote: Resilience and You – The Healing Power of Connection (Part 2) – Mary Vicario, LPCC-S (OH)**
- 1:30 – 3:00 **A3 Healing the Fear that Hides – Resilience Based Interventions for Biologically Based Fear Responses (Part 1) – Mary Vicario, LPCC-S (OH)**
- 3:15 – 4:45 **A4 Healing the Fear that Hides – Resilience Based Interventions for Biologically Based Fear Responses (Part 2) – Mary Vicario, LPCC-S (OH)**

Friday, November 6

- 9:00 – 10:30** **___B1 Ethics: Staying Current & Relevant (Part 1) – Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS,**
- 10:45 – 12:15** **___B2 Ethics: Staying Current & Relevant (Part 2) – Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS**
- 1:00 – 2:30** **___B3 ALPS: Providing Quality and Effective Supervision (Part 1) - Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS**
- 2:45 – 4:15** **___B4 ALPS: Providing Quality and Effective Supervision (Part 2) - Tenikka Phillips, MA, LPC, ALPS, AADC, CEAP, RYT 200, LFYP-1 and Bonnie Bailey, Ed.S, LPC, ALPS**

Saturday, November 7

- 9:00 – 11:00** **___C1 Veterans and PTSD – Different Perspectives – Elizabeth Kantor-Bright, MA, LPC and Jodi G. Williams, MS, M.Ed**
- 11:15 – 12:45** **___C2 Blurred Lines: Youth Gaming and Gambling – Sheila Moran, MSW**

Total Fee Enclosed: _____ Make checks payable to WVCA

To pay by Credit Card: Please circle one: VISA MASTERCARD AMEX DISCOVER

Credit Card # _____ Exp: _____ CVV: _____

Total Amount \$ _____ Signature: _____

Send registration form and payment to: WVCA, c/o Marilyn E. Smith, 241 Muse St, Falling Waters, WV 25419

Questions? Contact WVCA at laughsmith2009@yahoo.com or 304-283-4106