

WVCA Fall 2020 Conference – Virtual

November 4-6, 2021

Schedule of Events: Thursday November 4, 2021

9:00 – 10:30

Session A1. 1.5 CE hours. *A Therapist's Journey and Understanding of Grief (Part 1) – Kathleen Maynard, MA, LPC, AADC*

Exploring aspects of grief and mourning. Therapist/Presenter will share her personal journey of grief and understanding. Presentation will include a brief overview of the types of grief, grief models and overall improved understanding of grief. There will be a brief exploration of Ethical and cultural considerations of grief. Finally, attendees will learn how to include grief topics and interventions in therapy.

Learning Objectives:

1. Identify Grief and diagnoses
2. Explore Grief Models/ Stages/Phases
3. Identify Ethical and Cultural Considerations
4. Increase understanding of Grief in children
5. Communicate grief and support language

10:30 – 10:45

Break

10:45 – 12:15

Session A2. 1.5 CE hours. *A Therapist's Journey and Understanding of Grief (Part 2) – Kathleen Maynard, MA, LPC, AADC*

Continuation of Session A1

12:15 – 1:00

Lunch Break

1:00 – 3:00

Session A3. 2 CE hours. *Keynote: Meeting the Ethical and Professional Challenges Facing Counselors – LPC Ethics (Part 1) – Gerald Corey, EDD, ABPP*

In this 4-hour keynote presentation, Dr Gerald Corey will address a range of topics related to ethical practices such as (1) Becoming an Ethical Counselor; (2) Counselor Self-Care is an Ethical Mandate, not a Luxury; (3) Managing Value Conflicts in an Ethical Manner; (4) Managing Boundaries and Multiple Roles/Relationships in Counseling; and (5) Becoming a Multiculturally Competent Counselor and Supervisor. Each of these segments are 45 minutes with opportunities for the participants to raise questions on each topical area.

Learning Objectives:

1. List a few of the challenges involved in balancing a personal life with a professional career
2. Discuss the central role of self-care as an ethical mandate
3. Describe wellness from the vantage point of staying vital and preventing burnout
4. Explore the role of values in the counseling process and provide guidelines for counselors to ethically manage their values in their professional work
5. Understand what is involved in becoming an ethical practitioner
6. Define and manage professional boundaries and establish and maintain realistic boundaries with clients
7. Address what is involved in the journey of striving for multicultural competence as a counselor as a supervisor

3:00 – 3:15

Break

3:15 – 5:15

Session A4. 2 CE hours. *Keynote: Meeting the Ethical and Professional Challenges Facing Counselors LPC Epics (Part 2) – Gerald Corey, EdD, ABPP*

Continuation of Session A3

5:15 – 5:30

Break

5:30 – 7:00

Session A5. 1.5 CE hours. *Termination and Fading Out: Working Ourselves Out of a Job – Lisa Burton, PhD, LPC, NCC, ALPS, Certified School Counselor*

Being an effective counselor means providing clients with the skills and knowledge to handle challenging situations without our help while assisting them in meeting their goals. If we are successful with our clients, we are always working ourselves out of a job. Topics of termination and transition will be covered.

Learning Objectives:

1. Understand termination and fading out of sessions
2. Know what the ethical standards require on termination
3. Be able to discuss different strategies for addressing this with clients

Schedule of Events: Friday November 5, 2021

9:00 – 10:30

Session B1. 1.5 CE hours. *Understanding Trauma, Protective Factors, & Resilience in the Aftermath of a Global Pandemic (Part 1)* – Christine J. Schimmel, EdD, NCC, LPC; Monica Leppma, PhD, NCC, LMHC (FL); Heidi O'Toole, MS, LPC, EMDR-T, C-EH-P

The COVID-19 pandemic continues to evidence increased mental and physical health, and social concerns in clients. This is compounded for clients already experiencing Adverse Childhood Experiences (ACEs) in other areas of their lives. Unfortunately, research suggests that clients who experience trauma may be more susceptible to mental health issues such as depression, anxiety, drug abuse, alcoholism, and suicide (Felitti, et al., 1998; Randall Reyes & Leppma, 2019). Clinicians who target strengths, abilities, skills, and relationships can support protective factors which buffer against negative risk factors and lead to resilient outcomes (Leppma & Schimmel, 2019; Southwick, et al., 2014). There are several protective factors that, when fostered, support at-risk clients. These include Grit, Proactive Orientation, Self-Regulation, Proactive Parenting, Connections and Attachments, Engagement in Special Talents, and Community (Eriksson, et al., 2010). This presentation will discuss each of these areas and provide practical strategies for therapists and families to use in and outside of counseling.

Learning Objectives:

1. Understand Trauma as experienced by clients in a global pandemic
2. Identify three protective factors that help clients build resilience
3. Identify three creative strategies that help clients foster protective factors

10:30 – 10:45

Break

10:45 – 12:15

Session B2. 1.5 CE hours. *Understanding Trauma, Protective Factors, & Resilience in the Aftermath of a Global Pandemic (Part 2)* – Christine J. Schimmel, EdD, NCC, LPC; Monica Leppma, PhD, NCC, LMHC (FL); Heidi O'Toole, MS, LPC, EMDR-T, C-EH-P

Continuation of Session B1.

12:15 – 1:00

Lunch Break

1:00 – 2:30

Session B3. 1.5 CE hours. *Impact Therapy: The Art of Engagement* – Ed Jacobs, PhD, LPC and Christine J. Schimmel, EdD, NCC, LPC

This workshop will focus on making counseling engaging. The major concepts and components of Impact Therapy will be reviewed and demonstrated. New creative techniques will be demonstrated.

Learning Objectives:

1. Learn four new ways to be engaging in a counseling session
2. Learn three creative ways to build rapport with difficult clients
3. Learn the main components of Impact Therapy

2:30 – 2:45

Break

2:45 – 4:15

Session B4. 1.5 CE hours. *Group Counseling: The Essentials—Purpose, Focusing, Processing* – Ed Jacobs, PhD, LPC and Christine J. Schimmel, EdD, NCC, LPC

This workshop will focus on the essentials of group leading. Clarity of purpose, the art of focusing, processing exercises and many more essential skills will be discussed and demonstrated. Time will be allotted for questions on group counseling.

Learning Objectives:

1. Learn the importance of clarity of purpose when leading groups
2. Learn four creative ways to engage group members
3. Learn three techniques for better processing of group exercises

4:15 – 4:30

Break

4:30 – 6:00

Session B5. 1.5 CE hours. *Duty to Serve: Developing and Cultivating Military Multiculturalism by Breaking Barriers through Trauma Informed Care (Part 1)* – VA Approved – Brenda Everett, MA, LPC, NCC, ALPS; SSG Jay P. Kotsko (WVARNG)

Counseling with military service members and veterans can be a complex and mentally draining feat for even the most seasoned counselors. Before clinicians can work with military service members and veterans they must first understand their own worldview, mindset, and ideas of the military culture. By asking participants to reflect on their own personal lens in which they view military culture, the presentation will aim to facilitate counselor growth and break down the barriers of apprehension that clinicians often encompass when providing clinical services. Information will be provided that explores the intricacy that often accompanies military culture to include barriers to mental health services perceived by Veterans who continue to serve in a military capacity. The second half of the presentation will be dedicated to the use of trauma informed care when working with Veterans. The presenters will be using personal experience from serving in the military and professional experience while working at the Department of Veterans Affairs, private practice, and as a military behavioral health therapist at a college counseling center.

Learning Objectives:

1. Gain a better understanding of military culture and what clinicians need to know.
2. Identify existing barriers to mental health for Veterans

6:00 – 6:15

Break

6:15 – 7:45

Session B6. 1.5 CE hours. *Duty to Serve: Developing and Cultivating Military Multiculturalism by Breaking Barriers through Trauma Informed Care (Part 2)* – VA Approved – Brenda Everett, MA, LPC, NCC, ALPS; SSG Jay P. Kotsko (WVARNG)

Continuation of Session B5.

Learning Objectives:

1. Identify the five elements of trauma informed care and how to apply the elements in clinical practice with military service members and Veterans.

Schedule of Events: Saturday November 6, 2021

9:00 – 10:30

Session C1. 1.5 CE hours. *Clinical considerations with Moral Injury - Darlene Daneker, PhD*

Clients with a history of traumatic experiences experience many challenges in recovery. One of the most troubling is Moral Injury. Moral Injury occurs when one experiences events that violate deeply held morals, values and beliefs. This is a distinct construct from PTSD or survivor guilt and causes one's world view to be challenged and changed.

Learning Objectives:

1. Define moral injury and how it can present in session
2. Differentiate moral injury from survivor guilt, PTSD, and shame
3. Describe three treatment options for moral injury

10:30 – 10:45

Break

10:45 – 12:30

Session C2. 1.5 CE hours. *Self-Care for Stressful Work Environments - Jonathan Lent, PhD, LPC (Ohio); Lisa Burton, PhD, LPC, NCC, ALPS; David A. Hermon, PhD, LPC; Bob Rubenstein, EdD*

Counselors face numerous work-related stressors that may impact their wellness and satisfaction with their work. Stressful work environments may lead to burnout, vicarious trauma, or compassion fatigue. This session will identify signs and symptoms of stress-related syndromes. The session will also focus on providing participants with resources and strategies to maintain wellness in stressful work environments.

Learning Objectives:

1. Identify and understand work-related stressors and their impact on the counselor
2. Identify components of burnout, compassion fatigue and secondary traumatic stress.
3. Identify resources that will assist in the self-care journey throughout the course of one's career

12:30 – 1:00

Lunch Break

1:00 – 2:30

Session C3. 1.5 CE hours. *Clinical Applications of Mindfulness with Children and Adolescents - Erin Justice, LPC, ALPS, NCC, TF-CBT*

Participants will learn how to help their clients explore and resolve issues using Mindfulness-based techniques and concepts. They will become familiar with mindfulness concepts, including biological, neurological, and physiological factors, and learn how to integrate concepts into clinical practice. Specifically, participants will learn how to use mindfulness with children and adolescent populations. The presentation includes a brief description of mindfulness and how to implement mindfulness with children, including the purpose and rationale. Most of the focus will be experiential. Participants will practice various mindfulness activities specific to each of the five senses which they can use in their practice immediately.

Learning Objectives:

1. Define, understand, and explain concepts of mindfulness
2. Understand and explain the rationale for using mindfulness with children and adolescents
3. Learn techniques for integrating mindfulness into counseling interventions with children and adolescents
4. Experience and practice various mindfulness activities that can be used in clinical practice
5. Understand and explain ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan

2:30 – 2:45

Break

2:45 – 4:15

Session C4. 1.5 CE hours. *Mental Health and School Counselor Collaboration: Joining Forces for Positive Change - Lisa Burton, PhD, LPC, NCC, ALPS, Certified School Counselor*

Mental Health Counselors and School Counselors when working with the same student need to effectively collaborate, consult and support each other in the process of creating positive changes for student success. However, the research is limited related to this topic. This roundtable will review current research and brainstorm strategies in applying the ACA ethical standard expectations for professionals to work together when sharing a client.

Learning Objectives:

1. Examine best practices in mental health and school counselor collaboration that leads to positive outcomes for students/clients.
2. Apply ACA Ethical Standards to collaboration practices between mental health and school counselors.
3. Develop strategies for improving collaboration among mental health and school counselors.

4:15 – 4:30

Break

4:30 – 6:00

Session C5. 1.5 CE hours. *Secure Supervision: How Attachment Styles Impact the Supervisory Relationship – ALPS Approved– Brenda Everett, MA, LPC, NCC, ALPS; Shannon Strohl, CADC, CCTP; Jessica Gazzola, MS*

Have you ever experienced a supervisee that was anxious, resistant or even hesitant to engage in the supervision process? Did you know that supervisors' attachment style has been shown to impact the way in which supervisees view their own effectiveness in the supervisory alliance? Supervisors and supervisees alike bring particular relational styles to the supervision process that directly affect levels of vulnerability, resistance, self-awareness, and developmental autonomy. This presentation will discuss how bringing awareness to attachment styles can facilitate the strengthening and growth of the supervisory relationship, and how fostering a secure attachment can create a parallel process from the supervisory alliance to the therapeutic alliance to promote client welfare.

Learning Objectives:

1. Identify four attachment styles and conceptualize ways in which to explore how attachment styles are impacting the supervisory relationship.
2. Explore and identify how attachments impact factors such as engagement, countertransference, and resistance in the supervisory process.
3. Apply three supervision theoretical approaches to create secure attachments.

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

25 CE hours for Professional Counselors NBCC ACEP #2049

25 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=kmxsf>)

Name: _____

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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: _____

2021 Conference Rates

Membership Status	Full Conference (Thurs-Saturday)	One Day - Thursday	One Day - Friday	One Day - Saturday
Member	\$200.00	\$120.00	\$120.00	\$120.00
Retired Member	\$100.00	\$60.00	\$60.00	\$60.00
Student Member	\$40.00	\$30.00	\$30.00	\$30.00
Non-Member	\$300.00	\$190.00	\$190.00	\$190.00
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 24, 2021. A full refund of conference registration fee, minus a \$20.00 administrative cost, will be given if cancellation is on or before **October 24, 2021**. A 50% refund will be given after **October 24, 2021** with a \$20 administrative fee. **There will be no same day registration!**

Please Select from the Following Workshops

Thursday, November 4

9:00 – 10:30 ___A1 *A Therapist's Journey and Understanding of Grief (Part 1)* – Kathleen Maynard, MA, LPC, AADC

10:45 – 12:15 ___A2 *A Therapist's Journey and Understanding of Grief (Part 2)* – Kathleen Maynard, MA, LPC, AADC

1:00 – 3:00 ___A3 *Keynote: Meeting the Ethical and Professional Challenges Facing Counselors – LPC Ethics (Part 1)* – Gerald Corey, EdD, ABPP

3:15 – 5:15 ___A4 *Keynote: Meeting the Ethical and Professional Challenges Facing Counselors LPC Ethics (Part 2)* – Gerald Corey, EdD, ABPP

5:30 – 7:00 ___A5 *Termination and Fading Out: Working Ourselves Out of a Job* – Lisa Burton, PhD, LPC, NCC, ALPS, Certified School Counselor

Friday, November 5

- 9:00 – 10:30 **___B1 Understanding Trauma, Protective Factors, & Resilience in the Aftermath of a Global Pandemic (Part 1) – Christine J. Schimmel, EdD, NCC, LPC; Monica Leppma, PhD, NCC, LMHC (FL); Heidi O’Toole, MS, LPC, EMDR-T, C-EH-P**
- 10:45 – 12:15 **___B2 Understanding Trauma, Protective Factors, & Resilience in the Aftermath of a Global Pandemic (Part 2) – Christine J. Schimmel, EdD, NCC, LPC; Monica Leppma, PhD, NCC, LMHC (FL); Heidi O’Toole, MS, LPC, EMDR-T, C-EH-P**
- 1:00 – 2:30 **___B3 Impact Therapy: The Art of Engagement – Ed Jacobs, PhD, LPC and Christine J. Schimmel, EdD, NCC, LPC**
- 2:45 – 4:15 **___B4 Group Counseling: The Essentials—Purpose, Focusing, Processing – Ed Jacobs, PhD, LPC and Christine J. Schimmel, EdD, NCC, LPC**
- 4:30 – 6:00 **___B5 Duty to Serve: Developing and Cultivating Military Multiculturalism by Breaking Barriers through Trauma Informed Care – VA Approved (Part 1) – VA Approved – Brenda Everett, MA, LPC, NCC, ALPS; SSG Jay P. Kotsko (WVARNG)**
- 6:15 – 7:45 **___B6 Duty to Serve: Developing and Cultivating Military Multiculturalism by Breaking Barriers through Trauma Informed Care – VA Approved (Part 2) – VA Approved – Brenda Everett, MA, LPC, NCC, ALPS; SSG Jay P. Kotsko (WVARNG)**

Saturday, November 6

- 9:00 – 10:30 **___C1 Clinical considerations with Moral Injury - Darlene Daneker, PhD**
- 10:45 – 12:15 **___C2 Self-Care for Stressful Work Environments – Jonathan Lent, PhD, LPC (Ohio); Lisa Burton, PhD, LPC, NCC, ALPS; David A. Hermon, PhD, LPC; Bob Rubenstein, EdD**
- 1:00 – 2:30 **___C3 Clinical Applications of Mindfulness with Children and Adolescents - Erin Justice, LPC, ALPS, NCC, TF-CBT**
- 2:45 – 4:15 **___C4 Mental Health and School Counselor Collaboration: Joining Forces for Positive Change - Lisa Burton, PhD, LPC, NCC, ALPS, Certified School Counselor**
- 4:30 – 6:00 **___C5 Secure Supervision: How Attachment Styles Impact the Supervisory Relationship – ALPS Approved– Brenda Everett, MA, LPC, NCC, ALPS; Shannon Strohl, CADC, CCTP; Jessica Gazzola, MS**

Total Fee Enclosed: _____ Make checks payable to WVCA

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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