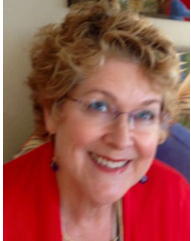


**Kentucky Counseling Association Conference
Pre-Conference Workshops
November 9, 2016**



KCA is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. EILA Hours also offered as approved by KDE.

6 Hour Pre-Conference Workshops (9:00 – 4:00)



1. Counselor Boot Camp: Mission Intervention

Presenter: Leslie C. Dunn; dunngood Productions, retired school counselor

Description: ATTENTION! Get ready for Boot Camp: Mission Intervention will focus on “strength and conditioning” training for new and experienced counselors with the goal of being strong, competent, and clear-headed in the face of adversity. Recruits will prepare physically, mentally, and emotionally to win battles in service to those in difficulty. HOO-RAY!

- Goals: Coping, stress reduction techniques will be developed, practiced, and refined by whole group. HOO-RAY!
- Resource list will be developed by whole group to motivate and inspire clients to internalize self-calming tips to be called on when needed. HOO-RAY!
- Participants will leave with mastery of proven coping strategies they can take home and use with clients in their schools and other settings. HOO-RAY!



2. Solution-Focused Brief Therapy – Skill Building

Presenter: Gerald Sklare, Ed.D. LPCC, and Author of *Brief Counseling That Works: A solution focused approach*. Former Professor at University of Louisville.

Description: This experiential workshop is designed for both beginning and experienced school and mental health counselors who want to learn an evidenced based approach to empower their clients/students to recognize and utilize their resources to overcome their issues.

Goals: Through a combination of didactic discussion, video cases, handouts, practice exercises and role-plays, participants should be able to:

- Identify the major principles of Solution-Focused Brief Therapy
- Assist clients/students to identify and move toward solutions to reach their goals
- Utilize Solution-Focused Brief therapy assessment and interviewing methods that initiate change immediately.
- Implement the Solution-Focused treatment process



3. Substance Abuse & Traumatic Stress! Focusing on Prevention and Resilience

Presenter: Cirecie A. West-Olatunji, Ph.D., NCC; Recent ACA President, Associate Professor at Xavier University of Louisiana, Director of the Center for Traumatic Stress Research.

Description: This experiential workshop will provide an overview of the interaction effects among substance abuse and traumatic stress for various client populations along with interactive exercises. Special attention will be given to evidence-based interventions and prevention tools that are strength-based to promote resilience.

- Objectives: Participants will increase knowledge about traumatic stress and its relationship to substance abuse
- Participants will increase knowledge about ways in which vulnerable populations demonstrate resilience when facing multiple stressors
- Participants will enhance their awareness of the impact of environmental stressors on vulnerable and at-risk client populations
- Participants will augment their clinical skills when working with clients evidencing co-morbidity issues involving substance abuse and traumatic stress



4. **AMSR – Assessing & Managing Suicide Risk** (9:00 – 4:30pm = 6.5 clock hours)
Presenter: Dawn Rowe, LPCC, Past KCA President, Adjunct Faculty for Lindsey Wilson College, FRYSC Coordinator for Pikeville Independent Schools and Private Practice with Real Solutions Counseling.
Description: This workshop meets KRS 210.366, 335.515(3), (6), 335.535(8), as regulated by the KY Board of LPCs, for training in assessing and managing suicide risk. *Assessing & Managing Suicide Risk* is a one-day, research-based workshop for mental health professionals, including social workers, licensed counselors, psychologists, and psychiatrists. *AMSR* focuses on twenty-four core competencies required for clinicians to be successful in their work with suicidal clients, and utilizes essential clusters of knowledge, skills, abilities and perceptions.
*Special thanks to Jan Ulrich and the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities along with SAMHSA (Substance Abuse and Mental Health Services Administration) for providing the grant to cover the cost of AMSR Manuals. Please register by October 14th to provide time to obtain the materials through the grant.
Major goal:

- Participants will build confidence and competence in assessing and managing suicide risk

3 Hour Pre-Conference Workshops (AM 9:00 – 12:00 or PM 1:00 – 4:00)



1. **Law and Regulation Training for Professional Counselors** (AM)
Presenter: Marty Wesley, Ph.D., LPCC, LCAC, MAC, Professor & Dean of School of Counseling at University of the Cumberlands. Member of the KY Board of Licensed Professional Counselors.
Description: This training fulfills the requirements of 201 KAR 36:030 for licensed professional counselors and is approved by the KY LPC Board. This training will be required every three years unless the person holding a license teaches a graduate-level course that includes KRS (Chapter) 335.500 to 335.990 and 201 KAR Chapter 36 during the three year period or teaches a continuing education course on KRS (Chapter) 335.500 to 335.990 and 201 KAR chapter 36 during the three year period.
Goals:

- LPCs will be fully informed of recent law and regulation changes that impact the counseling profession
- LPCs will be fully aware of ethical considerations and best practices as they relate to the counseling profession and their clients



2. **Violence in American Schools: Practical Guidelines for Counselors** (AM)
Presenter: Daya Singh Sandhu, Ed.D., NCC, LPCC, Director of Research and Professor at Lindsey Wilson College
Description: This presentation will focus on the home environment and ineffective parenting skills that contribute significantly to the problem of violence through child abuse, neglect, and lack of genuine affection. Various characteristics and psycho-cultural profiles of violent students will be described. In addition, both prevention and intervention strategies to combat school violence will be discussed.
Goals:

- Provide a framework for understanding the formation of violent youth's inner identity and their psycho-cultural profiles.
- Counselors will become more aware of the psychological etiology of violence.
- Utilize prevention and intervention strategies to reduce or possibly eliminate the scourge of violence in schools.



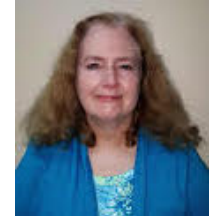
3. Strategies for Addressing Domestic Violence (AM) or (PM)

Presenters: Lisa Gabbard, M.Ed., Mary Savage, JD – both from KY Coalition Against Domestic Violence, and Chris Griffith, LPCC, KY Board of LPCs

Description: This workshop meets the criteria for the state legislative mandate of KRS 194A.540 and will meet standards set by KY Board of Licensed Professional Counselors.

Goals:

- Participants will review effects of domestic violence on adults and children who witness
- Participants will gain awareness of lethality and risk assessments, resources and referral process
- Participants will become more aware of legal options for protection and reporting requirements.
- Participants will learn strategies for safety planning, screening for domestic violence and model protocols for addressing domestic violence.



4. KY LPC Board Approved Supervision Training (PM)

Presenter: Marty Wesley, Ph.D., LPCC, LCAC, MAC, Professor & Dean of School of Counseling at University of the Cumberlands; Member of the KY Board of Licensed Professional Counselors.

Description: This training is required for those seeking to supervise LPCAs and fulfills the requirements for 201 KAR 36:060.

Program Goals are listed in the administrative regulations and include:

- 1) Kentucky law governing the practice of professional counseling, both administrative regulations and statutes,
- 2) Theories of supervision,
- 3) Ethical issues involved in supervision,
- 4) Supervisor responsibilities such as logs, treatment, planning, recording, and proper documentation



5. Emotionally At-Risk Students in Schools: What Counselors Need to Know and Do about Them (PM)

Presenter: Daya Singh Sandhu, Ed.D., NCC, LPCC, Director of Research and Professor at Lindsey Wilson College

Description: This presentation will address the emotional issues which students, teachers, and administrators encounter every day in a school setting. Major emphasis will be placed upon behavior management, suicide, dropout prevention programs, and teenage pregnancy. Featured will be legal, professional, and ethical concerns about managing the volatile incidents.

Goals:

- Focus on the identification of emotionally at-risk students in schools
- Recognize their special counseling needs
- Design and implement special strategies to help emotionally at-risk students.



6. Adlerian Psychology: Theory, Assessment and Treatment (PM)

Presenter: Jill Duba Sauerheber, Ph.D., LPCC, NCC, EMDR Cert.; President North American Society of Adlerian Psychology; Department Head & Professor, Dept. of Counseling & Student Affairs, Western Kentucky University.

Description: Members of the Kentucky Tennessee Society of Adlerian Psychology (KTSAP) will review Adlerian principles, assessment and treatment strategies relevant to today's current mental and emotional health issues among adults and children.

Goals:

- Participants will learn about basic Adlerian principles and their relevance to current trends in mental and emotional disorders through relevant concepts and resources.
- Participants will gain an awareness about assessment and treatment strategies that are applicable to intervention and treatment of mental and emotional disorders by sharing case examples and engaging in the application of Adlerian theory and practice through role plays and other experiential activities.
- Participants will be introduced to the KTSAP organization as a resource for Adlerian theory and practice.



7. The Formula for Choosing Love: Proactive Method of Preventing School Violence (PM)

Presenter: Scarlett Lewis, Author of *Nurturing, Healing, Love*; Founder of the Jesse Lewis Choose Love Movement.

An introduction to the Choose Love Enrichment Program as well as the story behind the Jesse Lewis Choose Love Movement (Jesse was one of the child victims of the 2012 Sandy Hook tragedy) will be provided.

Goals:

- Identify causes of school violence
- Provide a powerful proactive and preventative measure that educators and counselors can implement immediately
- Introduce Social and Emotional Learning, Character Values and the neuroscience behind the benefits of this featured measure for educators, counselors and their students.
- Participants will learn more about the brain and why we react in certain ways.
- Participants will become aware of how to make "thoughts" work for you. Post Traumatic Growth versus Post Traumatic Stress Disorder will be discussed.
- Benefits of compassion for both the giver and receiver will be presented along with ways to empower every student to help cultivate a safer, more peaceful and loving world.

Register for Pre-Conference Workshops with KCA Conference at www.kyca.org

6 – 6.5 Hour Workshops: KCA Member - \$140, non-member - \$225

3 Hour Workshops: KCA Member - \$75, non-member - \$145

KCA Conference – November 9-11, 2016

Earn up to 9 EILA hours and up to 11.5 CE Clock Hours

Earlybird registration by Sept. 15th: KCA Members - \$150, non-members \$200

Registration Sept 16 – Nov 4th: KCA Members - \$195, non-members \$249

Students and retired members - \$65

Contact helenkca@gmail.com for assistance.