

# **“Counseling In a World of Need: Providing Hope and Help”**

## **Professional Development Workshops**

### **Wednesday, October 23**

**8:00 – 9:00 Professional Development Workshop Registration . . . . . Convention Desk**

**9:00 – 4:00 Professional Development Workshops**

#### **Anxiety, Trauma, Perfectionism, & “Test Fright”: Coping with Life’s Little (and BIG) Stressors! (Daisy Room)**

**Bradley T. Erford**, PhD., LCPC NCC, LP, LSP, Loyola University of Maryland, 2012-2013 ACA President  
Students and adults suffering from overwhelming anxiety, stress, perfectionism, and test anxiety (and other phobias) are being encountered more frequently than ever before by counselors and educators. This workshop reviews changes found in the DSM-5 related to anxiety and trauma conditions, free access instruments counselors can use to identify and track outcomes, and is packed with essential information and effective techniques for battling anxiety-, stress-, and perfectionism-related symptoms in children, adolescents and adults, including application of systematic desensitization.



#### **Starting, Maintaining or Expanding a Successful Private Practice (Dogwood Room)**

**Norman C. Dasenbrook**, MS, LCPC, Dasenbrook Consulting, Chicago, IL.

This practical, nuts and bolts seminar will present tried and true practice building strategies to begin a practice from the ground up and to expand an existing practice to the next level. Profit from Dasenbrook’s 30+ years experience and strategic relationships with leading mental health professionals, print and web designers, billing and software vendors, attorneys, national professional organizations, and political action committees that provide cutting edge information on the latest trends, niches and legislation that impact private practice.

In this informative workshop the participant will learn: Business paradigm development; Start a practice on a shoestring; Take an existing practice to the next level; Eight step method to increase referrals; Three essential components of a Marketing Plan; Develop multiple “income streams”; Make managed care work for you and Streamline office, billing and fee collection.



#### **Doing Solution-Focused Brief Counseling with Youth (Holly Room)**

**Gerald Sklare**, EdD, LPCC, and Author of Brief Counseling That Works: A solution-focused approach for school counselors and administrators (2nd ed. 2005). Dr. Sklare was a professor in the Ed and Counseling Psychology at the University of Louisville from 1975 to 2007 and is a Past President of KCA. He is considered an expert around the world in the Solution-Focused Brief Counseling approach. This experiential workshop is designed for both beginning and experienced school counselors and mental health counselors who want to learn or refine this innovative approach to empower students/clients to recognize and utilize their often unrecognized strengths and resources. Through a combination of didactic discussion, handouts, practice exercises and role-plays, participants should be able to:

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



### **Living Love Counseling: The Science of Happiness (Walnut Room)**



Maurice McCormick, EdD, LPCC, Life Management Incorporated; Author of "Meditation Made Simple" and "What to Do Until Your Next Session". Dr. McCormick has been a college professor of counseling and behavioral sciences for over thirty years and is a certified counselor and trainer with Living Love Counseling. He specializes in Marriage Counseling, Pre-Marriage Preparation and Divorce Prevention. Sign up for this workshop to learn a new approach to counseling that is similar to Rational Emotive Therapy, Reality Therapy, Gestalt Therapy and Client-Centered therapy but includes many new practical components that are easy to understand and implement. Useful for mental health counselors, school counselors and for personal growth in love and happiness.

### **9:00 – 12:00 Professional Development Workshops**

#### **Why Do Kids Act the Way They Do? How Do Educators Deal with Cyber-Bullying? (Sampson Room)**

**Jon Akers**, Director: Kentucky Center for School Safety; **Karen McCuiston**, KCSS Resource Center



Director, Murray State University School Safety has always been (and will continue to be) at the forefront of any school agenda for educators; as our most precious commodity is our children. Not all kids arrive at school ready to learn. Jon Akers will discuss this all-too common reality and offer suggestions that may assist educators in addressing related problems. This session will promote a greater awareness of positive teacher/student relationships and their impact



on children both academically and developmentally. It will also promote a greater awareness of a variety of school/student related school/personal safety issues and suggested strategies to address these problems. Jon has served as a consultant for several other states and is also a national trainer of Emergency Management for the United States Department of Education. Karen McCuiston will discuss current school safety issues, as well as the latest initiatives designed to enhance school safety. She is a nationally known presenter on topics such as bullying, school shootings, school improvement, crisis management, Internet safety, cyberbullying, threat assessment and various other safety related topics.

#### **Digital Immigrants Versus Digital Natives: Bridging the Great Divide (While Protecting Your Digital Shadow) (Violet Room)**



**Naomi Brahim**, MA School Counseling: Guidance Services Specialist, Jefferson Co. Public Schools

In this technological age, counselors must learn to navigate the waters of the Internet to find the highs and lows in the use of technology. While our students and clients (digital natives) have grown up with technological advances at their fingertips, counselors (digital immigrants) have learned how to use technology as a resource to help their work with students and families. Acquire strategies to help bridge the great divide between digital immigrants and natives, Analyze social media to comprehend the benefits and repercussions of using this form of communication, Reduce and safeguard their digital shadow (reputation).

#### **Private Practice Counselors: Get on Board with Technology (Willow Room)**



**Martin C. Wesley**, Phd., LPCC, LCAC, MAC, Professor and Dean of the School of Counseling, University of the Cumberlands

Interactive workshop where you can learn to use technology successfully in your counseling practice, supervision, and training.

Topics included:

ICANotes, Insurance, CAQH, Dropbox, Using Wordpress, Social Networks, Skype, CreateSpace, and more!

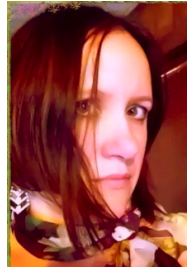
## 1:00 – 4:00 Professional Development Workshops

### **Counseling as a Team: Multi-Systemic Approach to Working with Young People (Violet Room)**

**Dr. Alan Bakes**, LPCC, NCC; Murray State Univ; **Jan C. Roberson**, MA,LPCC, School Psychologist (retired); **Sara Tick**, LPCC, NCC, NCMHC; Washington D.C. School; **Amy Washington**, EdS., LPCA



The presenters represent a cross section of counseling/mental health service provider/therapists and will be introducing a communication system developed to aid counselors and teachers in providing adequate mental health services as indicated by the student's level of personal functioning and severity of behavior. Roberson and Tick developed the STARR Communication System, which has been piloted successfully in schools in Western Kentucky and Washington, D.C. Dr. Bakes will be addressing university initiatives in strengthening the counseling skills of graduating



students in Educational Studies, leadership, and Counseling Department at Murray State University. Amy Washington currently serves as a counselor for students placed in residential mental health facilities due to serious to severe behavioral/emotional problems. Learn how to begin a comprehensive team-oriented program of counseling for school age clients which offers support through community service and mental health organizations, and how to follow-up effectively.

### **Supervision Training: Licensed Professional Counselor Associates (Sampson Room)**

**Timothy Robertson**, MA, NCC, LPCC, Adjunct Instructor at ECU & LWC



This workshop meets the training requirement for all persons providing supervision for Licensed Professional Counselor Associates. In March 2010, a new regulation was passed requiring all supervisors of LPCAs to attend a 3 hour workshop that covers the following areas:

1) The Law (KRS 335.00); 2) supervision Theory and; 3) Ethics in Supervision. All supervisors (LPCCs, LCSW, Psychologists, MFT, etc.) providing supervision to LPCAs must complete this training every three years.

### **Getting the Most From Your ACT Data (Willow Room)**

**Joe Dell Brasel**, ACT Consultant

Free workshop with 3 Hours EILA credit:

Pre-conference: Wednesday 1-4pm

Post-conference: Friday 1-4pm

School Counselors have a major role in helping teachers and administrators understand and use ACT test results. Assisting students to reach their benchmarks has become more important than ever before. Enhance your skills in interpreting and utilizing ACT data.



**Wednesday – October 23, 2013**

**President's Dessert Reception**

**Sponsored by ACT and Rivendell**

**5:00pm-6:45pm – Exhibit Hall**

**Meet our KCA President – Dr. Carol Montgomery**

**Network with old friends and meet First Timers**