

2018 KCA CONFERENCE BREAKOUT SESSIONS AT A GLANCE - Draft

* RECOMMENDED FOR GRADUATE STUDENTS AND NEW COUNSELORS / ** RETIRED OR NEARING RETIREMENT

Nov 13, 2018 TUESDAY	FEATURED SESSIONS	CLINICAL MENTAL HEALTH and INDIVIDUAL TRAUMA		CLINICAL AND SCHOOL BASED COUNSELING		SCHOOL COUNSELING		ETHICS & LEGAL ISSUES	SELF-CARE FESSIONALISM & RESEARCH	SUBSTANCE ABUSE COUNSELING
Nov 13, 2018 EARLY BIRD Tuesday 7:30 – 8:15	COFFEE CHAT in Pendleton *Prizes for First Timers & New Counselors	100A - Elliott <i>Teaching Clients About Their Emotional Toolbox</i> Amber Hord-Helme, LPCC, NCC		*100B – Madison (MILITARY) <i>Hooves and Paws up for support: An examination of Military Culture and Animal Assisted Therapy</i> Dr. Angela Spiers, LPCC-S, NCC Dr. Lawrence Crouch, LPCC					100-C <i>So You Want to Get Published</i> William (Bill) Young, Retiree	
Sessions 101 - 112 Tuesday 8:20 – 9:10	101 - Whitley <i>Counseling with Wit and Wisdom in Times of Chaos and Loss</i> Barbara Coloroso, MS Author and Founder of Kids Are Worth It	102 - <i>Family Reunification after the impacts of Sexual Abuse, Pt 1</i> Dr. Keth Zimmerman-Hicks, LPCC, retired from KY Dept of Corrections, Former DOC Sex Offender Treatment Program Coordinator	103 - <i>Signaling Matters: Radically Open Dialectical Behavior Therapy</i> Dr. David Maynard, CES 104 - <i>Playing Nice with Mean Kids: Exploring Themes of Juvenile Delinquency</i> Dr. Amy Holsinger, LPCC John Bender, MA	105 - <i>Using Creative Techniques to Promote Resilience and Healing with Children of Divorce</i> Tamera Marie Fenton, LPCC, RPT, NCC	106 - <i>Utilizing Mindfulness in Working with Children</i> Dr. Rebecca Pender Baum, LPCC, NCC	107 - <i>A Grassroots Approach to Growing a Social Emotional Learning Program at Your School</i> Dr. Jessika Benson, Counselor, Southern HS; Dr. Damien Sweeney, Counselor, Seneca HS	108 - <i>Transitioning At-Risk Youth back into Regular Schools</i> Lena Marie Kline, LPCC; Rebecca Goines, Counselor *Parking Lot KHEAA College Info Road Show Kevin Wilson	109 - <i>Are You Self- Care Aware</i> Anna Settle, LPC, CCTP, NCC Professionalism 110 – <i>Taking the Leap: Predictors of Success in Doctoral Studies in Counselor Ed.</i> Dr. Jeffrey Parsons, LPCC; Audra Boggs, Carson Economy	111 - <i>Meditation Made Simple: Integration of Counseling & Meditation</i> Dr. Maurice D McCormick, LPCC	112 - <i>Strategies for the Competent Integration of Spirituality into Addictions Counseling Training and Supervision</i> Jason Jones, LPCA, LCADC; Tiffany Arrows Price, LPCC
Sessions 201 – 213 Tuesday 9:20 – 10:10	201 - Whitley <i>Alcohol and Drug Abusing Women</i> Ebonie Williams, MA Dr. Daya Singh Sandhu, LPCC, NCC	202 – <i>Family Reunification after the impacts of Sexual Abuse cont...</i> Dr. Keth Zimmerman-Hicks, LPCC, retired from KY Dept of Corrections, Former DOC Sex Offender Treatment Program Coordinator 203 - <i>Inked & Empowered</i> Amanda Smith, LPCA, NCC; Latasha Allen, Corey Allen, LPCAs	204 - <i>Meta Model: The Core of Neurolinguistic Programming</i> Amber Hord- Helme, LPCC, NCC 205 - <i>The Effects of Domestic Violence on Children as an Adverse Childhood Experience</i> Dale Hamilton LPCC-S; Sabrina Duncan, LPCC	206 - <i>Five Ps to Successful Small Group Counseling</i> Dr. Mary McCormac, retired School Counselor & Counselor Educator	207 - <i>How Prosocial Engagement is Inhibited in our Clients with Trauma History: Polyvagal Theory and the Autonomic System's Regulation of Trauma Responses</i> Matthew Fowler, LPCC-S; Dr. Russell Hall, Asbury	208 – <i>Healing Children Through Child- Centered Play Therapy</i> Dr. Charles Myers, LPCC-S; Dr. Mi-Hee Jeon, EKU	209 - <i>Professional Identity of Counselors</i> Tenesha Marshall, MA, Counselor – JCPS *Parking Lot KHEAA College Info Road Show Kevin Wilson	210 – Grad Students New Counselors: <i>Building Resilience in Supervisees</i> Carson Economy, LPCC; Racquel Strickland, LPCC-S	211- <i>Doctoral Students & Mothers in Counseling Education: Mentoring, Wellness and Self Efficacy on Persistence and Retention</i> Dr. Angela Spiers, LPCC-S, NCC; Danielle Leach, Grad Student at EKU	212 - <i>DBT and ACT Treatments for Co-occurring PTSD and Substance Use Disorders</i> Quentin B. Hunter, CMHC, LPCA, NCC; Katelyn Gosnell Richey, School Counselor
10:30 – 11:30	GENERAL SESSION in Trimble/Taylor/Whitley Room on 2 nd floor. Keynoter: Gerard Lawson, PhD. <i>The Journey of Leadership and Advocacy in Counseling</i>									
11:45-1:00	LUNCHEONS: KSCA in Poolside Exhibit Hall LPCA/LPCC in Coronet A/B					Box Lunches in Crowne A Exhibit Hall (as self-designated on registration form)				

<p>TUESDAY Sessions 301 – 312</p> <p>Tuesday 1:10 – 2:00</p>	<p>*301- Whitley <i>Helping Clients “Bounce Back” through Self-Evaluation, Pt 1</i> Dr. Robert E. Wubbolding, LPCC, Director: Center for Reality Therapy</p>	<p>302 - <i>Eating Disorders, Parental Attachment, and the Implications for Counseling</i> Dr. Andrea Jenkins, NCC; Hailey Konermann, & Kirstin Spillman, WKU Grad Students</p> <p>303- <i>Living in the Tension: Mental Health and Psychological Well Being among Sexual Minorities at Faith-Based Colleges/Univ</i> Dr. Janet Dean, Asbury University; Dr. Stephen P. Stratton, Asbury Theolog. Seminary</p>	<p>304 - <i>Crisis Counseling ABC</i> Dr. Virginia Holeman LPCC; Molly Halpin & Valeria Rodriguez, Asbury Grad Students</p> <p>305 - <i>Evidence Based Treatment Strategies for Clients with Agoraphobia</i> Dr. Gregory Hatchett, LPCC, NCC; Myla Gordo, NKU Grad Student</p>	<p>306 - <i>Managing Tic Disorder in Young Children</i> Dr. Janet Vessels, LPCC; Private Practice</p>	<p>307 - <i>Large Scale School Based Crisis Support, Pt 1</i> Michelle Sircy, Lead Counselor - JCPS; Michelle Antle, School Psychologist; Bethanie Brogli Opell, School Psychologist</p>	<p>308 - <i>Sexual Bullying in Middle School: What it Looks Like and How to Address it</i> Dr. Patrick Hardesty, LWC; Dr. Nancy J. Cunningham, Professor Emeritus, U of L</p>	<p>309 - <i>Navigating the College Application Process</i> Julie Ann Brown, Counselor</p> <p>*Parking Lot KHEAA College Info Road Show Kevin Wilson</p>	<p>310 – <i>Under Pressure: Exploring the use of Communal Drumming as a Self-care Initiative and Burnout Prevention in Counselors in Training</i> Amanda Smith, LPCA; Dr. Charles Myers, EKU</p>	<p>311 – <i>The Wounded Healer</i> Dr. Larry C. Sexton, LPCC, U of C</p>	<p>312 - <i>ACE Scores and Problem Gambling: A Study of Incarcerated Women</i> Dr. RonSonlyn Clark; Dr. Scott Hunt, EKU</p> <p>313 – <i>Substance Abuse ad Detained Youth: Treatment Implications</i> Dr. Sarah Fucillo, NCC, LWC</p>
<p>Sessions 401 – 413</p> <p>Tuesday 2:10 – 3:00</p>	<p>*401 - Whitley <i>Helping Clients “Bounce Back” through Self-Evaluation cont.....</i> Dr. Robert Wubbolding, LPCC, Director: Center for Reality Therapy</p>	<p>402 - <i>An Introduction to Eye Movement Desensitization and Reprogramming (EMDR)</i> Dr. Melinda Mays, LPCC NCC,</p> <p>403 – <i>21st Century Counseling: What research tells us we should be doing</i> Dr. Patrick Hardesty, LWC; Melanie Erwin, Elijah Sprague, LWC Doctoral Students</p>	<p>404 - <i>Marital Infidelity and Healing</i> Dr. Jill Duba Sauerheber, CES, EMDR, RTC, Trained in Gottman Couples Therapy Method; Brainspotting Practitioner</p> <p>405 - <i>Implications of Poverty in Clinical Mental Health Practice</i> Jennifer Fugate, LPCC</p>	<p>406 - <i>Get Out of the Office! Utilizing Nature in Therapy, Intervention and Strategies</i> Dr. Angela Spiers, LPCC-S, NCC; Bair McKissock, MS, Doctoral Candidate, Purdue University</p>	<p>407 - <i>Meeting Special Counseling Needs of Subgroups of Students in a Classroom</i> Dr. Daya Sandhu, LPCC; Jackie Montgomery, LWC</p>	<p>408 - <i>Marshall Strong</i> Jill Boone, Jennifer Burnham & Jennifer Jackson; Marshall County High School Counselors</p>	<p>409 - <i>FAFSA Makeover, Work Ready, Dual Credit, & KEES for Apprenticeship - KHEAA Has You Covered</i> Steven Held Outreach Counselor *Parking Lot KHEAA College Info Road Show Kevin Wilson</p>	<p>410 - <i>Starting and Managing Your Own Private Practice: Getting off the Ground in KY</i> Amber Hord-Helme LPCC</p>	<p>411 - <i>Leadership & Counseling: Widen the Narrow Path</i> Dr. Gary Patton, LPCC; Dr. Matthew Lyons, U of C</p> <p>**412 <i>Addressing Burnout Culturally and Holistically</i> BethAnne Swick, LPCC-S</p>	<p>413 - <i>Intervening on Normal: Trauma, Substance Use, and Counseling in Appalachia</i> Darlene B. Vaughn, NCC, CSAC</p>
<p>Sessions 501 – 512</p> <p>Tuesday 3:10 – 4:00</p>	<p>501 - <i>Psychological Afflictions of the Codependents: Intervention Strategies for Counselors</i> Dr. Daya Singh Sandhu, LPCC, NCC; Carson Economy, LPCC, NCC; Elijah Sprague, LPC, LICDC</p>	<p>502 – <i>Another Biopsychosocial Perspective of Trauma</i> Dr. James Hightower, LPC</p>	<p>503 – <i>Living Love Counseling: The Science of Happiness</i> Dr. Maurice D. McCormick, LPCC</p> <p>*ROUND TABLE EVENT in Poolside Exhibit Hall Discussion Groups Open to all</p>	<p>504 - <i>Long Term Psychological Impact of Bullying</i> Sumi Mukherjee, Author; Dr. Bimal Mukherjee</p>	<p>505 - Perry <i>Concrete Classroom Strategies for Teaching Students with Complex Trauma</i> Dr. Catherine Tucker, LMHC, School Counseling, IN</p> <p>*Parking Lot KHEAA College Info Road Show</p>	<p>506 - Russell <i>KDE Update for School Counselors –</i> Dr. Damien Sweeney, Comprehensive Guidance Counseling Program Coord. Office of Teaching and Learning, KDE; Plus Rep from Office of Assessment & Accountability</p>	<p>507 - <i>Helping students find a meaningful direction through college and career readiness</i> Dr. Cheryl Pence Wolf, LPCC; Rachel Bauer, School Counselor</p>	<p>508 – <i>Becoming a Resilient Counselor</i> Dr. Virginia T. Holeman, LPCC Asbury Seminary</p>	<p>509 - <i>Counselor Heal Thyself</i> Sam Brode, LPCC; Lena Kline, LPCC</p> <p>**510 - OPTIMISTIC AGING: Lengthening Our Health Spans Leslie C. Dunn, retired counselor, & speaker</p>	<p>511- <i>Family Systems and Substance Use Disorders</i> Dr. Mary Bemker, LPCC, RN, CADC, CNE; Richard Holladay, LPCA</p>

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<p>TUESDAY</p> <p>Sessions 601 – 612</p> <p>Tuesday 4:10 – 5:00</p>	<p>601 - Whitley <i>Recognizing and Responding to Human Trafficking: Raising Awareness for Mental Health Providers</i> Michelle Harrison LPCC, NCC</p>	<p>602 - <i>inTransition – Continuity of Behavioral Health Care Across Transitions</i> Alexis McCombs, MBA; inTransition Program and Psychological Health Resource Center</p>	<p>603 - <i>Pornography: The Hidden Addiction</i> Hannah M. Coyt, LPCC-S, NCC, CCMHC</p> <p>604 - <i>More than just a Buddy: The role of Community Support Wraparound in Children’s Therapy</i> Jennifer S Fugate, LPCC, NCC; Kathleen Noe</p>	<p>605 - <i>Healing the Child Within: Grief Counseling Through Sandtray Play Therapy</i> Dr. Charles Myers, LPCC=S, RPT; Assistant Professor at EKU; Shannon Ethridge, Life Coach; Dr. Mi-Hee Jeon, EKU</p>	<p>606 - <i>Prevention of Child Sexual Abuse: The Ethical Challenges</i> Sumi Mukherjee, Author; Dr. Bimal Mukherjee</p> <p>*Parking Lot <i>KHEEA College Info Road Show</i> Kevin Wilson</p>	<p>607 - <i>Quick and Slick Skills for Successful Behavior - CREATIVITY is the KEY</i> Leslie C. Dunn, Retired School Counselor, Speaker with dunngood Productions</p>	<p>608 - <i>Career Counseling At-Risk Students</i> Dr. Amber Hughes, School Counseling NCC</p>	<p>609 - <i>Best Practices and Ethics of Technology Use in Distance Counseling & Supervision</i> Dr. Jeffrey Parsons, LPCC; Amber Hord- Helme, LPCC; Myra Wilkinson, LMFT</p> <p>Grad Students 610 – <i>College Student Performance and Well-being: The Impact of Stress and Sleep on GPA and Retention</i> Dr. Cheryl P Wolf, Racheal Carter, Counselor</p>	<p>611 - <i>Counselor Educators and the “art” of Group Supervision</i> Dr. Marlene Estenson, Private Practice & formerly at Cincinnati Christian University</p>	<p>612 – <i>Storytelling as Therapeutic Intervention</i> Dr. Mary Bemker, LPCC, RN, CADC, CNE; Richard Holladay, LPCA</p>
5:00 - 5:15	CROWNE A Exhibit Hall Prize Drawings									
5:20 – 6:45 Afternoon Meetings	<p>KMHCA Meeting Elliott Room 5:20 – 6:00pm All mental health counselors urged to attend</p>		<p>Divisional “Meet and Greet” 5:45 – 6:30pm (Poolside Exhibit Hall) Soft Drinks & Snacks Provided KCA invites all counselors to stop by and learn more about opportunities to be networked with other like-minded counselors through the various Divisions within KCA. Membership in most Divisions is free if you are a KCA member. All Divisions are welcome to participate.</p>							
EVENING EVENTS 6:00 – 11:30pm	<p>6:00 – 8:30pm Hospitalities EKU - TBA WKCA - TBA</p>		<p>9:00 – 11:30pm Coronet A/B Social Event with DJ Theme: November Derby Great photo ops and socializing</p>							

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Nov 14, 2018 Wednesday Morning	FEATURED SESSIONS	CLINICAL MENTAL HEALTH and INDIVIDUAL TRAUMA		CLINICAL AND SCHOOL BASED		SCHOOL COUNSELING	Graduate Students & New Counselors	SELF-CARE PROFESS- IONALISM	SUBSTANCE ABUSE COUNSELING	
Nov 14, 2018 EARLY BIRD Wednesday 7:30 – 8:15		700A – Whitley (Open to ALL) <i>Enhancing Racial and Gender Equities Through Prejudice Reduction</i> BethAnne Swick, LPCC-S; Arlene Cotton, LPCC; Dr. Daya Sandhu, LPCC, NCC		700B – (Clinical) <i>Hypnosis as a Clinical Tool: Experiential Group Exercise</i> Dr. Jason Bluemlein, LPCC-S		700C – (Open to ALL) <i>There's an App for that: Integrating smartphone techniques into clinical practice</i> Jennifer Fugate, LPCC, NCC	700D - * Meeting: Counselors with LPCC-S credential Dr. John Rigney, LPCC-S; Dr. Larry Sexton			
Sessions 701-713 Wednesday 8:20 – 9:10	701 - Whitley <i>Panel Discussion–Mental Health Needs of Service Members, First Responders, Veterans and Families</i> Facilitated by: Tammy Hurst with Michael Freville, LPCC; Heath Dolen, KY Dept of Behavioral Health; Veteran Outreach; ...	702 - <i>Finding the “Spirit” Understanding the Subtle Differences among Disorders in the DSM-5</i> Dr. Andrea Brooks LPCC-S; Melanie Erwin-Pennington, LPCA; Audra Boggs, LPCC, NCC 703 – <i>Strategies for Helping Clients Reduce Intrusiveness Thoughts</i> Dr. Gregory T. Hatchett, LPCC-S, NKU; Christina Shrader, Counselor	704 - <i>Effects of Cross-cultural Worldviews and Coping Response Styles on Suicidal Ideations: Suggestions for Counselors</i> Dr. Daya S. Sandhu, LPCC, NCC; Arlene Cotton, LPCC	705 – <i>Providing Positive Resources to the LGBTQ+ Community in Rural Areas</i> BethAnne Swick, LPCC-S	706- <i>Psychocultural Profiles of Violent Students</i> Hannah Coyt, LPCC, NCC; Jacquelyn Montgomery, Associate Dean, LWC	707 - <i>Ninjas, Warriors & Other Big Energies</i> Dr. Loretta T. Dye, Assoc. Professor – WKU; Brandon Green, Grad Student, WKU	708 - <i>Importance of the School Counselor in Career and Technical Education</i> Kiley Whitaker, Academic Program Manager, KDE	709 - <i>Finding Time: Work/Life Balance in Today's World</i> Dr. Amber Hughes, NCC	710 – <i>New NCDA Career Credentials for Counselors</i> Elizabeth M. Cole, LPCC, NCC. CCC 711 - <i>What Happened to my Retirement in the 2018 Legislative Session</i> Becky Niece, TRS; Tim Abrams, KRTA	712 - <i>Effective Counseling Approaches for the Substance Abuse Client Participating in Medication Assisted Treatment Part 1</i> Geoff Wilson, LCSW, LCADC
Sessions 801-812 Wednesday 9:20 – 10:10	801 - Whitley <i>An Introduction to the KY LPC BOARD</i> Dr. Imelda Bratton, Dr. Andrea Brooks	802 - <i>Effective Diagnosis and Treatment for Dissociative Disorders</i> BethAnne Swick, LPCC-S 803 – <i>How Do I Ask That Question? Identifying Best Practices for Screening for Infant Loss at Intake</i> Samantha Rouse, LPCA	804 - <i>Understanding Pro-social Reintegration for Returning Citizens Convicted of Sexually Deviant Crime</i> Dr. Steven W. Patrick, LWC 805 - <i>Addressing Suicide among our Veterans</i> Tammy Hurst, LPCC, Ret Lt Col	806 - <i>Significance of Spirituality in Counseling and Psychotherapy Implications for Mental Health</i> Arlene Cotton, LPCC; Dr. Daya Sandhu, LPCC, NCC ; BethAnne Swick, LPCC-S	807- <i>From Stressed to Safe: Neuroscience, Mindfulness & Yoga as a Therapeutic Tool in Schools and Life</i> Dr. Loretta T. Dye, Associate Professor – WKU	808- <i>THE FOUR AGREEMENTS for a life of freedom, happiness and love</i> Leslie C. Dunn, Retired School Counselor, Speaker – dunngood Productions	809 - <i>After 13 Reasons Why: The Intersection of Mental Health and School Counselors</i> Dr. Stacy Springston, LPCC; Danette Hurley, M.S., TLPCA	810- <i>Career Exploration Counseling</i> Eugene Phelan, MS, Education Services Specialist, Department of Defense	811- <i>Engaging in Profession Leadership Through a Degree in Counselor Education</i> Dr. Jeffrey Parsons, LPCC, LWC, Dr. Ed Gunberg, Regional Academic Director, LWC	812 - <i>Effective Counseling Approaches for the Substance Abuse Client Participating in Medication Assisted Treatment Cont....</i> Geoff Wilson, LCSW, LCADC
10:30 – 12:00	CROWNE A BALLROOM - Buffet Brunch, Counselor Awards and Closing Session Keynoter: Leon Ellis									