

Kentucky Counseling Association Conference
Pre-Conference Workshops
Crowne Plaza Hotel Louisville, KY November 11-12, 2018



The Kentucky Counseling Association (KCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2018. Programs that do not qualify for NBCC credit are clearly identified. The Kentucky Counseling Association (KCA) is solely responsible for all aspects of the Programs. EILA Hours also offered as approved by KDE.



A **complimentary lunch** will be provided for pre-conference workshop participants participating in a 6-hour workshop or both a morning and afternoon 3-hour workshop.

13-Hour Pre-Conference Workshop (9:00 – 4:30) Sunday/Monday Nov. 11-12

1. PREPaRE WS2 Crisis Intervention and Recovery: The Roles of School-Based Mental Health Professionals (6.5 hours each day) (Limit – 40 Participants)

Presenters: **Bethanie Brogli Opell**, Ed.S., NCSP; **Penny Mills**, Ed.S., NCSP.

Description: This 2-day workshop provides school-based mental health professionals and other school crisis intervention team members with the knowledge necessary to meet the mental health needs of students and staff following a school-associated crisis event. With updated research and crisis intervention strategies, this workshop teaches participants how to prevent and prepare for psychological trauma, helps to reaffirm both the physical health of members of the school community and students' perspectives that they are safe and secure, evaluates the degree of psychological trauma, responds to the psychological needs of members of the school community, and examines the effectiveness of school crisis intervention and recovery efforts.

Goals: Participants will be able to:

- Report improved attitudes toward, and readiness to provide, school crisis intervention
- Identify variables that determine the number of individuals likely to have been traumatized by a given crisis event
- Identify the school crisis interventions specified by the PREPaRE acronym
- Identify how school crisis intervention fits into the multidisciplinary National Incident Management System's Incident Command System (NIMS/ICS) school crisis response
- State the triage variables that predict psychological trauma
- Match the degree of psychological trauma risk to the appropriate school crisis interventions.



6-Hour Pre-Conference Workshops (9:00 – 4:00) Monday, Nov. 12

1. AMSR – Assessing & Managing Suicide Risk (runs until 4:30 for 6.5 hours)

Presenter: **Dawn Rowe**, LPCC, Past KCA President, Adjunct Faculty for Lindsey Wilson College, and Clinical Practice with Ohio Valley Physicians Healthcare.

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 Julie Parent 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 30th to provide time to obtain the materials through the grant.

Major goal:

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



2. Trauma Informed Care for Educators and School Personnel

Presenters: **Ms. Miriam Silman**, Training Coordinator, Center on Trauma and Children, University of Kentucky; **Robin McCoy**, School Counseling Program Coordinator, KDE; **Kathryn Tillett**, Kentucky AWARE Project Director

Description: Approximately 25% of school-age students have been exposed to trauma. This workshop engages school counselors and other school personnel to learn how to create a trauma informed educational setting for students and staff. Specifically, participants will understand the prevalence and types of trauma experienced by students, the impact of trauma on the developing brain and subsequent cognitive, emotional, social and behavioral functioning, and school-based strategies and resilience building activities to address these challenging responses. Strategies to support students at universal, targeted and intensive levels of intervention, as well as activities to promote staff resilience will be presented and practiced.

Program Goals: Participants will be able to:

- Understand and define a traumatic event
- Recognize symptoms of traumatic stress in youth
- Understand the impact of trauma exposure on the developing brain and the consequent effects on social, emotional, cognitive and behavioral functioning
- Know the components of resilience and ways to promote and support resilience using trauma informed practices: a) Using a trauma lens to understand student behavior, b) Creating psychological safety through a safe environment and safety messages, c) Recognizing and responding to cognitive distortions resulting from trauma exposure, d) developing and using a trauma informed safety plan, e) Teaching and using self regulation (de-escalation) strategies
- Prevent, recognize and respond to secondary traumatic stress in staff

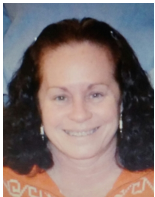


3. Identifying Sexual Offense Typologies and Understanding the Dynamics of Sexual Offending

Presenter: **Keth Zimmerman-Hicks, Ph.D.** Retired from KY Dept. of Corrections, Division of Mental Health; former DOC Sex Offender Treatment Program Coord.; Private Practice with *Family Matters*

Description: This workshop will provide insight and understanding of the cycle of sexual offending to include the dynamics of sexual abuse and typologies of offenders. It will distinguish between incest offenders, child offenders and rapists by typology and offense behaviors. It will also provide information related to female offenders, spousal rapists, noncontact offenses and internet predators. The workshop will provide information relevant to the requirements for credentialing as a sex offender treatment provider and assessment provider. Goals:

- Participants will review statistical information regarding the prevalence of all types of sexual offenses in the United States.
- Participants will gain knowledge of the differing types of sexual offenses.
- Participants will gain understanding of the dynamics of sexual offending as it relates to the perpetrator and those victimized.
- Participants will gain knowledge and skills to begin assessing the traumatic impacts of abuse.
- Participants will gain knowledge and skills to assist clients who have been victimized and in understanding the dynamics of the offending as a cyclic pattern of abuse and maladaptive coping of the perpetrator.
- Participants will learn core information required for those who are seeking to be credentialed in the field of sexual perpetrator treatment.



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



1. Counseling Children & Adolescents: Strategies and Techniques for Effective Change (AM)

Presenters: **Daniel Williamson, Ph.D.** LPC, LPCC, NCC; Professor/Chair – University of Mary Hardin -Baylor, Texas; **Jennifer Williamson, Ph.D.**, LPC, LPCC, NCC; Professor, Univ. of Mary Hardin-Baylor

Description: Children and adolescents face unique challenges today. Counselors must employ evidence-based practices that meet them where they are and allow them to develop and grow. This session will explore strategies and techniques that counselors can use to work with this dynamic and ever-changing population. Goals:

- Participants will explore new techniques for working with children and adolescents.
- Participants will practice new strategies for working with children and adolescents.
- Participants will gain an understanding of the theoretical and evidence-based principles surrounding these techniques and strategies.

2. Crisis Counseling & Disaster Mental Health Basics (AM)

Presenter: **Gerard Lawson, Ph.D.**, LPC, NCC; Counselor Education Dept. at Virginia Tech

Description: This workshop will focus on preparation for Mental Health Disasters and understanding that the psychological “footprint” of a disaster is larger than the medical “footprint”.

Goals:

- Participants will understand the five essential elements of DMH
- Participants will understand central tenets of DMH
- Participants will explore potential partners for DMH
- Participants will review dimensions and core actions of Psychological First Aid



3. Domestic Violence Training (AM)

Presenter: **Chris Griffith**, LPCC, KY Board of LPCs, Counselor at Christian Appalachian

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. Law and Regulation Training for Professional Counselors (AM)

Presenter: **Larry Sexton, Ph.D.**, LPCC, Professor at School of Counseling at University of the Cumberlands; **Dr. Imelda Bratton**, LPCC, Associate Professor at University of the Cumberlands

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



5. Just Because It's Not Wrong Doesn't Make It Right (AM)

Presenter: Barbara Coloroso, M. Ed., National Educator/Consultant and Noted Author

Description: A workshop packed with solid practical advice on how to use the stuff of everyday life to teach children to act with integrity, civility, and compassion. Beginning with the idea that it is in us to care, that we are born with an innate capacity for compassion, Barbara Coloroso shows educators how to nurture and guide children's ethical lives from toddlerhood through the teen years using everyday situations at home, at school, in social settings and in the world at large.

Goals: Participants will learn by:

- Exploring the development of an ethic rooted in deep caring with principles, virtues and values that are in the service to and at the service of that caring
- Understanding the why and how to teach our children to think and act ethically
- Examining the possibilities and pitfalls of character education programs
- Fostering nurturing in children through the three antidotes (care deeply, share generously, help willingly) verses the virulent agents ripping apart the fabric of our human relationships (hating, hoarding, and harming ourselves and others)
- Examining how rigid moral absolutism and shifting moral relativism interfere with raising ethical human beings.
- Exploring Media: The Good, the Bad the Ugly and the Indifferent
- Distinguishing the difference between punishment and discipline and how they work



6. Long Term Psychological Impact of Bullying and Related Issues (AM)

Presenters: Sumi Mukherjee, Author and Speaker, National Workshop Presenter and Consultant; **Bimal Mukherjee, Ph.D.,** Workshop Facilitator

Description: This workshop will provide information about the presenter's personal battle with bullying and obsessive compulsive disorder and includes topics such as bias based bullying, effects of bullying, overall impact of bullying on children, and reasons bullies do what they do. The workshop will also include small group interaction as they examine examples of bullying and develop a plan for safer school environments and/or to utilize in their own work settings.

Participant Goals:

- Gain understanding of the long term impact of bullying
- Examine bias based bullying
- Examine ways to detect when bullying occurs
- Examine ways bullying can impact academic success and emotional growth
- Explore the role of bystanders
- Explore parent involvement in maintaining a safe environment
- Develop plans for creating a more safe environment for all students



AFTERNOON SESSIONS

1. A Short Walk: From School Yard Bullying to Crimes Against Humanity (PM)

Presenter: Barbara Coloroso, National Educator/Consultant and Noted Author

Description: It is actually a short walk from hateful rhetoric to hate crimes to crimes against humanity. This three hour workshop will cover what bullying is and what it isn't, how easily people can get caught up in the "trap of comradeship" and doing unspeakable harm, through the act of dehumanization, to a targeted person or group without feeling shame.

Goals:

- Participants will know the difference between normal, natural, and necessary conflict and the cruelty of bullying
- Participants will understand the various roles one can play in the trap of "comradeship"
- Participants will learn how to help young people become brave-hearted witnesses, resisters, and defenders
- Participants will learn how to break the cycle of violence in our homes, schools, and communities



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3. Exploring Distance Counseling and Supervision: The Ethical, Legal, and Practical Implications (PM)

Presenter: Jennifer Williamson, Ph.D., LPC, LPCC, NCC; Professor, University of Mary Hardin-Baylor, Texas; **Daniel Williamson, Ph.D.**, LPC, LPCC, NCC; Professor/Chair – University of Mary Hardin-Baylor

Description: The 21st century counselor faces a variety of challenges as he or she finds ways to effectively serve each client's unique needs. Technology offers new avenues to bridge geographic divides, economic challenges, and language barriers. However, it comes with unique considerations. This session will explore distance counseling and supervision challenges and solutions. Come join this conversation.

Goals:

- Participants will explore factors involved in providing quality virtual services
- Participants will examine major challenges related to the use of technology in the counseling relationship
- Participants will identify key ethical and legal considerations for practitioners to consider.



4. Introduction to Clinical Supervision: Legal and Ethical Issues (PM)

Presenter: Rebecca Pender-Baum, Ph.D., LPCC, NCC, Assistant Professor of Counseling Education at Murray State University

Description: This first module of the required 15-hour supervision training is required for those seeking to supervise Kentucky LPCAs and gain the status of **LPCC-S**. This 3-hour training meets module 1 training requirements established under 201 KAR 36:060 and 201 KAR 36:065. The remaining 12 hours will be available via distance learning with Dr. Pender-Baum on dates to be determined.

Program Goals for this Module include:

- Kentucky and other state and federal laws governing the practice of clinical supervision.
- Ethical issues involved in clinical supervision
- Supervisor responsibilities such as logs, treatment, planning, recording, and proper documentation



5. Prevention of Child Sexual Abuse – The Ethical Challenges (PM)

Presenters: Sumi Mukherjee, Author and Speaker, National Workshop Presenter and Consultant; **Bimal Mukherjee, Ph.D.**, Workshop Facilitator

Description: This workshop will include information from the book: *Father Figure – My Mission to Prevent Child Sexual Abuse* and provide greater awareness of the prevalence of abuse and challenges related to the prevention of sexual abuse of children.

Goals:

- Participants will gain understanding of the challenges of childhood sexual abuse
- Participants will learn to recognize signs of childhood sexual abuse
- Participants will learn legal implications associated with childhood sexual abuse
- Participants will gain understanding of their roles and responsibilities in improving effectiveness in prevention of childhood sexual abuse
- Participants will learn the value of multidisciplinary collaboration in the focus on prevention of childhood sexual abuse





6. The Power of Parent Engagement in Child and Adolescent Treatment (PM)

Presenter: Leon Ellison, Jr.; M.Ed., LPCC-S; Clinical Consultant, Mental Health Consultant

Description: Parenting can play a major role in the development of emotional and behavioral disorders in children. Counselors who work one on one with children without engaging the parents during treatment can be ignoring a key component in the etiology of their client's dysfunction. Clinical counselors that work with children who suffer from emotional and behavioral issues can increase treatment outcomes by engaging parent in treatment. The influence of family context on a child's development and behavior often results in the child's treatment focusing on the family regardless of the underlying treatment approach.

Goals:

- Workshop participants will learn how parents influence the development of childhood emotional and behavioral issues.
- Participants will examine interventions that will assist with engaging resistant parents in treatment
- Participants will explore how a combination of CBT and MI Techniques in treatment of child emotional and behavioral issues can increase treatment outcomes
- Participants will examine the benefits of engaging parents into case management services to assist with factors that influence their Parental Self efficacy
- Participants will explore how the parent/child relationship can decrease the substance abuse use in teenagers in AOD treatment

Registration Information

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

CE Clock Hour Certificates and EILA Certificates will be provided at the conclusion of each workshop.

FEES:

- 13 Hour Workshop: KCA Member - \$225, non-member - \$325
- 6 – 6.5 Hour Workshops: KCA Member - \$160, non-member - \$245
- 3 Hour Workshops: KCA Member - \$80, non-member - \$155
- On-site prices will reflect a \$20 upcharge.

Cancellation Policy – Cancellations of Conference and/or Preconference workshop registration must be made in writing or via email to Helen (helenkca@gmail.com)

Cancellations received by October 1 will be entitled to a full refund less \$25.

After October 1, a \$50 processing fee will be assessed for cancellations.

NO REFUND requests for pre-conference workshops after October 15 will be honored.

Refunds may take up to 30 days after conference.

KCA Conference – November 12-14, 2018 Crowne Plaza Hotel in Louisville, KY

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

Earlybird registration by Sept. 15: KCA Members - \$150, non-members \$229

Registration Sept 16 – Nov 7: KCA Members - \$195, non-members \$269

On-site registration starting Nov 8: KCA Members - \$225, non-members \$299

Students and retired members - \$65 (on-site - \$75)

For assistance: helenkca@gmail.com

More conference information at kyca.org