

**Liberty University
School of Behavioral Sciences
Department of Counselor Education and Family Studies**

Presents

**The 5th Annual Central Virginia Counselor Development Symposium
Friday, October 6th
9:00 a.m. – 5:00 p.m. EST**

Inspiring H.O.P.E. in Mental Health Professionals

- *Healthy mind & body*
- *Opportunities for personal & professional growth*
- *Psychoeducation, and*
- *Equity in serving others*

Track: Clinical Mental Health Counseling and Counselor Education

Session	Presenters	Synopsis
<p>Session 1 9:00 – 10:00 a.m. EST</p> <p>Advocating for Mental Health Within the Church: A Discussion of How and Why</p>	<p>Emily Hendricks, B.S.; Kristy Ford, PhD, LMHC-S, NCC</p>	<p>Steps must be taken within this profession to help build relationships and teach church leaders and members how to respond to mental health issues within their communities to bridge the gap between counseling and churches. Christian counselors should understand how to educate and advocate within their churches.</p>
<p>Session 2 10:15 – 11:15 a.m. EST</p> <p>How Professionals Impact the Abuse of Women in the Divorce Process</p>	<p>Miriah Rutledge, LMFT</p>	<p>Current systems involved in divorce proceedings inadvertently further the abuse of domestic violence victims. We will discuss the different tactics abusers use to inflict further harm on their victims while in the divorce process. We'll also share ideas for how to better support your clients and what collaborative advocacy efforts could look like.</p>
<p>Session 3 11:30 – 12:20 p.m. EST</p> <p>The Effects of Vicarious Trauma: Practical ways for Counselors to Implement Self-Protective Measures in the clinical Setting</p>	<p>Charny Beck, LCSW; Jennifer Brea, LPC, NCC; Shama, M.S., LPC</p>	<p>Counselors have the privilege to walk with clients through traumatic experiences with the hope of leading them through the healing process. In this session, counselors will develop a deeper understanding of vicarious trauma and protective measures as they walk alongside clients through their healing journey.</p>

Lunch	Lunch	Lunch
<p>Session 4 1:30 – 2:30 p.m. EST</p> <p>Handling Values Conflicts: Integrating Counselor Values into the Counseling Process</p>	<p>Joe Cook, PhD, LPC (TX); Chuck Romig, PhD, LMFT; Laurel Shaler, PhD, NCC, LPC, LCSW, LISW- CP; Deborah Braboy, PhD, LPC- S (AR, OK)</p>	<p>Mandating that counselors always work within the client’s value system can create moral distress that eventually can create a fragmentation of the counselor identity. The ethical limitations of a “no exceptions” mandate to bracket alternative values will be presented. A process of respectfully engaging clients in moral dialog will be proposed, along with ethical implications.</p>
<p>Session 5 2:45 – 3:45 p.m. EST</p> <p>The CDCAS Framework: Integrating the Stages of Change Model and the INCOME Framework</p>	<p>Terri Lucas, PhD, LPC, CCTP</p>	<p>Employment has been indicated as a contributor to positive outcomes for both people with addictions and those with disabilities. This session will provide a new treatment framework by integrating the Stages of Change Model for working with individuals with addictions and the INCOME framework for working with individuals with disability.</p>
<p>Session 6 4:00 – 5:00 p.m. EST</p> <p>Counselors as healers in a toxic culture: Exploring Viewpoint Diversity as a strategy for building client resiliency.</p>	<p>Mark Myers, PhD, LPC-R (VA)</p>	<p>This presentation explores the impact that a strongly reactive political/social environment may have on mental health and Counselor Education and presents a synopsis of how an emerging development in the field of social science and education may provide some helpful answers.</p>

Track: School Counseling and Counselor Education

Session	Presenters	Synopsis
<p>Session 1 9:00 – 10:00 a.m. EST</p> <p>Counselors-in-training: Relationship among physical activity, screen-based behaviors, and wellness</p>	<p>Logan McCarthy, PhD, LCPC, NCC, ACS; Jeff McCarthy, PhD, LCPC, NCC, CCATP, CTMH</p>	<p>Counselors-in-training (CITs) are exposed to the concept of wellness and learn ways they can promote self-care as an emerging counseling professional. However, further education on the relationship among physical activity, screen-based behaviors, and wellness will better equip CITs as they enter the counseling profession in the 21st century.</p>
<p>Session 2 10:15 – 11:15 a.m. EST</p> <p>Young, Black & Exceptional: The School Counselor’s Role in Serving Gifted Black Students</p>	<p>Crystal Hatton, PhD., NCC, NCSC, ACS; Krystal L. Clemons, PhD, NCC, NCSC, ACS; Brandy K. Richeson, PhD, LPC, NCC, ACS</p>	<p>Black students are underrepresented within gifted education. However, school counselors are ethically obligated to help close gaps and promote equitable access for students who are marginalized by educational systems. This session will explore cultural considerations for gifted black students and identify how school counselors can effectively meet their needs.</p>
<p>Session 3 11:30 – 12:20 p.m. EST</p> <p>Six Creative Hands-on Career Counseling Activities</p>	<p>Chris Wheelus, PhD, MDiv, LPC, LMFT, Certified School Counselor</p>	<p>Career counseling can feel like just another academic, pencil-and-paper endeavor. This hands-on session seeks to bring some fun, five-senses, and imagination into the career counseling process. It brings a new twist to some old interventions and introduces interventions that can work with individuals, groups, or classes of diverse backgrounds.</p>

Lunch	Lunch	Lunch
<p>Session 4 1:30 – 2:30 p.m. EST</p> <p>Shhh...Don't Talk About That in School!: Ethical and Legal Considerations for Addressing Spirituality With Students</p>	<p>Angelica Greiner, PhD, CDF; Crystal Hatton, Ph.D., NCC, NCSC, ACS; Charity Kurz, PhD, LSC, CSC, LPC, NCC</p>	<p>Research suggests that there are various benefits associated with addressing spirituality with students. However, many school counselors avoid the topic due to lack of training or fear of repercussions. attendees will explore how school counselors can ethically and legally address spirituality when counseling students.</p>
<p>Session 5 2:45 – 3:45 p.m. EST</p> <p>How Smart is My Smartphone Use: The Impact of Smartphone Use on Counselor's-in-Training Anxiety and Wellness</p>	<p>Logan McCarthy, PhD, LCPC, NCC, ACS; Karin Dumont, PhD, NCC, LCMHC-S, LCAS, CCMHC, CCCJS, CCMC, ACS '00 '10</p>	<p>Counselor's-in-training (CITs) are exposed to the concept of wellness throughout their graduate program. Research has shown most individuals own a smartphone device. However, CITs may not be aware of the impact smartphones could have on their anxiety levels and wellness. Further education in these areas will assist CITs as they emerge into the counseling profession.</p>
<p>Session 6 4:00 – 5:00 p.m. EST</p> <p>Remembering You: Self-Care in a Post-COVID World</p>	<p>Jeremy M. Northrop, PhD, LPC/MHSP, NCC, Approved Supervisor</p>	<p>A post-COVID world brought about changes in technology, higher rates of depression and anxiety, and an increased amount of work available for behavioral healthcare professionals and other medical providers. The emphasis of the presentation is providers caring for themselves, so they have the ability to care for others. Following the principle of Matthew 22:39 requires adequate self-care.</p>

Track: Counselor Education and Supervision

Session	Presenters	Synopsis
<p>Session 1</p> <p>9:00 – 10:00 a.m. EST</p> <p>Establishing and Growing a Qualitative Research Team for Counselor Educators Using the Conceptual Mapping Task (CMT)</p>	<p>John A. King, PhD, MDiv, MA, LPC (PA), NCC</p>	<p>The Conceptual Mapping Task (CMT) is a qualitative counseling research tool. In this session, the presenter will demonstrate the CMT and describe how he recruited and chaired a group of dissertation students using this research methodology. This presentation is for counselor educators looking to expand their vitae through doing research.</p>
<p>Session 2</p> <p>10:15 – 11:15 a.m. EST</p> <p>Neurodivergent Students in Counselor Education Programs: Effective Teaching and Gatekeeping for Counselor Educators</p>	<p>Alysha Blagg, PhD, LPCC-S (OH), NCC; Eric Camden, PhD, LPC, NCC, ACS</p>	<p>As counselor educators we are tasked with equipping counselors-in-training with skills and knowledge to help people with trauma, mental health disorders, relationships issues, and more. It is increasingly likely that counselor educators have and will continue to encounter students who are neurodivergent and may require additional skills training, specific accommodations, and further mentoring. Counselor educators may also encounter neurodivergent students who are not appropriate for the counseling profession and effective gatekeeping must be in place. This presentation will discuss practical ways to engage neurodivergent students, the importance of gatekeeping, and ways of adapting teaching and skills development in counselor education courses.</p>
<p>Session 3</p> <p>11:30 – 12:20 p.m. EST</p> <p>Using Narrative Therapy with the Discrimination Model in Supervising Diverse Counselors-in-Training and Counselors</p>	<p>Evadne E Ngazimbi, PhD, LPC (ID & CT), NCC</p>	<p>The presenter will describe the Narrative Therapy and Discrimination Model of supervision which she uses with supervisees. She will share a case example in which she used it successfully with a student in advanced practicum. The counseling profession is becoming more diverse. Thus there is a need to use supervision models for diverse supervisees.</p>

Lunch	Lunch	Lunch
<p>Session 4</p> <p>1:30 – 2:30 p.m. EST</p> <p>After Graduation, Then What?: Intentional and Ethical Shepherding of Newly Licensed Counselors</p>	<p>Shannon Warden, PhD, LCMHCS (NC); Stacey Lilley, PhD, LPSC, LPC-S; Kristy Ford, PhD, LMHC-S, NCC</p>	<p>This session will inspire and equip clinical supervisors to be more intentional in their support of newly licensed counselors, who may be struggling to develop their post-graduate counselor identity, handle increasingly difficult ethical dilemmas, manage various financial challenges that are common in the profession, and generally avoid counselor burnout.</p>
<p>Session 5</p> <p>2:45 – 3:45 p.m. EST</p> <p>Remediating the Gatekeeper: Effectively Building Psychological Capital in CITs for Counseling Identity Development</p>	<p>Gail Roaten, Ph.D., LPC-S, CSC; Krista Kirk, PhD, LMHC, NCC, ACS; Wendy Robinson, PhD, LPC; Mariah Couser, MA, LPCCS, NCC; Denise Moore, M.A., LPC</p>	<p>This presentation will explore (1) teaching models that impede and enhance counseling identity (CI) development, (2) how educators and supervisors can intentionally create psychological safety for students to enhance the construct of psychological capital, and (3) how to offer developmental feedback while empowering and motivating CITs in their growth.</p>
<p>Session 6</p> <p>4:00 – 5:00 p.m. EST</p> <p>Student Perspectives on CREATE(ing) Hope for Counselors-in-Training</p>	<p>Steve Johnson, Ph.D., LPC, LMFT, ACS, AAMFT approved supervisor; Taylor Dean, M.A.; Sarah Embry, M.A.</p>	<p>This program explores the role hope plays in the development of the practicum/internship student. Two recent CMHC graduates share their experiences of how the CREATE supervision model enhances a sense of hope in the student experience.</p>

Track: Special Topics

Session	Presenters	Synopsis
Session 1 9:00 – 10:00 a.m. EST Counseling Grief and Loss in the Face of Traumatic and Sudden Death Due to Tragic Events	Cynthia Doney, PhD, LPC, LMHC, NCC	This session is being presented as an open presentation of ideas on interventions that may be implemented with clients who have experienced sudden and tragic losses due to unexpected and sometimes mass tragedies.
Session 2 10:15 – 11:15 a.m. EST Social Justice and Advocacy for Juvenile Sex Offenders: Second Chance or Not?	Lee Anthony Underwood, PsyD, LPC	Juvenile sex offending remains a community safety concern. Do these youth deserve a second chance to freedom? What is their risk to re-offend? When should the community be notified? Should community safety be jeopardized? This presentation reviews clinical policies related to treatment and balancing civil liberties with personal accountability.
Session 3 11:30 – 12:20 p.m. EST Religious Influence on Suicide	Jeff Logue, PhD, LPC-S; Brad Fairchild, PhD, LPC	The purpose of this workshop is to explore the impact religion has on suicidality and how a client's degree of religiosity can serve as a protective factor against suicidal behaviors. In order to accurately assess for the risk of suicide, clinicians must not ignore the role of religion in relationship to suicidality. This workshop focuses on four dominant religions in the U.S.: Christianity, Islam, Hinduism, and Judaism. Participants learn the influence of religion on suicide, the importance of assessing religion, how religion protects against suicidal behaviors, and the risk factors associated with specific religions. Those benefiting from this workshop include mental health professionals, clergy, and lay counselors.

Lunch	Lunch	Lunch
<p>Session 4</p> <p>1:30 – 2:30 p.m. EST</p> <p>Getting Comfortable with being Uncomfortable: Exploring the Lived experiences of White Faculty Engaging in Courageous Racial Discussions</p>	<p>Michael Brooks, PhD LCMHC, LPC-S, NCC; Tyra Turner Whittaker, RhD, LCMHC, CRC; Yudan Wang, PhD</p>	<p>There is limited research and discussion on the experiences of White counselor educators who fearlessly and courageously engage in complex dialogue on race and racism. The current presentation discusses the lived experiences of White faculty who courageously embraced discomfort to engage in challenging and honest dialogue on race and racism.</p>
<p>Session 5</p> <p>2:45 – 3:45 p.m. EST</p> <p>Cultivating Good Souls: Using Horticulture Therapy as an Adjunct to Your Clinical Practice</p>	<p>Ashlee Lakin, PhD, LPC, NCC; Denise Daniel, PhD, LPC, RN</p>	<p>Mr. Miyagi was onto something when he taught Daniel-san to care for a bonsai tree! Therapeutic horticulture can be traced back to the 1800s and can help promote health in both the mind and body. "Horticultural therapy is a treatment modality that uses horticultural activities to meet the specific therapeutic or rehabilitation goals of participants with a focus on maximizing social, cognitive, physical, and fields..." (Gladding, p. 235). When clients are able to learn to care for the needs of a growing plant, they can learn what it means to care for themselves as well. Some of the many benefits include stress reduction and lower levels of social isolation. Join us to learn more about the four components of Horticultural Therapy: the Counselor, the client, the plants, and the goals. Gladding, Samuel T. (2021). The creative arts in counseling (6th edition.). American Counseling Association.</p>

<p>Session 6</p> <p>4:00 – 5:00 p.m. EST</p> <p>Christian Worldview in Counselor Education</p>	<p>John A. King, PhD, MDiv, MA, LPC (PA), NCC; Kristy Ford, PhD, LMHC-S, NCC</p>	<p>While counselors and counselor educators desire to integrate their Christian faith into their counselor identity, many do not have a solid theological grounding for integration. This session will show Christian counselors how a biblical worldview can meaningfully impact their counselor identity and allow them insight into their professional role.</p>
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