

CENTRAL VIRGINIA COUNSELOR DEVELOPMENT SYMPOSIUM



Liberty University

August 5, 2022

9am - 5pm



Liberty University – Center for Counseling and Family Studies has been approved by NBCC as an Approved Continuing Education Providers, ACEP No. 4592. Programs that do not qualify for NBCC credit are clearly identified. Liberty University – Center for Counseling and Family Studies is solely responsible for all aspects of the program.

Session 1: 9:00–10:00am

Clinical Track:

Resiliency – The Intersection of Faith and Mental Health Care for Counselors

Presenter: Patrick Tidwell, Ph.D., LMFT

Can spirituality and mental health practices work together? This session will share strategies for networking between counselors and spiritual leaders to help people with mental health issues post-COVID. Learn how to build bridges between churches and the resources in your community to help be part of the solution for healing.

School Counseling Track:

Value Harnessing: A Supervision Approach for Value Reconciliation

Presenters: Deedre Mitchell, Ph.D., LPC, NCC, Laura Martin, Ph.D., LPC, NCC, Denise Ebersole, Ph.D., LPC, ACS, NCC, NCSC, Laurel Shaler, Ph.D.

The ability to ethically integrate personal and professional values requires a complexity of thought that evolves as a counselor develops. We present the novel concept of value harnessing and the HARNESS Model as a supervision practice to guide supervisees in recognizing and utilizing their values when facing value conflicts.

Special Topics Track:

Early Recollections: An Adlerian Technique in Psychotherapy and Supervision

Presenter: Courtney Evans, Ph.D., LCMHCS

In this session, the presenter will describe the Adlerian technique of early recollections (ERs). The presentation will include an explanation of how ERs can be used in both psychotherapy and clinical supervision.

Session 2: 10:15–11:15am

Clinical Track:

Ambiguous loss and Complex PTSD: What's the connection?

Presenter: Jonna Byars Ph. D, LPC, NCC

This presentation will look at the ambiguous loss, complex PTSD and their relationship to each other and COVID -19. The research is clear that both ambiguous loss and complex PTSD are misdiagnosed and in many cases leading clinicians to over treat an issue used to cope with ambiguous loss and complex PTSD. By going to the root of the issue we can more accurately help our clients.

Special Topics Track:

Is it Safe to be Me?

Presenters: Mariah Goodwin, MA, LPCC, NCC, Thomas E. Weil Jr., LPC, Ana Barend, MA, NCC & Amy Hayes, MA, LPC, CAADC, CCS, CSOTP

The supervisory relationship is essential for the development of competency in the provision of mental health services. Thus, fostering psychological safety is paramount for the reduction of shame within the supervision triad. This presentation will describe methods to encourage earned security through compassionate interventions.

Special Topics Track:

Fanning the Flame of Unity: A Multicultural, Social Justice, and Peace Intervention for Interpersonal Cruelty

Presenter: Lisa S. Sosin, Ph.D., LPC, LLP, BACS, Ana Barend, MA, Daniel Kimonyi, MA, Jeremy Bonta, MA, Rachel Parrish, MA

The Creative and Expressive Arts Personal Growth Group (CAPG) is a manualized, multiculturally-informed intervention for interpersonal violence. In this presentation, we explain a biblically-based version of CAPG for diverse Christians. This experiential presentation describes the manualized CAPG treatment, recent empirical findings, and implications for use in counseling and counselor education.

Session 2: 10:15–11:15am

Special Topics Track Continued:

Implementation of Nature-Based Therapy in Clinical Mental Health Practice—Benefits to Clients and Practitioners

Presenter: Sherie Hawkins, Ph.D, LPC, NCC, CPCS, Certified EMDR Practitioner, Certified Forest Therapy Guide, Haley Culbreth, Ph.D Candidate

The field of Nature-based therapy as a “named concept” has evolved into evidence-based rationale and practices that can aid practitioners in utilizing the healing potential of natural spaces. This presentation introduces the participant to nature-based counseling and the benefits of this treatment modality to both the client and the counselor.

Session 3: 11:30am-12:30pm

Clinical Track:

Examining the Role Play as an Integral Aspect of Counselor Education: Addressing Best Practices in Instructional Design for Optimum Graduate Student Development

Presenter: Aaron Jackson Ph.D, LCMHC (NC), LPC (MS & VA), BC-TMH, NCC, Macy Sheeley, MS .LU, & Morgan Sims, LU MS Student

This session will examine best practices and instructional design factors when designing role plays. Students benefit greatly from role play exercises, and this session will promote thoughtful use and application of such exercises in virtual and in-vivo learning environments.

School Counseling Track:

Commercial Sexual Exploitation of Children & Exploring its Impact in Schools

Presenters: TeShaunda Hannor-Walker Ph.D, LPC, NCC; Sarah Kitchens, Ph.D, LPC, NCC, Lacey Ricks, Ph.D., NCC, NCSC

Human trafficking is a human rights issue that impacts schools. Helping schools better understand its impact on survivors is crucial. The commercial sexual exploitation of children can impact a child's academic, behavior, and identity. Learning how to identify victims, provide the appropriate resources, crisis interventions, and preventive practices are critical.

Special Topics Track:

Using Bibliodrama to Explore Spirituality in the Group Setting

Presenter: Denise Daniel Ph.D, LPC, Ashlee Lakin, Ph.D, NCC

The Association for Spiritual, Ethical and Religious Values in Counseling (ASERVIC) has recognized the need to address clients' spiritual/religious beliefs and practices. Bibliodrama is one method that facilitates the exploration of spirituality. In this session, participants will learn how to explore spirituality by participating in a Bibliodrama.

Session 4: 1:30–2:30pm

Clinical Track:

Resilient Role Models and Personal Meaning Making

Presenter: Shannon Warden Ph.D, LCMHCS (NC)

Identifying resilient role models is an act of personal meaning making and may add to clients' and supervisees' resilience. This presentation will challenge and equip counselors and supervisors to explore the topic of role models and resiliency by helping clients and supervisees consider opportunities and barriers in selecting resilient role models.

School Counseling Track:

Igniting Hope and Healing: The School Counselor's Role in Establishing Trauma-Sensitive School Environments

Presenters: Crystal Hatton, Ph.D., LSC, NCC, NCSC, ACS, Angelica Greiner, Ph.D., LSC, CDF

Many children and adolescents experience trauma and it impacts their progress in school. In this session, participants will identify types of trauma that children and adolescents experience, understand how trauma affects their social-emotional wellness in school, and explore how school counselors can implement trauma-informed practices to foster trauma-sensitive school environments.

Special Topics Track:

Utilizing the Enneagram in Supervision: Facilitating Self- and Other-Awareness in Supervisees

Presenter: Deborah A Braboy Ph.D, LPC-S, NCC, Yulanda Tyre Ph.D, LPC-S, NCC

The importance of self-awareness and empathy of counselors in training cannot be overlooked as a skill set. Practicum and Internship supervisors work to facilitate supervisees in their understanding of how they relate to others and how their awareness can impact the therapeutic process. Use of the Enneagram in the supervision process allows for genuine, authentic, and open communication, and promotes a unique way to draw a parallel process for supervisees with their clients.

Session 5: 2:45–3:45pm

Clinical Track:

Counselors as Clients: An Exploration of Personal Counseling for Counselors and Counseling Student

Presenter: Brad Imhoff Ph.D., LPC (Ohio), Jeff Mazzone, Robert Switala

This presentation will explore the benefits of counselors and counseling students receiving personal counseling, including as a form of self-care and a protective factor against burnout. Obstacles to engaging in personal counseling will also be presented and solutions to overcome these will be discussed.

School Counseling Track:

On the Path to Equity and Inclusion: Creating a Trauma-Informed Learning Environment for Black Students from Underserved Populations

Presenters: Brandy K. Richeson Ph.D, LSC, LPC, ACS, Krystal L. Clemons, Ph.D, LSC, NCC, NCSC, Crystal Hatton, Ph.D., LSC, NCC, NCSC, ACS

Many children and adolescents experience trauma and its impact is often intensified for Black members of underserved communities. Black children and adolescents spend a significant amount of time at school and it is imperative that they feel safe, comfortable and valued to learn effectively. When trauma-informed practices are implemented to recognize and understand the effects that trauma can have on Black students from underserved populations, they can feel better connected to the school environment, thrive, and reach their full potential.

Special Topics Track:

Call to Action: Advocating for Professional Service to the Counseling Field

Presenter: Alysha Blagg, Ph.D., LPCC-S (OH), NCC, Ellise Raghavan, MA, LPC

There is an importance of advocating for the counseling profession, yet some counseling professionals are not involved in advocacy for the counseling field (Myers & Sweeney, 2004). Literature supports the idea of professional advocacy as a means of professional identity development, especially among counselor-trainees and new counselors (Brat et al, 2016; Myers et al., 2002; Wester & Lewis, 2005). This presentation will discuss areas of professional advocacy, how counselors can get involved, and present a call to action for counselor involvement in advocacy for the field.

Session 6: 4:00–5:00pm

Clinical Track:

Rekindling Psychological, Physiological, and Spiritual Wellbeing with Gratitude

Presenter: Theresa Allen Ph.D, LPC, NCC, Tanyeka Hayes, Ph.D, LMFT

Many mental health professionals have lost “that loving feeling” when it comes to being passionate about the field due to being overscheduled, overstretched, and overwhelmed. Gratitude, however, has been identified as a primer for passion and a balm for burnout among this population.

School Counseling Track:

Counselors-in-training: Relationship among physical activity, screen-based behaviors, and wellness

Presenters: Logan McCarthy, PhD, LCPC, NCC, ACS, Jeff McCarthy, Ph.D

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.

Special Topics Track:

Self-Care: a Clinical Imperative

Presenter: Sonya Heckler Cheyne, Ph.D, Diplomate Clinician in Viktor Frankl's Logotherapy, Sheri Collinsworth Cobarruvias, MS, LPC-S (TX, VA), NCC
Liberty University-Ph.D Candidate

Mental health professionals are categorized in the most stressful professions worldwide, and despite training and awareness, they identify the same barriers to self-care and seeking treatment as clients. In this presentation, the 8 Dimensions of Wellness will be shared, along with effective, achievable, and diverse options for self-care.