

# West Virginia Counseling Association

Annual Fall Conference

November 10-12, 2016

2016

West Virginia  
Counseling Association



The Resort at Glade Springs – Daniels, WV

## Schedule of Events: Thursday November 10, 2016

11:00- 6:30 Exhibits: Bright Ballroom B

11:00 – 12:30 Registration: The Lobby at the Inn

12:30 – 1:00 Welcome and Opening Session: Bright Ballroom A

1:00 – 2:30 **Session A1. Bright Ballroom A. 3 hours** *Introduction to Emotionally Focused Therapy for Couples and Families (Introductory level) (Part 1) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych*

In this workshop, participants will be introduced to the new science of love that is revolutionizing therapeutic work with couples. If you are allergic to working with couples or families but have to anyway, or if you enjoy working with them but wish you had better training so that you can take them farther along in repairing injuries and moving toward a secure bond, this workshop is for you!

**Session A2. Woodland Room 1. 3 hours.** *The Role of Guilt in Trauma Recovery (Part 1) – T. Mathew Rowgh, PhD*

For combat veterans, guilt is often times present and so pervasive, it blocks the readjustment/recovery process. This session will look at the role guilt plays in trauma and post-trauma recovery. Addressing the guilt in therapy helps veterans come to know themselves and brings them back into the life of their family and the greater community.

**Session A3. Woodland Room 2. 90 minutes.** *Social Media 101 – Sgt Donald Miller, MA, LPC*

This presentation identifies the popular social sites that our children are using; explains why our children find each site popular; explains how each site has the potential for abuse and identifies the most recent apps and how the apps are being abused by users.

2:30 – 3:00 Break: Bright Ballroom B

3:00 – 4:30 **Session A4. Bright Ballroom A. (Continuation of Session A1).** *Introduction to Emotionally Focused Therapy for Couples and Families – (Introductory level) (Part 2) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych*

Part 2 of Session A1

**Session A5. Woodland Room 1. (Continuation of Session A2).** *The Role of Guilt in Trauma Recovery (Part 2) – T. Mathew Rowgh, PhD*

Part 2 of Session A2

**Session A6. Woodland Room 2. 90 minutes. *Infant/Toddler Mental Health: What is it and Why does it Matter?* – Michele Baranaskas, MSW, LCSW**

An interactive session focusing on the importance of promoting positive social and emotional development for all young children through responsive and nurturing relationships. Learn the various components of infant/toddler mental health and what the research shows about adverse childhood experiences. An overview of the West Virginia Infant/Toddler Mental Health Association and Core Competency and Endorsement System will also be provided.

4:30 – 5:00

Break: Bright Ballroom B

5:00 – 6:30

**Session A7. Bright Ballroom A. 90 minutes. *Maintaining Self-Care in Stressful Work Environments: Strategies to Remain Well* – Jonathan Lent, PhD, PC, LSC, NCC**

Counseling practitioners face numerous work-related stressors that may impact their wellness and satisfaction with their work. Stressful work environments may lead to burnout, vicarious trauma, or compassion fatigue. This session will identify signs and symptoms of stress-related syndromes. The session will also focus on providing participants with resources and strategies to maintain wellness in stressful work environments.

**Session A8. Woodland Room 1. 90 minutes. *Long Lasting Psychological Impact of Bullying* – Sumi Mukherjee with assistance from Marilyn E. Smith MA, LPC, NCC**

This presentation is a unique combination of a number of timely issues such as acceptance of cultural differences and impact of bullying on mental health. The presentation is based on the book “A Life Interrupted – the Story of my Battle with Bullying and Obsessive Compulsive Disorder” by Sumi Mukherjee. It is an excellent topic for counselors since it demonstrates that PTSD from bullying can dictate the development and progression of a severe long lasting mental health disorder which can devastate the life of a victim for many years.

**Session A9. Woodland Room 2. 90 minutes. *Women with Autism Spectrum Disorder: Providing Effective Individualized Support* – Kerrie Harris, MA, LPC**

This session will provide the audience with information on how to provide effective therapeutic and skill building support for more independent individuals with Autism Spectrum Disorder. The presentation will cover current diagnostic criteria, research related to females on the Autism Spectrum and how they experience the disorder, as well as relationships and sexuality considerations. The discussion will include effective therapeutic techniques for individuals with Autism Spectrum Disorder in an individual and group setting. We will also provide examples of personal experiences and perspectives from females with Autism Spectrum Disorder.

6:30

Dinner (On your own)

## Schedule of Events: Friday November 11, 2016

- 7:30am – 6:15pm Exhibits: Bright Ballroom B
- 7:30 – 8:00 Registration: The Lobby at the Inn
- 7:30 – 8:00 Break: Bright Ballroom B
- 8:00 – 9:30 **Session B1. Bright Ballroom A. 3 hours. Keynote: ACA Code of Ethics: Deep Dive – Lynn Linde, Ed.D**
- Knowing the ACA *Code of Ethics* is more important than ever. This session will provide foundational information about the content areas in the *Code* as well as exploring critical areas such as values-based conflicts, the use of technology and social media, and the current challenges to the *Code* from other groups and legislatures.
- 9:30 – 10:00 Break: Bright Ballroom B
- 10:00 – 11:30 **Session B2. Bright Ballroom A. Continuation of Session B1. Keynote: ACA Code of Ethics: Deep Dive – Lynn Linde, Ed.D**
- Part 2 of Session B1
- 11:30 – 1:00 **WVCA Business Meeting and Lunch Buffet for WVCA Members (TBD)**
- 1:00 – 2:30 **Session B3. Woodland 1 & 2. 3 hours. Introduction to Emotionally Focused Therapy for Couples and Families (Intermediate level) (Part 1) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych**
- This workshop is designed for therapists who have experienced at least one other introductory workshop in Emotionally Focused Therapy and want to go deeper in their understanding of the model and its theoretical underpinnings. This workshop offers opportunities for participants to put their deepened attachment-based insights into practice to increase their confidence in applying what they have learned immediately upon returning to their practice.
- Session B4. Bright Ballroom A. 3 hours Interdisciplinary Implementation of SBIRT training on a College Campus (Part 1)- Amy Saunders, MA; Jeffrey Garrett, PhD**
- Marshall University's SBIRT program consists of developing and providing culturally sensitive training to teach students the necessary skills to provide evidence-based screening, brief intervention, and the knowledge of when to refer patients on the spectrum of substance use. This presentation will explore the unique components of an interdisciplinary development and implementation of SBIRT on a college campus and in a wider Appalachian community.

**Session B5. Woodland 3. 90 minutes. *Prevention of Child Sexual Abuse – Role of a Counselor – Sumi Mukherjee with assistance from Marilyn E. Smith, MA, LPC, NCC***

This presentation discusses the numerous challenges involved in working with the “systems” in preventing a very serious social issue in our country – “child sexual abuse (CSA)”. It is based on the book titled “Father Figure – my mission to prevent child sexual abuse” by Sumi Mukherjee. Counselors can have a significant role in prevention of CSA because: (1) most children often do not feel comfortable discussing this with a family member. (2) counselors are often viewed by children as trusted adults outside the home/family; (3) many of our systems such as Child Protective Systems or the Law Enforcement System are more likely to respond to a concern brought in by a counselor.

2:30 – 3:00

Break: Bright Ballroom B

3:00 – 4:30

**Session B6. Woodland 1 & 2. Continuation of Session B3. *Introduction to Emotionally Focused Therapy for Couples and Families (Intermediate level) (Part 2) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych***

Part 2 of Session B3

**Session B7. Bright Ballroom A. Continuation of Session B4 *Interdisciplinary Implementation of SBIRT training on a College Campus (Part 2) - Amy Saunders, MA; Jeffrey Garrett, PhD***

Part 2 of Session B4

**Session B8. Woodland 3. 90 minutes. *Counseling Transgender Clients – Darlene Daneker, PhD***

There is an increase in the acceptance of Transgender individuals in our society. This is bringing in more clients with transgender issues. There are specific diagnoses, issues, and treatments that are more effective in working with someone with transgender questions/issues. This presentation is based on research and clinical experience of working with transgender people of all ages.

4:45 – 6:15

**Session B9. Woodland 1. 90 minutes. *Open Up and Create a Plan – Kristina Wiley, MA, LPC, NCC***

Participants will explore the potential of self-disclosure as a stress management technique and generate a list of helpful “ears” for coping with tough times. In addition, participants will explore coping in crisis situations and develop a personalized strategy for emergency stress management. This technique is especially helpful for individuals who want to change stressful habits and stressful interpersonal relationships. Techniques are transferable to our clients.

**Session B10. Bright Ballroom A. 90 minutes. *Effect Ways to Assess Substance Use Under the DSM 5 Criteria – Andrew Burck, PhD***

The treatment of substance use is predicated on the assessment and diagnosis of clients to determine the best course of action. Since the early DSMs, the treatment of addiction was based on determining if a client either meets the criteria of substance abuse or dependence. However, in the DSM 5, the criterion is based on the concept of substance use. In this presentation, the presenters will provide a discussion of the change in diagnosis over the DSMs, and the impact this change in diagnosis has in the assessment process. Specifically, there will be a discussion of specific assessment instruments (e.g. SASSI-3 and SASSI-4, CAGE, MAST) and the ability of these instruments to accurately assess substance use using the DSM 5 criteria. Included will be a discussion of how effective instruments are with diverse populations in assessing substance use. Finally, implications of treatment planning and counseling process will be reviewed. The power point of this presentation will be provided.

**Session B11. Woodland 2. Depression in the Elderly and Dying Patient – Jessica Kilgore, M.Ed, LPC, NCC, ALPS**

The highest rates of suicide in this country are in the elderly population. Depression in the elderly and dying patient is a very common and yet not widely discussed concern. Depression in the elderly and dying patient can look much different than what we see in the typical adult. This session will assist participants with identifying symptoms of depression, how medical issues and medication relate to depression. This session will also look at the manner of suicide in this population including silent suicide. Several counseling interventions will be explored to assist with management of the symptoms of depression and assessment for suicide.

6:15 – 7:30

**President's Reception Bright Ballroom B**

**Everyone is welcome to join us for Hors d'Oeuvres.**

**Schedule of Events Saturday November 12, 2016**

7:30 – 12:00

Exhibits: Bright Ballroom B

7:45 – 8:30

Registration: The Lobby at the Inn

8:30 – 9:00

Opening Session: **Bright Ballroom A**

9:00 – 10:30

**Session C1. Bright Ballroom A. 3 hours. Code of Ethics: Doing the Right Thing (Part 1) – Guy Gage, LPC, ALPS, CPT; Warren Watts, M.Div, HonDL, LPC, ALPS**

It is seldom the case where a therapist is brought up on an ethics charge because of ignorance of the Ethics code. LPCs know the ethical boundaries under which they practice. Then what explains therapists committing ethical breaches? This course will apply Behavioral Economics as it relates to ethical practice with the ACA Ethics Code 2015. This emerging science attempts to understand why people make the decisions they do. Using actual case studies, we will apply the principles of Behavioral Economics to the choices judgments and practices of therapists violating the Code under which they practice.

**Session C2. Woodland 1 & 2. *The Covenant of Marriage* - Larry Bell, MS, LPC, CRC**

To present a “Model of Marriage” that explores 3 essential components of the marriage covenant. Participant will consider what Commitment, Intimacy and Passion mean in the context of a marriage.

10:30 – 11:00

Break: Bright Ballroom B

11:00 – 12:30

**Session C3. Bright Ballrooms A. (Continuation of C1) *Code of Ethics: Doing the Right Thing (Part 2)* – Guy Gage, LPC, ALPS, CPT; Warren Watts, M.Div, HonDL, LPC, ALPS**

Part 2 of Session C1

**Session C4. Woodland 1 & 2. *The Balance of Life* - Larry Bell, MS, LPC, CRC**

This seminar is a presentation and discussion of a trichotomy approach to explaining the various dimensions of human life. Explanation and discussion of the Soma (Physical) – Psyche (Soul) – Pneuma (Spirit) in an effort to challenge us to bring better balance to our existence.

**15 CE's for Licensed Professional Counselors approved by WVBEC & NBCC**

Register online [HERE](#)

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

WVCA Member? (circle one) Yes NO

If you are a presenter, please check here: \_\_\_\_\_

### Conference Rates

Membership Status	Full Conference (Thurs-Saturday)	One Day - Thursday	One Day - Friday	One Day - Saturday
Member	\$175.00	\$85.00	\$105.00	\$60.00
Retired Member	\$115.00	\$60.00	\$70.00	\$40.00
Student Member	\$65.00	\$40.00	\$45.00	\$35.00
Non-Member	\$235.00	\$115.00	\$140.00	\$80.00
Presenter	\$0.00	\$0.00	\$0.00	\$0.00

*\*Join now and save! Join WVCA with a full conference registration and pay the member rate! No promo code necessary to join and pay the member rate.*

**DEADLINE FOR REGISTRATION: October 24, 2016.** A full refund of conference registration fee, minus a \$20.00 administrative cost, will be given if cancellation is on or before **October 24, 2016**. A 50% refund will be given after **October 24, 2016** with a \$20 administrative fee.

### Please Select from the Following Workshops

#### Thursday, November 10

##### 1:00 - 2:30 PM

\_\_\_A1 Introduction to Emotionally Focused Therapy for Couples and Families (Introductory level) (Part 1) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych

\_\_\_A2 The Role of Guilt in Trauma Recovery (Part 1) – T. Mathew Rowgh, PhD

\_\_\_A3 Social Media 101 – Sgt Donald Miller, MA, LPC

##### 3:00 - 4:30 PM

\_\_\_A4 Continuation of A1

\_\_\_A5 Continuation of A2

\_\_\_A6 Infant/Toddler Mental Health: What is it and Why does it Matter? – Michele Baranaskas, MSW, LCSW

##### 5:00 - 6:30 PM

\_\_\_A7 Maintaining Self-Care in Stressful Work Environments: Strategies to Remain Well – Jonathan Lent, PhD, PC, LSC, NCC

\_\_\_A8 Long Lasting Psychological Impact of Bullying – Sumi Mukherjee



\_\_\_A9 Women with Autism Spectrum Disorder: Providing Effective Individualized Support – Kerrie Harris, MA, LPC

**Friday, November 11**

- 8:00 – 9:30 AM**     \_\_\_B1 Keynote: ACA Code of Ethics: Deep Dive – Lynn Linde, Ed.D
- 10:00 – 11:30 AM**     \_\_\_B2 Continuation of B1
- 1:00 – 2:30 PM**     \_\_\_B3 Introduction to Emotionally Focused Therapy for Couples and Families (Intermediate level) (Part 1) – Christie Eastman, MA, LPC; Shelley Coleman MA, LPC; Charley Bowen, MA, Lic Psych  
\_\_\_B4 Interdisciplinary Implementation of SBIRT training on a College Campus (Part 1)- Amy Saunders, MA; Jeffrey Garrett, PhD  
\_\_\_B5 Prevention of Child Sexual Abuse – Role of a Counselor – Sumi Mukherjee
- 3:00 – 4:30 PM**     \_\_\_B6 Continuation of B3  
\_\_\_B7 Continuation of B4  
\_\_\_B8 Counseling Transgender Clients – Darlene Daneker, PhD
- 4:45 – 6:15 PM**     \_\_\_B9 Open Up and Create a Plan – Kristina Wiley, MA, LPC, NCC  
\_\_\_B10 Effect Ways to Assess Substance Use Under the DSM 5 Criteria – Andrew Burck, PhD  
\_\_\_B11 Depression in the Elderly and Dying Patient – Jessica Kilgore, M.Ed, LPC, NCC, ALPS

**Saturday, November 12**

- 9:00 – 10:30 AM**     \_\_\_C1 Code of Ethics: Doing the Right Thing (Part 1) – Guy Gage, LPC, ALPS, CPT; Warren Watts, M.Div, HonDL, LPC, ALPS  
\_\_\_C2 The Covenant of Marriage - Larry Bell, MS, LPC, CRC
- 11:00 – 12:30 PM**     \_\_\_C3 Continuation of C1  
\_\_\_C4 The Balance of Life - Larry Bell, MS, LPC, CRC

Do you plan to attend the WVCA Business Meeting/Buffer on Friday?     YES     NO

Business Lunch is \$20 for non members. Business Lunch is free for members.

Total Fee Enclosed: \_\_\_\_\_ Make checks payable to WVCA

To pay by Credit Card: Please circle one: VISA     MASTERCARD     AMEX     DISCOVER

Credit Card # \_\_\_\_\_ Exp: \_\_\_\_\_

Total Amount \$ \_\_\_\_\_ Signature: \_\_\_\_\_

Send registration form and payment to: WVCA, c/o Marilyn E. Smith, 241 Muse St, Falling Waters, WV 25419

Questions? Contact WVCA at [laughsmith2009@yahoo.com](mailto:laughsmith2009@yahoo.com) or 304-283-4106

**Remember to reserve your guest room at the Resort at Glade Springs before September 26, 2016. There are many hotels in Beckley, WV area. Beckley is about a 20 minute drive from the Conference.**

Where:

The Resort at Glade Springs  
255 Resort Drive  
Daniels, WV 25832  
gladesprings.com

How to reserve a guest room:

We have a block of guest rooms reserved for us until **September 26, 2016**. Call 877-814-7316 between the hours of 8:30am and 8 pm (Monday - Friday) and 10 am and 6:30 pm (Saturday). If you use the "regular" reservation phone number they will *not* have the special rate information. Tell the reservationist that you are with the West Virginia Counseling Association Nov 10-12. The special rate is \$89 per night plus \$8 resort fee and tax (totals about \$108 per night).