

2023 Annual Conference

February 9-11
Durham, North Carolina

Re-engage, Restore, Reignite: Embracing a Growth Mindset

Conference Sessions | Friday, February 10

1 HOUR 30 MINUTE CONTENT SESSIONS

Time	Presentation	Presenter(s)
10:30am – 12:00pm	NC Board for Licensed Clinical Mental Health Counselors: A Look to the Future This program will consist of a presentation by NCBLCMHC Board Chair, Dr. Mark Schwarze, regarding updates on the work of the board in several areas affecting licensure and practice. After the update, members of the NCBLCMHC board and office will hold a panel to answer questions from the audience, and to provide information about the licensure process.	Mark Schwarze (Chair); Yasmin Gay (Vice-Chair); Charles Wentz (Board Member and Ethics Committee Chair); Neal Carter (Board Member); Levette Scott (Board Member); Melonie Davis (Executive Director of NCBLCMHC); Brandice Bell (Assistant Executive Director of NCBLCMHC); and Nick DeJesus (NCBLCMHC Ethics Investigator)
10:30am – 12:00pm	The C.U.E.S Trauma Camp. A Trauma Informed Next Level of Treatment The C.U.E.S TRAUMA CAMP is a specialized brain-based approach training for Mental Health Professionals, Residential Treatment Clinical -Non Clinical HealthCare Providers, and adoptive parents and guardians. The training will promote understanding and utilization of innovative brain-based services for individuals who have developmental disabilities, mental health issues and other complex behavioral needs which have manifested as the byproduct of exposure to trauma (inappropriate sexualized behaviors, defiant, oppositional trauma reactive behaviors).	Wanda Brown-Ramseur

10:30am – 12:00pm	The Call to Serve (Workshop) This workshop will give a "hands-on" extension of the keynote session to allow for deeper exploration of topics covered in Gregg's address.	Gregg Levoy (Keynote Speaker)
10:30am – 12:00pm	Ready, Set, Grow! Best Practices from Black Women Practice Owners This training session will consist of a panel of Black women who all have a growth mindset demonstrated in their ability to run successful counseling practices. Panelists will share reflections on the unique challenges faced by Black women in private practice with a discussion on systems of oppression, power, and privilege. Specific strategies and tools related to starting and growing a thriving practice will be provided including: business-planning, quality control, service delivery, billing and reimbursement, fee-setting, capacity-building, referrals, and ethical marketing.	Keisha Rodgers; Reketta Wright; Cheryl Richardson; Whitney Gatling; and Che'Landra Quarles
10:30am – 12:00pm	Power in the Crossroad: Intersectionality in Supervision This presentation will address power in the supervision relationship through the lens of intersectionality of identities of the supervisor and the supervisee. Through didactic presentation and discussion, participants will learn about power and how to address it in supervision. Presenters will discuss intersectionality of identities and how this enters the supervision relationship. Presenters will invite attendees to examine their own power and privilege, linking the participants' response to supervision. Participants will discuss the role power and intersectionality plays in supervision and the negative effects of not addressing it.	Angela Brooks-Livingston and Christina Rosen

50 MINUTE CONTENT SESSIONS

Time	Presentation	Presenter(s)
1:30pm – 2:20pm	Compassion Fatigue and Self Esteem in Counselors This presentation will discuss ways in which length of time in the field as a mental health counselor impacts compassion fatigue and reported self-esteem; counselor self-esteem and the relationship with compassion fatigue; and self-esteem and compassion as a predictor of self-esteem	Olivia Fichtner and Emily Hartung
1:30pm – 2:20pm	Understanding Animal Assisted Group Therapy from the College Counselor's Perspective This session will explore animal assisted therapy (AAT) applied into group settings with college populations; Specifically examining how the counselor perceives the incorporation of animals into counseling treatment. The findings presented add a new perceptive to the knowledge on animal assisted interventions which are typically gathered from client self-reports. This presentation will review the intra and interpersonal benefits of AAT. This presentation is based on a dissertation completed by the presenter.	Brianna Randall

1:30pm – 2:20pm	Legislative Advocacy for the Counseling Profession and Our Clients Legislative advocacy is a critical priority for professional counselors as it has led to LCMHC (or equivalent) licensure in all 50 states, and has resulted in other important legislation such as the 2013 “Duties of School Counselors” law here in NC. The presenter, a former Government Relations Chair for the NC School Counselor Association, will share best practices for identifying pending legislation and interacting with legislators in response. Current priorities for legislative advocacy will be discussed, including the need to protect Professional Counselor Identity (PCI) as changes to licensure laws are introduced. Participants will learn how to access resources developed by the Chi Sigma Iota Honor Society to assist with professional advocacy.	Stephen Kennedy
1:30pm – 2:20pm	Rural cultural wealth: Dismantling deficit ideologies of rurality Rural places and people have historically been cast in a deficit lens, characterized by their shortcomings. Session leaders will present an asset-based, conceptual framework to ground counseling research, education, and clinical practice: rural cultural wealth. Session leaders will present the four constructs that comprise the rural cultural wealth framework: rural resourcefulness, rural ingenuity, rural familism, and rural community unity, and discuss implications for advocacy.	Loni Crumb, Max Avent, Allison Crowe, Jason Perry, and Shanita Brown
1:30pm – 2:20pm	Facilitating Growth Mindset in Supervision Counselor supervisors are tasked with guiding supervisees in developing counseling competencies and skills, self-and-other-awareness, and self-care. When supervisees face obstacles during their early stages of training and experience, supervisees with fixed mindsets experience increased anxiety, dependence on their supervisors, doubt in their skills or career choice, and eventual burnout. In this presentation, the presenter will review the levels of the Integrated Development Model of supervision and related supervisee characteristics of motivation, autonomy, and awareness, and discuss supervision strategies for helping supervisees move from fixed mindsets to growth mindsets to enhance their counseling practice.	Melodie Frick
2:30pm – 3:20pm	Doctoral Programs in Counselor Education: A Path to Success? The presentation content will cover: the most updated occupation information and job prospects of doctoral graduates in counselor education and counseling; what a doctoral curriculum looks like; students’ developmental tasks in the four-year study; practical advice about how doctoral students can study to benefit the most from the doctoral program; involvement theory; professional development; where to find opportunities, resources and support; what doctoral students can do to develop themselves; and how to develop and complete research studies (in addition to the dissertation).	Raymond Ting

2:30pm – 3:20pm	Sis, Rest is a Part of the Reward It's common for high achieving women of color to experience high levels of burn out. The purpose of this workshop is to support graduate level students in their journey of self-care by providing Cognitive Behavioral Therapy and Solution Brief Therapy strategies to defeat burn-out behaviors.	Sydney Carroll
2:30pm – 3:20pm	Child-Parent Relationship Training in a Virtual Setting This presentation will focus on how to do child-parent relationship training (CPRT) virtually. Participants will be provided with framework of CPRT and foundational play therapy skills. Presenters will then discuss their experiences modifying the traditional training model into a virtual setting. Learnings and barriers will be shared.	Olivia Fichtner and Phyllis Post
2:30pm – 3:20pm	College and Career Readiness of Students from Low-income Rural Areas Attendees will be presented with information about Major Clarity, a college and career-readiness platform used in public schools, aimed at assisting students as they identify strengths, interests, and needs while building school, future career, and life goals. This presentation will discuss the importance of exposure to college and career readiness in elementary schools; present collected data from the beginning of research survey and the program Major Clarity and discuss how this data best relates to self-efficacy among students; cover school implementation of career week and the role of the school counselor in creating student and parent involvement; discuss how career week will help to work through student outcome expectations as shown in SCCT; and discuss how the growth mindset strategies will promote the development of student personal goals, referred to in SCCT as choice goals and performance goals	Brittany Edmondson and Jason Perry
2:30pm – 3:20pm	Restoring Counselor Wellness Through Clinical Supervision In light of the large-scale events in recent years (COVID-19, racial violence, school shootings, oppressive legislation), counselors who work with children and adolescents have struggled with second-hand trauma, grief, burnout and feelings of futility. How can counselors foster their clients'/students' inherent resiliency, when their own well-being and sense of hope is weakened by societal events? This presentation will articulate the ways clinical supervision can provide support, motivation and tools for counselors working with children and adolescents in clinical and school settings.	Rolanda Mitchell and Sandra Penn
4:00pm – 4:50pm	Supporting the Mental Health Needs of First-Generation College & Graduate Students: Strategies for Counselors First-generation college students (FGCS) are a unique student population with unique personal, academic, and professional needs. It's important for	Jessica Riddell and Angie Smith

	counselors to be mindful of working with FGCS, and the challenges these students face, as they meet in session in various settings. This presentation will describe the characteristics of first-gen students, identify the most common mental health concerns among first-gen students according to research, and examine strategies for supporting first-gen students across multiple settings.	
4:00pm – 4:50pm	Boundaries in Clinical Practice: A Restorative Conversation to Facilitate Client Growth Boundary issues and dual relationships with clients can lead to complex ethical dilemmas in the counseling field. Therefore, it is imperative that counselors not only know the ethical standards but also adhere to them. This session will be interactive discussion (to include role play) and some lecture based on a case scenario to review the ethical codes and applying ethical decision-making models. Tips and prevention strategies will be discussed to assist counselors with decision making.	Kerri Legette McCullough and Startasha Dillard
4:00pm – 4:50pm	The Foundations of Child Parent Relationship Therapy Groups This presentation will increase counselors' knowledge about play therapy and working with parents. We aim to give clinicians information to consider when forming and facilitating Child-Parent Relationship Therapy (CPRT) groups. Presenters will present information grounded in research. Counselors will learn how to incorporate CPRT in their practice, including techniques, counselor roles, one-on-one playtime, support, and parents' perceptions.	Kristie Opiola
4:00pm – 4:50pm	Black Pastors and Counselors: Creating Meaningful Collaborations to Enhance Mental Health Awareness in Rural Areas This presentation will provide an overview of the intersections of Black communities, religion, spirituality, and mental health. The presenters will provide an overview of collaborations with Black pastors and counselors to support asset mapping in rural communities and strategies to enhance mental health literacy.	Janee Avent-Harris
4:00pm – 4:50pm	An Adlerian Framework for Supervision Adlerian theory is a holistic, systematic, goal-oriented, and phenomenological approach to clinical supervision. The theory stresses that individuals are best understood within their social context, human behavior is goal directed and purposeful, and an individual's perception of reality plays a crucial role in the develop of his or her lifestyle. These same principles and concepts are also useful to supervisors and trainees in the context of supervision.	Courtney Evans

Conference Sessions | Saturday, February 11

50 MINUTE CONTENT SESSIONS

Time	Presentation	Presenter(s)
9:00am – 9:50am	The DSM-5-TR is Here! Exploring Changes and Updates for Professional Practice The DSM-5 with Text Revision (DSM-5-TR) is the newest edition of the Diagnostic and Statistical Manual of Mental Disorders, and professional counselors are ready to use this version in their daily practice. In this presentation, we will discuss the changes and updates made from the DSM-5 to the DSM-5-TR. We will discuss updated cultural considerations, the ICD-10 codes, new codes for comprehensive diagnosis, and additional specifiers for existing codes. Special attention will be made to the most recent terminology suggested by the American Psychiatric Association to communicate about culture, racism, and discrimination. We will also attend to the benefits of the newly added diagnoses of prolonged grief disorder, suicidal behavior, and nonsuicidal self-injury.	Nicole Stargell
9:00am – 9:50am	Tuckman's Theory of Group Development Applied to First Year College Students with ADHD: An Interpersonal Approach This presentation will discuss the use of Tuckman's Theory of Group Development applied to first year college students with ADHD through an interpersonal lens. The presentation will use theoretical underpinnings of interpersonal theory to navigate through Tuckman's five stages of group formation including: forming, storming, norming performing and adjourning. Followed by the application of the theory to a case vignette to help attendees understand and learn the use of process group therapy for first year college students with ADHD.	Rachel Brejcha
9:00am – 9:50am	Building Resilient Kids - A Practical Exploration of the Impact of Trauma on the Developing Brain This presentation will include both the experiential and discussion regarding the impact of trauma on the developing brain. The participants will watch a video explaining the rules of The Brain Architecture Game. The “game” is an experiential that involves drawing cards indicating childhood experiences, evaluating the events' impact on the developing brain, and "building" a structure that represents the brain with straws, pipe cleaners, and weights. Facilitators will be in the room to help participants with questions and to move “play” along. Participants will be able to identify positive, tolerable, and toxic life events that impact brain development and the long-term impact on health outcomes as well as be able to identify protective factors that act as buffers to these chronic stressors and ways in which helpers can create environments where children can develop resilience.	Amy Grybush and Ivana Stoilovic

9:00am – 9:50am	Is it Okay to Talk about Weight? The Multicultural and Social Justice Counseling Competencies offer a guide for addressing diversity, inclusion, and equity. However, there is one identity that has to be added and needs some attention. This presentation will offer added knowledge and issues around weight and weight bias. We will have open an discussion on personal weight talk, diet culture, ethical considerations, and counselors' responsibilities to address this bias.	Amy Biang
9:00am – 9:50am	Staying Passionate about Serving as a Counselor Supervisor Many of us enjoy providing supervision, yet, with all of our many responsibilities, we could either look to decrease our supervision responsibilities or perhaps "cut corners" on the time and energy we put into supervision. Of course, there can be value in taking a break from supervision to renew our focus and commitment, but what can we do to avoid supervisor burnout and continually recharge our supervisor batteries such that we don't give up on this important service. This presentation will invite laughter and honesty about the challenges of supervision and offer fresh ideas for how we as supervisors can stay hopeful and energized in our duties.	Shannon Warden
10:00am – 10:50am	Suicidality in Elementary Age Children: Implications for Counselors This presentation aims to give a brief review of current trends in suicidality among children aged 5-11, including risk factors, assessment tools, and counselor training(s). In response to review of literature showing gaps in counselor training on childhood suicide both for clinical mental health counselors and school counselors, this presentation aims to demonstrate the need for clinicians to use a growth mindset in adapting current suicide procedures to ones that more accurately fit the need of children under 12. Lastly, a new acronym specific to childhood suicidal risk factors will be proposed.	Mia Garcia and Lexi Moore
10:00am – 10:50am	De-escalation in the Midst of Crisis As our country continues to rethink appropriate responses to individuals in a crisis, counselors are in the spotlight to model and implement effective de-escalation strategies. Crisis is self-defined and looks different for every individual, but there are universal effective de-escalation strategies that work in a wide variety of crisis situations. This informative and conversational session will offer counselors techniques to utilize in crisis situations and give counselors the tools to help manage their own mindset and well-being when de-escalating a crisis. This session will also provide de-escalation strategies across a wide age range from children to adults.	Jennifer Barrow and Jordan Hyler
10:00am – 10:50am	Attachment Security as a Framework in Child Centered Play Therapy This presentation will include both the experiential and discussion regarding the impact of personal attachment of the therapist onto the framework in child centered play therapy. The participants will be provided with a	Ivana Stoilovia and Phyllis Post

	conceptual framework of attachment theory and its developmental importance. Also, main tenants and techniques of child centered play therapy will be discussed in detail. The relationship between attachment security and creation of a nurturing environment in child centered playrooms will be presented. Participants will be able to identify and explore different attachment styles and how their own attachment style impacts the relationship experiences in the playroom. This presentation aligns with the conference theme by helping counselors/play therapists embrace a growth mindset regarding attachment and how it impacts their work in the playroom.	
10:00am – 10:50am	Shepherding the Shepherds: Mental Health and Restoration for Clergy in the Post-Pandemic Church This session will focus on the mental health context for today’s clergy, specifically given the post-pandemic status of the modern church. Content related to the unique concerns experienced by clergy members, including the ramifications of serving amidst the COVID-19 pandemic. Attendees will benefit in learning how to best provide mental health services to clergy and assist them in developing inter-church and network services for their congregations. Additional attention will also be given to the often-overlooked need for self-care within this profession.	Chad Betters, Shannon Axtell-Martin, and Hannah McNeely
10:00am – 10:50am	Supervision Strategies to Address Imposter Phenomenon in Counselors-in-Training Many counselors-in-training experience what is called imposter phenomenon - doubt in their skills, abilities, and accomplishments, despite evidence of their competence, such as education, training, and experience. Clinical supervisors can use strategies developed from cognitive behavioral and narrative techniques to help supervisees explore and reflect on how their experiences of imposter phenomenon may be influenced by factors such as mindset and self-efficacy. This presentation will provide an overview of such strategies implemented in supervision to address and combat imposter phenomenon with current LCMHCA supervisees, along with their feedback and perspectives.	Courtney White
11:00am – 11:50am	Mental Health Issues in the Classroom: Identification, Intervention, and Referral As we settle into life during the COVID-19 era, students are coming back to in-person classes. In this presentation, we will discuss mental health challenges often faced by students in the K-12 setting. These include grief, depression, anxiety, interpersonal concerns, family issues, ADHD, trauma, and additional behavioral difficulties. We'll discuss ways that teachers and school counselors can identify mental health needs in students. Appropriate school-based interventions will be explored. We will also discuss referral processes, including documentation and follow-up.	Nicole Stargell

11:00am – 11:50am	Working with families to re-engage, restore, and reignite when mental health concerns are present Mental illness impacts not only the person who is struggling, but also the family. Recent research has revealed characteristics of families with and without mental illness present and explored how these characteristics impact satisfaction, affect, and stress. Counselors who understand these nuances can better support these families. Session leaders will present counseling research that can guide education and clinical practice for those working with families.	Allison Crowe and Taehee Kim
11:00am – 11:50am	Re-engage: Addressing the needs of therapists Play therapists work on the front lines addressing the needs of children, adolescents, and their parents after the collective trauma that children have experienced because of covid. After reviewing the current trends in play therapy, this presentation seeks to re-engage play therapists by focusing on their self-care and their need for excellent supervision. This presentation will be didactic and experiential. The experiential components will focus on play therapists' self-care to more effectively practice with genuineness and congruence.	Emily Hartung and Phyllis Post
11:00am – 11:50am	Creating Sacred Anti-Oppressive Spaces for Black American Women While Black American women have progressed beyond those historical periods of enslavement and segregation, they are often managing the ambiguity of strength within the mental health relationship. This presentation is therefore designed to aid counselors in reflecting on the influence of symbolic oppressive images of Black American women and resetting their focus on the power of sacred anti-oppressive counseling spaces.	Saundra Penn
11:00am – 11:50am	Trans and Gender Expansive Advocacy and Ethical Best Practice in the Midst of State Violence: Counselors' Continued Call to Action and Collective Processing This interactive presentation and discussion will examine the role of counselors as we navigate the dual process of our own and our clients' struggle of coping with macro-level oppression and violence. Presenters and attendees will collectively process and explore how we can continue to remain authentic and present while maintaining boundaries and navigating our own reactions to these institutionalized attacks within NC and the nation. Furthermore, we will collectively work to examine the application of ethical decision-making models and review the intersection of our code of ethics and relevant laws and policies to support counselors in offering clients access to wrap-around protection and liberatory care.	Whitney Akers
1:30pm – 2:20pm	Understanding and Assessing Psychopathy It is estimated that 1% of the population meet criteria for psychopathy, however, it is widely believed that this number is underestimated in the general population, especially in corporations, where it may be as high at	Russ Curtis

	3.5%. In this presentation, the presenter will discuss the various definitions of psychopathy and the common characteristics of people who are either high or low on the psychopathic scale. Systemic, criminal, and corporate psychopathy will also be defined with the goal of providing practical yet salient ways to assess for this disorder among clients, their partners, and co-workers. Specific assessment instruments will be reviewed including the latest research related to neurological differences. Treatment options will be presented along with subtle signs to watch for when assessing new clients or employees.	
1:30pm – 2:20pm	Reflections on Telehealth's Remarkable Advantages: Revisited This session illustrates the unique advantages Telehealth offers to individuals and couples. While many counselors were initially skeptical about moving therapy to a "virtual" setting, away from the time-honored, in-person office environment the actual experience of offering teletherapy has dramatically changed clinician's opinions to one of greater acceptance and comfort. Our experience has unearthed advantages to Telehealth that simply do not exist in the private office. We cover all of these advantages; discuss how and why they work better; and illustrate how best to use them effectively when working with individuals and couples.	Justin Levitov and Kevin Foose
1:30pm – 2:20pm	Re-Imagining Counselor Training and Preparation for Sustainable Post-Graduate Counseling Praxis Now more than ever before we see a need to adjust our approach to ensure all graduates are equipped and competent in telemental health and accessible technology delivery methods, engaged in anti-racist and equity-based counseling practices, and well-versed in burnout and stress prevention strategies. In this session, counselor educators work alongside counseling practitioners to reflectively discuss and brainstorm the skills, strategies and knowledge counseling graduate students need in order to be prepared to work across counseling settings. Presenters will review some of the prominent questions that are arising in counselor education and training and collaborate with attendees on how we can begin preparing counseling students to be ready to best serve the current and future needs of the citizens of North Carolina.	Brean'a Parker and Beth Vincent
1:30pm – 2:20pm	Trauma Informed Teaching: Strategies for the New Normal As educators, we are tasked with providing the best education to meet the various needs of our students. Sometimes we struggle to meet the needs of students managing their own stressors. This presentation will focus on providing practical strategies for educators to use in structuring and managing classroom instruction from a trauma informed lens. Facilitators will discuss and model trauma-infused approaches to teaching while considering the varying levels of trauma students may be experiencing. Participants will learn creative techniques, interventions, and class assignments designed to foster discussions and bridge trauma informed work in the classroom. Additional emphasis will be placed on self-care and how instructors can model proper self-care.	Angie Smith and Erik Messinger

2:30pm – 3:20pm	Understanding Certification Exams Are you thinking about taking your certification and licensing exams or already in the process of studying? This presentation will present an overview of the Counselor Preparation Comprehensive Exam (CPCE) and the National Counselor Examination (NCE) to include: An overview of the exams and scoring. Study tips. A review of study resources. Costs (exams and study resources). Additionally, this presentation will review the process of becoming a National Certified Counselor. The session will include an open session to review questions that students may have to ensure they leave the session with confidence and a plan for studying.	William Stewart
2:30pm – 3:20pm	Using Neurocounseling to Restore Client Wellness and Move Towards Growth Post-Trauma This workshop teaches participants effective strategies to utilize neurocounseling with trauma survivors. Participants will review the neurophysiological implications of trauma, the subsequent potential for disrupted attachment constructs, and what this means for therapy. Attendees will learn at least 3 specific neurocounseling strategies to improve Central Nervous Regulation and restore a sense of safety. Additionally, attendees will learn how to engage clients in discussions related to neurophysiology in a practical manner, which clients can realistically utilize in their journey towards healing.	Stacie MacArthur
2:30pm – 3:20pm	Re-understanding Neurodevelopment Disorders in Children This presentation will focus on re-understanding the neurodiversity in children in areas of neurodevelopmental disorders, specifically focusing on ADHD, ASD, LD, and Gifted children. The focus will be on diving into the differentiation between this disorders and similarities, then focusing on how counselors can best serve these populations.	Alyse Bone
2:30pm – 3:20pm	Increasing Counselor Diversity Through Holistic Admissions Review: A Call to the Profession Positioning diversity at the forefront of counselor education has been an ongoing movement for well over the last decade. Building on this work, counselor educators have brought needed attention to questioning how structural inequity permeates policies and procedures within counselor education programs. The presenter will identify barriers imposed by traditional admissions practices, describe holistic admissions review processes and concepts relevant to counselor education, and facilitate reflection/discussion on the roles of counselor educator and student advocate in incorporating holistic admissions concepts in their sphere of influence.	Dominique Hammonds
2:30pm – 3:20pm	Exploring the Lived Experiences of Novice School Counselors during the COVID-19 Pandemic; A Phenomenological Study	Tyreeka Williams and Anitra Powell

	The COVID-19 pandemic introduced a series of unimaginable events such as government lockdowns, transitioning from traditional brick and mortar schooling to virtual learning spaces, in addition to an increase in mental health concerns from students due to social isolation (Pincus et al., 2020). To mitigate these issues, school counselors utilized a myriad of technologies to provide services to students and families. Novice school counselors are known to experience a range of difficulties when first entering the profession and the transition from theory to practice under limited supervision can catapult issues with professional identity, role conflict, role ambiguity, and more. The goal of this education session is to 1: inform participants of issues experienced by novice school counselors, 2: review contextual data findings derived from the thematic analysis of qualitative data, 3: equip counselors and counselor educators with tips for increasing the academic preparation of school counselors in the ever-evolving workforce.	
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1 HOUR 30 MINUTE CONTENT SESSIONS

Time	Presentation	Presenter(s)
3:30pm – 5:00pm	Neuroscience for Counselors: A Model for Integration The 8-factor model consists of neuroscience-based domains of functioning that include intrapersonal, interpersonal, and socio-environmental dimensions of human functioning. Each of the eight factors is presented as viewed through the lens of neuroscience research, grounding each in the anatomical and physiological structure, systems, and functions of the brain and nervous system. The eight dimensions provide practical guidance to counselors in how to help clients identify appropriate goals, select a treatment model or theoretical orientation, utilize appropriate interventions, and assess for client outcomes in concrete, measurable terms.	Chad Luke
3:30pm – 5:00pm	Counseling Women in Survival Mode Many women present for therapy balancing layered life roles, intersecting identities and contemporary stressors. Counseling women requires knowledge of the distinct societal and developmental changes impacting women's overall sense of wellness. In this presentation, the presenters will explore some of the stressors impacting women's wellness and identify best practices for empowering women especially those coasting in survival mode.	Saundra Penn and Rolanda Mitchell
3:30pm – 5:00pm	School Counselors as leaders in trauma-informed interventions: Changing teachers classroom behaviors through child-teacher relationship training School and school-based counselors can support teachers who work with children who experience trauma. Embracing a growth mindset to engage counselors in supporting teachers and students, this workshop will describe child-teacher relationship training and the outcomes of a 3-year research	Phyllis Post

	project examining the impact of a child-teacher relationship training (CTRT) intervention in several rural Title 1 elementary schools.	
3:30pm – 5:00pm	Cultivating Client Empowerment to Ethically Reduce the Frequency and Impact of Addictive Use Disorders This presentation explores the disconnect between client empowerment and what is often provided in traditional addiction treatment settings. In addition, this presentation will explore how professional counselors can approach clients across the continuum from prevention to treatment to maintenance with an emphasis on client empowerment as the primary goal.	Pete Rubinas & Stephanie Robinson
3:30pm – 5:00pm	A Mentor, a Cheerleader, and a Gatekeeper: Cultivating a Growth Mindset in Supervisees This workshop is designed for clinical and administrative supervisors or those considering providing supervision. Participants will learn 6 key elements of supervision that cultivate a growth mindset in supervisees, including the importance of the supervisory alliance and why an attachment lens matters in supervision. Participants will further refine their supervisory approach by examining current strategies and areas for growth as a supervisor. Finally, attendees will come away from this workshop with applicable strategies to promote confidence and growth mindset in their supervisees.	Stacie MacArthur