



# 2023 Annual Conference

February 9-11

Durham, North Carolina



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

## PRE-CONFERENCE

Thursday, February 9

**7:00am – 4:00pm** | Registration & Networking

**8:00am – 9:00am** | Breakfast will be available

**9:00am – 12:00pm** | Pre-conference session

Resiliency, Hope, and Recovery – Part 1

**1:00pm – 4:00pm** | Pre-conference sessions

Resiliency, Hope, and Recovery – Part 2

Bringing Neuroscience into the Counseling Office:  
An introduction and demonstration of Brainspotting

## **Pre-conference Session**

9:00am – 12:00pm & 1:00pm – 4:00pm

### **Resiliency, Hope, and Recovery – Part 1 & 2**

*Sponsored by the Sandhills Center*

As Pat Deegan said, “What is the spirit we are breathing together?” In the Resiliency, Hope, and Recovery training, we will briefly review the history and transformation of mental health services. The training will assist participants in acquiring and applying hope-filled perspectives, tools, and interventions to support people in their journey of obtaining and keeping the life they desire.

We hope to further spark mental health professionals’ application of resiliency, hope, and recovery in the work they have been called to do. We look forward to promoting the perspective and belief that we all are part of humanity and as mental health professionals it is a privilege to witness people creating a life of meaning and purpose.

#### **Speakers:**



**Melissa DeHaven, MSW, LCSW**

IPS Consultant and Trainer with the Institute for Best Practices. Melissa has more than eight years’ experience in NC community mental health services, providing services to adults diagnosed with serious mental illness and co-occurring disorders. She has experience in providing technical assistance and training to IPS providers as an Evidence-Based Practice Specialist with the Division of Mental Health. Currently she is an IPS trainer for the Institute for Best Practices. She passionately believes in the possibilities and hope for people experiencing life challenges and that all working age people should have the opportunity for employment. She remains a dedicated advocate for the importance of creating a recovery-oriented system, emphasizing the inclusion of employment for people’s recovery efforts.



**Christopher Fournier, MA, LPC**

Christopher Fournier, MA, LPC has experience in the community mental health setting in North Carolina’s northern neighbor: Virginia. Chris was a supervisor and trainer in crisis services; training staff, CIT Officers, and community partners before becoming a PACT team leader. During his time with PACT Chris partnered with the Institute for Best Practice in evaluating Virginia PACT teams before transitioning to work full time with the Institute. Chris’ personal beliefs of redemption and faith strengthen and fuel his belief in recovery. You likely will find Chris out on a family bike ride or...in the middle of a CrossFit workout.

## **Pre-conference Session**

**1:00pm – 4:00pm**

### **Bringing Neuroscience into the Counseling Office: An introduction and demonstration of Brainspotting**

Much research, particularly involving trauma, has highlighted the brain and body connection. As we continue to pursue ethical practice in meeting the needs of our clients, we cannot ignore the function of the brain in treatment. New neuropaths can be established throughout the lifespan, and Brainspotting (BSP) can give us the opportunity to help our clients create these new pathways as they process memory. BSP is a relatively new modality, being around only about 20 years. BSP uses eye position to access areas in the brain that may otherwise be repressed and help clients experience the processing of memories with curiosity in the here and now.

This presentation will present the history of BSP, highlight the effectiveness as evidenced by research, give practical, experiential knowledge of how this may look in practice, and demonstrate how to integrate BSP with other theories in treatment.

After this presentation, participants will be able to:

1. Articulate the history of Brainspotting and the theory of how Brainspotting works.
2. Discuss how Brainspotting can allow for deeper processing and can help clients get unstuck.
3. Explain how to integrate Brainspotting with other modalities and techniques for effective treatment of clients.

#### **Speaker:**



**Ann M. Gregory, PhD, NCC, LCMHCA(NC), CCTP**

Ann Gregory earned her PhD in Counselor Education and Supervision from Liberty University in May 2021. She recently moved from teaching in Portland, OR to Lynchburg, VA, where she is now an assistant professor at Liberty University. Dr. Gregory is a Licensed Mental Health Counselor Associate in the State of North Carolina where she has a private practice called the Bridge Counseling Services, PLLC. Prior to pursuing her doctoral degree, Dr. Gregory lived and worked in Houston, TX where she primarily served adolescents and families in low-income communities through the ministry of Young Life. Dr. Gregory has worked within many diverse cultures, including: first generation Hispanic populations, African American communities, teen moms, adolescents with disabilities, the culture of poverty, and the culture of the wealthy. Dr. Gregory has an interest in researching developmental trauma and shame, and the effects they have on brain development. Understanding the neuroplasticity of the brain has made Brainspotting both a research interest and important modality in her practice.