education.ucf.edu/counselored/conference.cfm

UCF Teaching Academy
University of Central Florida
Orlando Campus

IN COLLABORATION WITH:
Robert N. Heintzelman Eminent Scholar Endowed Chair
Toni Jennings Exceptional Education Institute
Chi Sigma Iota-Upsilon Chi
Counselor Education Doctoral Student Organization (CEDSO)

PHOTO DISCLAIMER: Your attendance at the 6th Annual UCF Counseling Conference implies consent that University of Central Florida’s College of Education and Human Performance (CEDHP) may use photos taken of you at the event, without restriction, for any publication, exhibit, video, or other print or digital formats. If you prefer not to have your photo distributed, please email the CEDHP Communications Department at CEDCOMM@ucf.edu.

6TH ANNUAL
UCF COUNSELING
CONFERENCE

FEBRUARY 7-8, 2014

Featuring
Heintzelman Lecturer
MICK COOPER, PH. D.

Sponsored by the UCF Counselor Education Program and the Toni Jennings Exceptional Education Institute
SPECIAL THANKS

University of Central Florida Counselor Education Program

Dean Sandra L. Robinson
E. H. Mike Robinson, Ph. D.
W. Bryce Hagedorn, Ph. D.

Mick Cooper, Ph. D., 2014 Heintzelman Lecturer

Patrick Mullen, TJEEI Scholar and Conference Coordinator
Ashley Blount, TJEEI Scholar and Conference Coordinator
Hannah Acquaye, TJEEI Scholar and Conference Coordinator

UCF Teaching Academy

Toni Jennings Exceptional Education Institute

CEDHP Communications Department

Thanks to all who presented and participated in the University of Central Florida 6th Annual Counseling Conference!
Overview of the Conference Schedule

Friday, February 7, 2014 – Schedule

<table>
<thead>
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<th>Time Slots</th>
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<tbody>
<tr>
<td>9:00 am – 12:00 pm</td>
<td>Diagnosis with DSM-5 and ICD</td>
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<tr>
<td>12:00 pm – 12:15 pm</td>
<td>Passing Time</td>
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<tr>
<td>12:15 pm – 12:45 pm</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>12:45 pm – 1:00 pm</td>
<td>Passing time</td>
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<tr>
<td>1:00 pm – 4:00 pm</td>
<td>Role of the Counselor in Discussing Psychotropic Medications</td>
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<td>90 Minute Content Sessions</td>
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<tr>
<td>3:45 pm – 4:00 pm</td>
<td>Passing Time</td>
</tr>
<tr>
<td>4:00 pm – 5:00 pm</td>
<td>60 Minute Content Sessions</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Convention Breaks for the Day</td>
</tr>
</tbody>
</table>

Saturday, February 8, 2014 – Schedule

<table>
<thead>
<tr>
<th>Time Slots</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 am – 11:00 am</td>
<td>Keynote</td>
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<tr>
<td>11:00 am – 11:15 am</td>
<td>Passing Time</td>
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<tr>
<td>11:00 am – 12:00 pm</td>
<td>Lunch is Served in TA 130</td>
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<tr>
<td>11:15 am – 11:45 am</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>11:45 am – 12:00 pm</td>
<td>(Chi Sigma Iota Sponsored Session)</td>
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<tr>
<td>12:00 pm – 1:00 pm</td>
<td>Passing Time</td>
</tr>
<tr>
<td>1:00 pm – 1:15 pm</td>
<td>60 Minute Content Sessions</td>
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<tr>
<td>1:15 pm – 2:45 pm</td>
<td>Passing Time</td>
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<tr>
<td>2:45 pm – 3:00 pm</td>
<td>90 Minute Content Sessions</td>
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<tr>
<td>3:00 pm – 4:00 pm</td>
<td>Passing Time</td>
</tr>
<tr>
<td>4:00 pm – 4:15 pm</td>
<td>60 Minute Content Sessions</td>
</tr>
<tr>
<td>4:15 pm – 5:45 pm</td>
<td>90 Minute Content Sessions</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>The Conference Ends</td>
</tr>
</tbody>
</table>

Speak to one the many volunteers if you have any questions regarding the program, session times, or room location.

Information about CEUs through the National Board for Certified Counselors (NBCC) is available at the CEU booth on the first floor.

4:15pm – 5:45pm

7 Creative Practices to Greatly Improve Your Brain
This workshop is based on a book being written by the presenter. You will discover simple but highly effective brain-improvement practices that you can apply to mindfully change how you live, work and play. These practices are proven to reduce stress, increase functional behavior, and enhance physical, mental and social wellbeing.

Jonathan Jordan, LCSW
Room: TA 322

4:15pm – 5:45pm

Parallel Process: Transforming Community
Through Creative Expression
Creative Expression has a way of reawakening the mind, body, and spirit and building a strong sense of community. Participants will be introduced to the philosophy, theory, and practice of using the Expressive Arts (ie: visual arts, poetry, movement, drumming, storytelling, music) in an integrative way for healing. This workshop is for participants wishing to enhance their clinical skills with these culturally relevant and dynamic interventions.

Meredith Malkin, MA, Heriberto Vallescorbo, Psy.D
Room: TA 130

4:15pm – 5:45pm

Evoking Systemic Change for Culturally Responsive Teaching: Collaboration between PSC and Teachers
Utilizing Virtual Technology
This work is to build on the current understanding of culturally responsive teaching (CRT) and to encourage a different view through the lens of Bronfenbrenner’s 1977 ecological model. Bronfenbrenner (1977) discusses environmental systems, with bi-directional influences within and between the different systems. This presentation is highly interactive and will strive to increase CRT reflecting on the work completed by Bronfenbrenner’s by increasing collaboration between teachers, counselors, and community.

Jennifer Gallup, MA
Room: TA 110
9:00am – 12:00pm
**Diagnosis with DSM-5 and ICD**
With the release of the DSM-5, mental health professionals need information about changes in the new manual. Dr. K. Dayle Jones will provide an overview of the DSM-5, including its development process, changes to the organizational structure, major revisions to existing diagnoses, and the addition of new disorders. Participants will also be informed about the International Classification of Diseases (ICD), its designation as HIPAA’s official codebook for diagnosing mental disorders, and its relationship to DSM-5, as well as overall implications for diagnostic practice.

_K. Dayle Jones, Ph.D., University of Central Florida_
_Room: TA 117_

12:15pm – 12:45pm
**General Poster Sessions**

**Poster Titles and Presenters:**
- The Impact of Alcohol Usage on College Campuses  
  *Presented by Thomas Nabors, BA*
- Yoga and Addiction: Understanding the Effectiveness of Using Yoga in Addiction Treatment  
  *Presented by Marygrace Young, Chi Sigma Iota*
- Robert N. Heintzelman Eminent Scholar Endowed Chair: Summary of Research Findings on the Study of Greed and Altruism  
  *Presented by Paulina Flasch, MS, E. H. Mike Robinson III, PhD*
- Group Curriculum for Children with Divorced Parents  
  *Presented by Britani Hall*
- From Impulsivity to Mindfulness: Exploring the Role of Impulsivity and Relaxation Techniques in Addictions and Bulimia  
  *Presented by Caitlyn McKinzie, BS*
- The Process Toward a New Life: A Holistic Look at Long Term Addiction Recovery  
  *Presented by Caitlin Boline, BS, Chi Sigma Iota*

Room: TA 130

4:15pm – 5:45pm
**Clinical Uses of House-Tree-Person Drawings**
The House-Tree-Person (HTP) was developed as a form of intelligence testing. The HTP was designed as a tool to assist the clinician in gathering information regarding an individual’s degree of personality integration, ego development, and pathology. This presentation will provide a quality overview of this tool, using case studies and learning the beginning concepts of this technique.

_Susan Kurner, LCSW_
_Room: TA 202A_

4:15pm – 5:45pm
**Discomfort Food: Eating Disorders and Anxiety**
The literature has well documented the high comorbidity between anxiety disorders and eating disorders. Additionally, those with eating disorders often experience obsessions and compulsions relating to food and body image. The overlapping characteristics of these two categories of mental health disorders necessitate an approach to treatment that addresses both categories of disorders simultaneously. This requires expertise in the assessment, differentiation, and treatment of these disorders.

_Victoria Potocki, MEd/EdS, Roxanne Hartman, RD, LD/N_
_Room: TA 202B_

**Special thanks to everyone who contributed to the UCF Counseling Conference!!!**
3:00pm – 4:00pm
When Individuals with Sexual Addictions Interact with Social Networking Sites: Concerns and Benefits
Social networking sites and the available interactions on those sites can result in individuals with sexual addictions finding new venues to experience their addiction. Some of the opportunities presented on social networking sites can further increase or sustain sexual addiction. Other opportunities can result in better clinical treatment. Dr. Powell will provide discourse on the topic and practical recommendations based upon his research.
Patrick Powell, EdD, LMHC, LPC
Room: TA 130

4:15pm – 5:45pm
Resilience Focused Counseling and Consultation: Applications with School Related Issues
Children and adolescents typically present with a combination of social, behavioral, and learning/school related difficulties. Understanding the problem maintaining, “developmental cascade” that evolves in the child/family/school/community interaction process is critical for accurate case conceptualization and implementation of effective interventions. This workshop will offer a resilience-focused approach as an alternative to the dominant DSM/ESE pathology oriented paradigms.
William Nicoll, PhD, Florida Atlantic University
Room: TA 102

4:15pm – 5:45pm
So You Want to Get a PhD in Counselor Education…
This presentation will include a panel discussion with current University of Central Florida Doctoral Students. Students will include first, second, and third year levels and discuss information about the PhD program, the doctoral experience, and answer questions relating to Counselor Education.
Kristina Nelson, MA, UCF Doctoral Students
Room: TA 201

1:00pm – 4:00pm
Role of the Counselor in Discussing Psychotropic Medications
Discussion, monitoring and education about symptoms, side effects, substance abuse and medication use are an everyday part of clinical work, whether we do individual, group or family counseling. The counselor has an important role in helping to ensure that the best medication is prescribed, that side effects are recognized and treated, and that the client is encouraged to use medications in a way to maximize the likelihood that it will be effective.
Gulnora Hundley, PhD, Jessica Gonzalez, MS, Andrew Wood, MA, University of Central Florida
Room: TA 117

1:00pm – 2:00pm
Crisis Management in Schools: Crisis Response Planning
Violence in schools nationwide has brought attention to crisis management and response. Furthermore, school counselors serve a vital role in supporting students and families during times of crisis. This presentation reviews pertinent information for school counselors on crisis management in school. Attendees will learn about: (a) school counselors’ role in crisis management, (b) coping with trauma in schools, and (c) strategies to support students’ wellbeing and recover after a crisis.
Stacy Van Horn, PhD, Patrick Mullen, MA, University of Central Florida
Room: TA 130

1:00pm – 2:00pm
Employment Status and Individual and Relational Distress
Given the current financial climate in the United States, employment status has sprung to the forefront as one of the key contributors to individual and relational distress (Sleneko and Batinic, 2011). Relationship education is commonly utilized to reduce distress in couples experiencing financial woes. This study aimed to examine the differences among employment status and demographic factors on relationship and individual assessment scores after completion of a relationship education course.
Jennifer Gonzalez, BS, Chi Sigma Iota
Room: TA 110
1:00pm – 2:00pm
Assessing and Addressing Intimate Partner Violence in Same-Sex Couples: Instrumentation, Assessment, and Mental Health Practice
Counselors working within the LGBTQ community need to understand same-sex IPV incidence rates, characteristics, and effective assessment strategies in screening couples. IPV occurs in same-sex relationships at similar rates compared to opposite-sex relationships (Allen, Swan, and Raghavan, 2009; Eaton et al., 2008). Further, these high incidence rates pose a major concern within society and the mental health profession, as the well-being of many individuals stands at-risk (CDC, 2012).
Lamelial Jacobson, PhD
Room: TA 102

1:00pm – 2:00pm
Presenting at Local, State, National, and International Conferences
This presentation will cover how to present at counseling conferences and related conferences while highlighting tips and techniques for presenting. Additionally, this presentation will provide information regarding conference proposal writing, presenting posters, and presenting content sessions to different types of audiences.
UCF Doctoral Students
Room: TA 201

1:00pm – 2:00pm
Strategies for Freshman Success: An Evidence-Based Program for a Successful College Transition
The research-based Student Success Skills program is an effective intervention for teaching students these key skills that will benefit them both academically and relationally. Presenters will provide a review of the research supporting SSS, offer a rationale for why post-secondary students could benefit from this intervention, demonstrate key success strategies of the program, and discuss the current state of SSS research targeting college age students.
Melissa Mariani, PhD and Elizabeth Villares, PhD, Florida Atlantic University
Room: TA 202A

3:00pm – 4:00pm
The Coming out Cycle: Understanding the Cyclical Nature of Sexual Minority Identity Development
The coming-out process is an influential stage in sexual minority identity development. Counselors often utilize narrow, linear models which are inconsistent with sexual identity formation. This presentation emphasizes the pivotal role of the counselor and utilization of a cyclical perspective in assisting clients through their sexual minority development process.
Shainna Ali, MA
Room: TA 117

3:00pm – 4:00pm
Reducing Stressors for Chinese International Students: How Counselors Can Facilitate the Transition to U.S. College Systems
There are a growing number of Chinese students in universities of the United States. Because of lacking support and facing unique stressors, this underrepresented group has an increasing need for counseling. The presenters will share their experience in order to call for counselors’ awareness to Chinese students. This presentation can help counselors be aware of some techniques to reduce stressors to support international students in adjusting to the U.S.
Ying Yang, BS, Brittany Rivers, BS
Room: TA 110

3:00pm – 4:00pm
Using Motivational Interviewing to Support Collaboration among School and Mental Health Professionals
Providing counseling services in the school settings presents many challenges, including resistance from school personnel. By blending motivational interviewing with basic consultation practices, mental health counselors are better equipped to increase motivation for change within the system.
Dayna Watson, MEd, LPC
Room: TA 102
3:00pm – 4:00pm
**TLE TeachLivE Lab:**
*Using Simulation in Counselor Education*
TLE TeachLivE Lab is a simulated environment originally created to serve pre-service and in-service teachers to improve on teaching practices in a simulated classroom. The field of counseling has recently addressed the use of technology and simulation in counselor education. This presentation will focus on how simulation can be further used in counselor education and allow participants to practice their counseling skills in a simulated counseling environment.

Michelle Nicholson, BA  
Room: TA 202A

3:00pm – 4:00pm
**Using Bibliotherapy to Foster Empathy and Altruistic Behaviors in Children**
This presentation will explore the constructs of altruism and empathy and the importance of fostering the development of these in children. The presenters will demonstrate ways to promote altruistic behaviors and empathy in children through the use of bibliotherapy.

Paulina Flasch, MS, E. H. Mike Robinson III, PhD,  
*University of Central Florida*  
Room: TA 201

3:00pm – 4:00pm
**Care Management in College Counseling**
Similar to the evolution in community case management, case management in higher education has evolved out of necessity to better a fragmented community system and assist students who are struggling with navigating the services and resources on campus and off campus. The growth of mental health needs on campuses has directly correlated with the need to develop a comprehensive approach to address distressed and/or distressing students.

Liz Stevenson, LCSW, Vanessa Stein, LCSW,  
Kristal Pollack, LCSW  
Room TA: 202B

1:00pm – 2:00pm
**True Client Collaboration: A Scandinavian Example**
A qualitative study was completed at a treatment center in the Scandinavian country of Norway revealing seven important themes that may prove useful in understanding how true client collaboration can produce better outcomes with clients in psychotherapy. Transcultural applications of these themes are currently being tested outside of Philadelphia to discover how counselors can use these results to improve their effectiveness as clinicians in the United States.

David Emil Martinson, PhD, *Immaculata University*  
Room: TA 202B

1:00pm – 2:00pm
**Exploring Counselors’ use of Language and Stereotypes: Implications for Clients and Social Justice**
This presentation will explore common and often subtle and unintentional uses of culturally insensitive or otherwise biased language and stereotypes by helping professionals. The presentation will further explore the effects of such uses for clients and the overarching implications for social justice and equality.

Paulina Flasch, MS  
Room: TA 322

2:15pm - 3:45pm
**Motivational Interviewing as an Effective Approach for Counseling “Unmotivated” and “Challenging” Adolescent and Early Adolescent Students**
Many adolescent and early adolescent students whom counselors regularly counsel are unmotivated and resistant to change. Motivational Interviewing (Miller and Rollnick 2013) is a counseling approach designed specifically for students/clients that appear to be unmotivated and resistant to changing their behaviors. This presentation will: (a) introduce Motivational Interviewing and research supporting this counseling approach, (b) review practical strategies for supporting change in adolescent and early adolescent students, and (c) present cases of Motivational Interviewing strategies with adolescent and early adolescent students.

Glenn W. Lambie, PhD, *University of Central Florida*  
Room: TA 130
2:15pm – 3:45pm  
**Adolescents and Pornography Exposure: Counseling Implications**
Research shows that adolescents seek out sexually explicit media for a myriad of reasons with a variety of consequential counseling implications. This presentation endeavors to educate counselors on the habits and implications of adolescents who pursue Internet pornography and raise awareness of counselors’ beliefs and attitudes regarding adolescent pornography use.  
_Zachary Bloom, MA_  
Room: TA 202B

2:15pm – 3:45pm  
**Creating Relationships through High School Expectations with At-Promise African American Males**
African American males are the lowest performing subgroup for graduation rate and standardized testing, and the most overrepresented subgroup in exceptional student education and discipline. Professional school counselors know how to foster relationships with students and instill high expectations, which are proven to increase student achievement. This presentation discusses how to implement programming to assist African American males in raising their expectations and achievement level through fostering meaningful relationships.  
_Nicola Williams, PhD, Stacy M. Van Horn, PhD_  
Room: TA 102

2:15pm – 3:45pm  
**Innovative Practices to Empower Urban Students and Families**
The purpose of this presentation is to highlight school counseling preparation through the lens of social justice and advocacy. The discussion will focus on the distinct teaching and learning practices of an urban school counseling preparation program with emphasis on: an innovative model of family empowerment (Family Wisdom Exchanges), community engagement in urban settings, digital storytelling, relationship building (within and outside of the university settings), and equity audits.  
_Sophie Maxis, PhD, Chris Janson, PhD, University of North Florida_  
Room: TA 202A

1:15pm – 2:45pm  
**Intuition: Learning to Interpret Implicit Perception**
Counselors often report that they experience gut level responses to their clients that often determine the direction they take during therapy. However, counselors rarely receive guidance about what to do with it besides the simple adage to "go with your gut." This is an experiential workshop where participants will be asked to explore their intuition using client video and learn new ways of making sense of their intuition.  
_Jesse Fox, PhD, Loyola University_  
Room: TA 102

1:15pm – 2:45pm  
**Adlerian Play Therapy: Advancing the Field Through Research**
Adlerian Play Therapy (AdPT) is a widely used, manualized approach to play therapy. Majority of the literature consists of case studies which are insufficient in the field of counseling as it moves towards evidence-based practice. To date, one empirically-based study has been conducted utilizing this approach. This presentation reviews basic concepts of AdPT, highlights the developmental nature of AdPT for children under 9, and the need for quality research.  
_Dalena Dillman Taylor, PhD, University of Central Florida_  
Room: TA 202A

1:15pm – 2:45pm  
**Current Issues in Counseling for the Central Florida Community Panel Discussion**
This panel presentation consists of practitioners from a variety of disciplines with the goal of discussing current issues facing counselors in the Central Florida community. Attendees will learn about the breadth of issues being faced by their colleagues in mental health, marriage and family, addictions, and K-12 schools with the goal of fostering more collaborative relationships across disciplines. Dr. W. Bryce Hagedorn will moderate the panel and all panelists will be given scripted questions in advanced to address key topics. Also, attendees will be able to ask questions based on availability of time.  
_Room: TA 117_
Sixth Annual UCF Counseling Conference

1:15pm – 2:45pm  
Child Sexual Abuse: Awareness, Counseling, and Prevention  
As child sexual abuse continues to impact individuals and families throughout the world, there is a dire need for awareness, efficacious counseling interventions, and prevention program development. This presentation seeks to educate and inspire the audience, while exploring creative interventions for working with children and families affected by child sexual abuse.  
Kristina Nelson, MA  
Room: TA 130

1:15pm – 2:45pm  
Counseling the Geriatric Population  
The geriatric population faces a variety of mental health concerns from substance abuse, to memory loss, to sexual dysfunction, to coping with the reality of death and dying. This presentation will provide a general overview of the geriatric population as well as implications for counseling professionals, who are working with this population. Finally, applicable researched theories and techniques and community resources will be provided.  
Letitia Browne-James, MA, Taylor Farrell, BA, Chi Sigma Iota  
Room: TA 201

1:15pm – 2:45pm  
Cartoon University: A Way to Explore Careers in Elementary and Middle School  
Looking for a new and innovative way to promote career development with your elementary and middle school students? This presentation will provide guidelines for school counselors to develop career development small group and guidance lessons using current cartoon videos. Be ready to experience a few of the lessons yourself!  
Kara Ieva, PhD, Rowan University, Emma Kendrick, PhD, Caldwell College  
Room: TA 110

2:15pm – 3:45pm  
Reflection and Strategies to Support Counselor Resiliency  
Counselors encounter dynamic and demanding job conditions that may impair their functioning and wellbeing. Therefore, this presentation offers attendees the chance to participate in a reflection and assessment of their own wellbeing. Additionally, attendees will learn about strategies to enhance their self-care toolbox with the goal of promoting practitioner resiliency.  
Ashley Blount, MS, Patrick Mullen, MA, Jesse Fox, PhD  
Room: TA 201

2:15pm – 3:45pm  
The Science of Happiness: Implications for Counseling  
Happiness has become the object of scientific study and in recent years, because of the influence of positive psychology, psychotherapists have begun to identify methods and techniques for increasing happiness, not just decreasing negative moods. The purpose of this workshop is to identify and demonstrate methods for enhancing eutymic states.  
Mark E. Young, PhD, University of Central Florida  
Room: TA 117

2:15pm – 3:45pm  
Addressing the Link Between Science and Practice Within A University Counseling Center  
Program evaluation procedures are becoming increasingly important and are grounded in linking science and practice. This presentation will examine the challenges being faced by counseling centers, review best practices of translating science into practice, and describe a method for addressing these issues within a counseling center, including systemic processes for addressing the key questions in evaluating programming and the processes needed to sustain these efforts in an ongoing manner.  
Christopher Hanes, PhD  
Room: TA 322
4:00pm – 5:00pm
Working with Challenging Clinical Populations:
Strength Based Strategies for Wellness
Working with challenging clinical populations is a reality for mental health counselors: burnout, compassion fatigue, and secondary trauma clearly have an effect on those who choose the helping profession. Therefore, several strategies and interventions that are grounded in the emerging area of positive psychology and wellness will be covered in this presentation such as gratitude, meditation, and guided imagery.

Tracy Hutchinson, PhD, Argosy University
Room: TA 117

4:00pm – 5:00pm
Integrating Expressive Arts and Feminist Theory:
Applications and Implications for Use with Adolescents
The practice of expressive arts in counseling provides a medium of expression that extends beyond that of talk therapy. Expressive and arts experiences can spark self-awareness and creativity to solve problems of communication, emotional confusion, and personal identity that often arise during adolescence. Viewing these experiences through a feminist framework can help both the adolescent client and the counselor to reframe concerns in a manner that empowers the client, and demystifies the process of counseling.

Tiffany Otting, MS
Room: TA 102

4:00pm – 5:00pm
What to Expect When Working or Interning in Psychiatric Hospitals and Community Agencies
Counseling programs focus on ensuring that graduating counselors meet certain competencies. However, limited time is spent on discussing additional duties counselors or interns are expected to perform. This interactive presentation will discuss potential duties of counselors in community agencies and psychiatric hospital settings that may not have been addressed in counseling courses.

Jessica Gonzalez, MA, Ashley Blount, MS, Olivia Uwamahoro, MS
Room: TA 110

12:00pm – 1:00pm
Change is Difficult: Let’s Not Make it Worse
No one likes to change, least of which those who are being required to change as a result of someone else’s request. Counselors themselves have their own agendas for their clients’ maladaptive behaviors, and if they are not careful, helpers can actually inhibit the change process. This presentation will review the basic principles of Motivational Interviewing (MI) and will offer techniques that helpers can integrate into their everyday practice.

W. Bryce Hagedorn, PhD, University of Central Florida
Room: TA 110

12:00pm – 1:00pm
Reading between the Lines: A Group Curriculum Using Bibliotherapy and Creative Arts to Increase Empathy Among Resistant Youth
Bullying is the most frequently reported form of aggression amongst youth. However, aggressive youth are often resistant to traditional forms of therapy. Empirically tested programs have supported the use of bibliotherapy and creative arts therapies to promote empathy amongst aggressive and resistant individuals. This session describes a bibliotherapy and creative arts group curriculum for resistant youth, emphasizing the connection between aggression, empathy, and resiliency.

Rachael Goldberg, BA, BS, Chi Sigma Iota
Room: TA 130
12:00pm – 1:00pm
Using the Expressive Arts to Motivate Change in Addicted Clients
This presentation will give attendees ways to use music, literature, drama and art to motivate change in clients who are struggling with addictions. Many of these ideas will translate well to other issues. Using the arts in therapy is a less threatening way to help the client express feelings. Attendees will leave this workshop with activities they can use immediately with their clients.
Deborah Rasso, LMHC
Room: TA 202B

12:00pm – 1:00pm
Job Satisfaction of Counselors and Career Mentoring: The Journey After Graduation
Graduating counselors often have little knowledge of the careers in counseling. It is easy to become lost and disheartened when beginning to work in the field adding to turnover and burnout. Career mentoring can be vital in helping student sort through all the various environments that counselors can work in, until they find a good fit.
Laura Cunningham, PhD, Argosy University
Room: TA 102

12:00pm – 1:00pm
The Effects of Neurofeedback and other Modalities on Creative Thinking Skills for Adolescents
The purpose of this presentation is to demonstrate the positive impact of Neurofeedback therapy and other modalities for adolescents in regards to increasing their critical thinking skills. This will be demonstrated through a PowerPoint presentation, but is not limited to: article reviews, possible observations, and interviews.
Emily Bone, BA, Naseema Abbasi, BA, Alyssa Sorrels, BA, Adam Tharkur, BA
Room: TA 322

4:00pm – 5:00pm
Emotional Stocks and Bonds (ESB)
Participants in this workshop will identify and discuss key concepts and premises in the Emotional Stocks and Bonds Model; identify and discuss model-based evaluation and treatment strategies; learn about model’s efficacy with various client populations; and participate in an exercise to develop additional model-based strategies to help clients diversify their emotional portfolio.
Andrew Daire, PhD, University of Central Florida
Room: TA 201

4:00pm – 5:00pm
Gardening: A Playful Counseling Intervention with Children
The presentation focuses on exploring the use of gardening activities with children within a school setting. The presenter will discuss the use of a variety of activities within a counseling context. Additionally, the presenter will address strategies for addressing various challenges associated with implementing this intervention within the school environment. Finally, the presenter will discuss the results of a research study involving a school counseling garden group.
Jacqueline Swank, PhD, University of Florida
Room: TA 130

4:00pm – 5:00pm
The Loss of Religious or Spiritual Identity in the LGBT+ Population and Faith Development Models
Research will be presented on the loss of religious or spiritual identities in the lesbian, gay, bisexual, transgender, or other sexual/gender minority (LGBT+) population. We will discuss how these findings compare with models of faith development. Implications for counselors will be discussed based on the research and models of faith development in order to provide appropriate counseling to LGBT+ individuals that have experienced a loss of religious or spiritual identity.
Andrew Wood, MS
Room: TA 202A
9:00am – 11:00am
Keynote Presentation:
Counseling and Psychotherapy Research Findings:
What We Know and Where We’re Going
Dr. Mick Cooper
Room: MIRC Global Communications Room

11:00am – 12:00pm
Lunch is Served!
Room: MIRC Millennium Gallery

11:15am – 11:45am
Chi Sigma Iota Poster Sessions:

Poster Titles and Presenters:
Exploring Change in Counseling Students’ Empathy and Counseling Competency During Practicum
Presented by Kristina DePue, PhD and Glenn W. Lambie, PhD
Is It Better Together?: Relationship Education Influence on Co-Parenting Behaviors.
Presented by Krystal Christopher, BS, BA
Group Curriculum for Children with Divorced Parents
Presented by Britani Hall
Addressing Social Stigma with African American Clients
Presented by Jessica Martin, MS
M.I. Career: How Motivational Interviewing can Assist with Career Development
Presented by David Lawson
All About Wellness: A Holistic Approach to Creating a Healthy Lifestyle for Young Children
Presented by Aubrey Gainey

Room: MIRC Millennium Gallery

12:00pm – 1:00pm
A School Counselor’s Guide to ADHD
School Counselors are often the first contact for students, parents and teachers alike struggling with the effects of ADHD. It is imperative for School Counselors to have a clear understanding of the symptoms, diagnosis, treatment and effects of ADHD. This presentation will not only provide a comprehensive overview of ADHD, but will also provide research-based interventions and hands-on materials.
Cherie Burgess, NCC, NSCC
Room: TA 201

12:00pm – 1:00pm
FLVS: Counseling Your Students in a Virtual World
Did you know that every student in Florida must take a virtual learning course to graduate? Florida Virtual School, a national leader in virtual education, served students in over 400,000 half-credit courses last year. Join a FLVS School Counselor to learn how virtual education can assist all your students, from your struggling student to your highest academic achiever. This session will discuss services including courses, virtual webinars and more!
Anne Flenner, Eds, Florida Virtual School
Room: TA 202A

12:00pm – 1:00pm
Meditation for Emotional Wellness
Research studies have reported on the benefits of using meditative practices in counseling and psychotherapy. Research on various meditative practices have shown favorable outcomes in regulating emotion, increasing positivity, and reducing symptoms of clinical distress. The presenters will discuss some practical strategies for incorporating meditation into counseling; as well as discuss the most recent literature on meditation.
Travis Crafter, Daniel Gutierrez, MA, LMHC
Room: TA 117
Keynote Presentation:
Counseling and Psychotherapy Research Findings: What We Know and Where We’re Going
Dr. Mick Cooper
Room: MIRC Global Communications Room

Lunch is Served!
Room: MIRC Millennium Gallery

Chi Sigma Iota Poster Sessions:

Poster Titles and Presenters:
Exploring Change in Counseling Students’ Empathy and Counseling Competency During Practicum
Presented by Kristina DePue, PhD and Glenn W. Lambie, PhD

Is It Better Together?: Relationship Education Influence on Co-Parenting Behaviors.
Presents by Krystal Christopher, BS, BA

Group Curriculum for Children with Divorced Parents
Presented by Britani Hall

Addressing Social Stigma with African American Clients
Presented by Jessica Martin, MS

M.I. Career: How Motivational Interviewing can Assist with Career Development
Presented by David Lawson

All About Wellness: A Holistic Approach to Creating a Healthy Lifestyle for Young Children
Presented by Aubrey Gainey

Room: MIRC Millennium Gallery

A School Counselor’s Guide to ADHD
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Travis Crafter, Daniel Gutierrez, MA, LMHC
Room: TA 117
12:00pm – 1:00pm  
**Using the Expressive Arts to Motivate Change in Addicted Clients**  
This presentation will give attendees ways to use music, literature, drama and art to motivate change in clients who are struggling with addictions. Many of these ideas will translate well to other issues. Using the arts in therapy is a less threatening way to help the client express feelings. Attendees will leave this workshop with activities they can use immediately with their clients.  
*Deborah Rasso, LMHC*  
Room: TA 202B

12:00pm – 1:00pm  
**Job Satisfaction of Counselors and Career Mentoring: The Journey After Graduation**  
Graduating counselors often have little knowledge of the careers in counseling. It is easy to become lost and disheartened when beginning to work in the field adding to turnover and burnout. Career mentoring can be vital in helping student sort through all the various environments that counselors can work in, until they find a good fit.  
*Laura Cunningham, PhD, Argosy University*  
Room: TA 102

12:00pm – 1:00pm  
**The Effects of Neurofeedback and other Modalities on Creative Thinking Skills for Adolescents**  
The purpose of this presentation is to demonstrate the positive impact of Neurofeedback therapy and other modalities for adolescents in regards to increasing their critical thinking skills. This will be demonstrated through a PowerPoint presentation, but is not limited to: article reviews, possible observations, and interviews.  
*Emily Bone, BA, Naseema Abbasi, BA, Alyssa Sorrels, BA, Adam Tharkur, BA*  
Room: TA 322

4:00pm – 5:00pm  
**Emotional Stocks and Bonds (ESB)**  
Participants in this workshop will identify and discuss key concepts and premises in the Emotional Stocks and Bonds Model; identify and discuss model-based evaluation and treatment strategies; learn about model’s efficacy with various client populations; and participate in an exercise to develop additional model-based strategies to help clients diversify their emotional portfolio.  
*Andrew Daire, PhD, University of Central Florida*  
Room: TA 201

4:00pm – 5:00pm  
**Gardening: A Playful Counseling Intervention with Children**  
The presentation focuses on exploring the use of gardening activities with children within a school setting. The presenter will discuss the use of a variety of activities within a counseling context. Additionally, the presenter will address strategies for addressing various challenges associated with implementing this intervention within the school environment. Finally, the presenter will discuss the results of a research study involving a school counseling garden group.  
*Jacqueline Swank, PhD, University of Florida*  
Room: TA 130

4:00pm – 5:00pm  
**The Loss of Religious or Spiritual Identity in the LGBT+ Population and Faith Development Models**  
Research will be presented on the loss of religious or spiritual identities in the lesbian, gay, bisexual, transgender, or other sexual/gender minority (LGBT+) population. We will discuss how these findings compare with models of faith development. Implications for counselors will be discussed based on the research and models of faith development in order to provide appropriate counseling to LGBT+ individuals that have experienced a loss of religious or spiritual identity.  
*Andrew Wood, MS*  
Room: TA 202A
4:00pm – 5:00pm
Working with Challenging Clinical Populations: Strength Based Strategies for Wellness
Working with challenging clinical populations is a reality for mental health counselors: burnout, compassion fatigue, and secondary trauma clearly have an effect on those who choose the helping profession. Therefore, several strategies and interventions that are grounded in the emerging area of positive psychology and wellness will be covered in this presentation such as gratitude, meditation, and guided imagery.

Tracy Hutchinson, PhD, Argosy University
Room: TA 117

4:00pm – 5:00pm
Integrating Expressive Arts and Feminist Theory: Applications and Implications for Use with Adolescents
The practice of expressive arts in counseling provides a medium of expression that extends beyond that of talk therapy. Expressive and arts experiences can spark self-awareness and creativity to solve problems of communication, emotional confusion, and personal identity that often arise during adolescence. Viewing these experiences through a feminist framework can help both the adolescent client and the counselor to reframe concerns in a manner that empowers the client, and demystifies the process of counseling.

Tiffany Otting, MS
Room: TA 102

4:00pm – 5:00pm
What to Expect When Working or Interning in Psychiatric Hospitals and Community Agencies
Counseling programs focus on ensuring that graduating counselors meet certain competencies. However, limited time is spent on discussing additional duties counselors or interns are expected to perform. This interactive presentation will discuss potential duties of counselors in community agencies and psychiatric hospital settings that may not have been addressed in counseling courses.

Jessica Gonzalez, MA, Ashley Blount, MS, Olivia Uwamahoro, MS
Room: TA 110

12:00pm – 1:00pm
Change is Difficult: Let’s Not Make it Worse
No one likes to change, least of which those who are being required to change as a result of someone else’s request. Counselors themselves have their own agendas for their clients’ maladaptive behaviors, and if they are not careful, helpers can actually inhibit the change process. This presentation will review the basic principles of Motivational Interviewing (MI) and will offer techniques that helpers can integrate into their everyday practice.

W. Bryce Hagedorn, PhD, University of Central Florida
Room: TA 110

12:00pm – 1:00pm
Reading between the Lines: A Group Curriculum Using Bibliotherapy and Creative Arts to Increase Empathy Among Resistant Youth
Bullying is the most frequently reported form of aggression amongst youth. However, aggressive youth are often resistant to traditional forms of therapy. Empirically tested programs have supported the use of bibliotherapy and creative arts therapies to promote empathy amongst aggressive and resistant individuals. This session describes a bibliotherapy and creative arts group curriculum for resistant youth, emphasizing the connection between aggression, empathy, and resiliency.

Rachael Goldberg, BA, BS, Chi Sigma Iota
Room: TA 130
1:15pm - 2:45pm

**Child Sexual Abuse:**
**Awareness, Counseling, and Prevention**
As child sexual abuse continues to impact individuals and families throughout the world, there is a dire need for awareness, efficacious counseling interventions, and prevention program development. This presentation seeks to educate and inspire the audience, while exploring creative interventions for working with children and families affected by child sexual abuse.

**Kristina Nelson, MA**
Room: TA 130

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1:15pm - 2:45pm

**Counseling the Geriatric Population**
The geriatric population faces a variety of mental health concerns from substance abuse, to memory loss, to sexual dysfunction, to coping with the reality of death and dying. This presentation will provide a general overview of the geriatric population as well as implications for counseling professionals, who are working with this population. Finally, applicable researched theories and techniques and community resources will be provided.

**Letitia, Browne-James, MA,**
Taylor Farrell, BA, Chi Sigma Iota
Room: TA 201

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1:15pm - 2:45pm

**Cartoon University: A Way to Explore Careers in Elementary and Middle School**
Looking for a new and innovative way to promote career development with your elementary and middle school students? This presentation will provide guidelines for school counselors to develop career development small group and guidance lessons using current cartoon videos. Be ready to experience a few of the lessons yourself!

**Kara Ieva, PhD, Rowan University,**
Emma Kendrick, PhD, Caldwell College
Room: TA 110

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2:15pm - 3:45pm

**Reflection and Strategies to Support Counselor Resiliency**
Counselors encounter dynamic and demanding job conditions that may impair their functioning and wellbeing. Therefore, this presentation offers attendees the chance to participate in a reflection and assessment of their own wellbeing. Additionally, attendees will learn about strategies to enhance their self-care toolbox with the goal of promoting practitioner resiliency.

**Ashley Blount, MS, Patrick Mullen, MA, Jesse Fox, PhD**
Room: TA 201

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2:15pm - 3:45pm

**The Science of Happiness: Implications for Counseling**
Happiness has become the object of scientific study and in recent years, because of the influence of positive psychology, psychotherapists have begun to identify methods and techniques for increasing happiness, not just decreasing negative moods. The purpose of this workshop is to identify and demonstrate methods for enhancing euthymic states.

**Mark E. Young, PhD, University of Central Florida**
Room: TA 117

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2:15pm - 3:45pm

**Addressing the Link Between Science and Practice Within A University Counseling Center**
Program evaluation procedures are becoming increasingly important and are grounded in linking science and practice. This presentation will examine the challenges being faced by counseling centers, review best practices of translating science into practice, and describe a method for addressing these issues within a counseling center, including systemic processes for addressing the key questions in evaluating programming and the processes needed to sustain these efforts in an ongoing manner.

**Christopher Hanes, PhD**
Room: TA 322
2:15pm – 3:45pm
Adolescents and Pornography Exposure: Counseling Implications
Research shows that adolescents seek out sexually explicit media for a myriad of reasons with a variety of consequential counseling implications. This presentation endeavors to educate counselors on the habits and implications of adolescents who pursue Internet pornography and raise awareness of counselors’ beliefs and attitudes regarding adolescent pornography use.
Zachary Bloom, MA
Room: TA 202B

2:15pm – 3:45pm
Creating Relationships through High School Expectations with At-Promise African American Males
African American males are the lowest performing subgroup for graduation rate and standardized testing, and the most overrepresented subgroup in exceptional student education and discipline. Professional school counselors know how to foster relationships with students and instill high expectations, which are proven to increase student achievement. This presentation discusses how to implement programming to assist African American males in raising their expectations and achievement level through fostering meaningful relationships.
Nicola Williams, PhD, Stacy M. Van Horn, PhD
Room: TA 102

2:15pm – 3:45pm
Innovative Practices to Empower Urban Students and Families
The purpose of this presentation is to highlight school counseling preparation through the lens of social justice and advocacy. The discussion will focus on the distinct teaching and learning practices of an urban school counseling preparation program with emphasis on: an innovative model of family empowerment (Family Wisdom Exchanges), community engagement in urban settings, digital storytelling, relationship building (within and outside of the university settings), and equity audits.
Sophie Maxis, PhD, Chris Janson, PhD,
University of North Florida
Room: TA 202A

1:15pm – 2:45pm
Intuition: Learning to Interpret Implicit Perception
Counselors often report that they experience gut level responses to their clients that often determine the direction they take during therapy. However, counselors rarely receive guidance about what to do with it besides the simple adage to "go with your gut.” This is an experiential workshop where participants will be asked to explore their intuition using client video and learn new ways of making sense of their intuition.
Jesse Fox, PhD, Loyola University
Room: TA 102

1:15pm – 2:45pm
Adlerian Play Therapy: Advancing the Field Through Research
Adlerian Play Therapy (AdPT) is a widely used, manualized approach to play therapy. Majority of the literature consists of case studies which are insufficient in the field of counseling as it moves towards evidence-based practice. To date, one empirically-based study has been conducted utilizing this approach. This presentation reviews basic concepts of AdPT, highlights the developmental nature of AdPT for children under 9, and the need for quality research.
Dalena Dillman Taylor, PhD, University of Central Florida
Room: TA 202A

1:15pm – 2:45pm
Current Issues in Counseling for the Central Florida Community Panel Discussion
This panel presentation consists of practitioners from a variety of disciplines with the goal of discussing current issues facing counselors in the Central Florida community. Attendees will learn about the breadth of issues being faced by their colleagues in mental health, marriage and family, addictions, and K-12 schools with the goal of fostering more collaborative relationships across disciplines. Dr. W. Bryce Hagedorn will moderate the panel and all panelists will be given scripted questions in advanced to address key topics. Also, attendees will be able to ask questions based on availability of time.
Room: TA 117
3:00pm – 4:00pm
TLE TeachLivE Lab:
Using Simulation in Counselor Education
TLE TeachLivE Lab is a simulated environment originally created to serve pre-service and in-service teachers to improve on teaching practices in a simulated classroom. The field of counseling has recently addressed the use of technology and simulation in counselor education. This presentation will focus on how simulation can be further used in counselor education and allow participants to practice their counseling skills in a simulated counseling environment.
Michelle Nicholson, BA
Room: TA 202A

3:00pm – 4:00pm
Using Bibliotherapy to Foster Empathy and Altruistic Behaviors in Children
This presentation will explore the constructs of altruism and empathy and the importance of fostering the development of these in children. The presenters will demonstrate ways to promote altruistic behaviors and empathy in children through the use of bibliotherapy.
Paulina Flasch, MS, E. H. Mike Robinson III, PhD,
University of Central Florida
Room: TA 201

3:00pm – 4:00pm
Care Management in College Counseling
Similar to the evolution in community case management, case management in higher education has evolved out of necessity to better a fragmented community system and assist students who are struggling with navigating the services and resources on campus and off campus. The growth of mental health needs on campuses has directly correlated with the need to develop a comprehensive approach to address distressed and/or distressing students.
Liz Stevenson, LCSW, Vanessa Stein, LCSW,
Kristal Pollack, LCSW
Room TA: 202B

1:00pm – 2:00pm
True Client Collaboration: A Scandinavian Example
A qualitative study was completed at a treatment center in the Scandinavian country of Norway revealing seven important themes that may prove useful in understanding how true client collaboration can produce better outcomes with clients in psychotherapy. Transcultural applications of these themes are currently being tested outside of Philadelphia to discover how counselors can use these results to improve their effectiveness as clinicians in the United States.
David Emil Martinson, PhD, Immaculata University
Room: TA 202B

1:00pm – 2:00pm
Exploring Counselors’ use of Language and Stereotypes: Implications for Clients and Social Justice
This presentation will explore common and often subtle and unintentional uses of culturally insensitive or otherwise biased language and stereotypes by helping professionals. The presentation will further explore the effects of such uses for clients and the overarching implications for social justice and equality.
Paulina Flasch, MS
Room: TA 322

2:15pm - 3:45pm
Motivational Interviewing as an Effective Approach for Counseling “Unmotivated” and “Challenging” Adolescent and Early Adolescent Students
Many adolescent and early adolescent students whom counselors regularly counsel are unmotivated and resistant to change. Motivational Interviewing (Miller and Rollnick 2013) is a counseling approach designed specifically for students/clients that appear to be unmotivated and resistant to changing their behaviors. This presentation will: (a) introduce Motivational Interviewing and research supporting this counseling approach, (b) review practical strategies for supporting change in adolescent and early adolescent students, and (c) present cases of Motivational Interviewing strategies with adolescent and early adolescent students.
Glenn W. Lambie, PhD, University of Central Florida
Room: TA 130
1:00pm – 2:00pm  
Assessing and Addressing Intimate Partner Violence in Same-Sex Couples: Instrumentation, Assessment, and Mental Health Practice  
Counselors working within the LGBTQ community need to understand same-sex IPV incidence rates, characteristics, and effective assessment strategies in screening couples. IPV occurs in same-sex relationships at similar rates compared to opposite-sex relationships (Allen, Swan, and Raghavan, 2009; Eaton et al., 2008). Further, these high incidence rates pose a major concern within society and the mental health profession, as the well-being of many individuals stands at-risk (CDC, 2012).

Lameria Jacobson, PhD  
Room: TA 102

1:00pm – 2:00pm  
Presenting at Local, State, National, and International Conferences  
This presentation will cover how to present at counseling conferences and related conferences while highlighting tips and techniques for presenting. Additionally, this presentation will provide information regarding conference proposal writing, presenting posters, and presenting content sessions to different types of audiences.

UCF Doctoral Students  
Room: TA 201

1:00pm – 2:00pm  
Strategies for Freshman Success: An Evidence-Based Program for a Successful College Transition  
The research-based Student Success Skills program is an effective intervention for teaching students these key skills that will benefit them both academically and relationally. Presenters will provide a review of the research supporting SSS, offer a rationale for why post-secondary students could benefit from this intervention, demonstrate key success strategies of the program, and discuss the current state of SSS research targeting college age students.

Melissa Mariani, PhD and Elizabeth Villares, PhD, Florida Atlantic University  
Room: TA 202A

3:00pm – 4:00pm  
The Coming out Cycle: Understanding the Cyclical Nature of Sexual Minority Identity Development  
The coming-out process is an influential stage in sexual minority identity development. Counselors often utilize narrow, linear models which are inconsistent with sexual identity formation. This presentation emphasizes the pivotal role of the counselor and utilization of a cyclical perspective in assisting clients through their sexual minority development process.

Shainna Ali, MA  
Room: TA 117

3:00pm – 4:00pm  
Reducing Stressors for Chinese International Students: How Counselors Can Facilitate the Transition to U.S. College Systems  
There are a growing number of Chinese students in universities of the United States. Because of lacking support and facing unique stressors, this underrepresented group has an increasing need for counseling. The presenters will share their experience in order to call for counselors’ awareness to Chinese students. This presentation can help counselors be aware of some techniques to reduce stressors to support international students in adjusting to the U.S.

Ying Yang, BS, Brittany Rivers, BS  
Room: TA 110

3:00pm – 4:00pm  
Using Motivational Interviewing to Support Collaboration among School and Mental Health Professionals  
Providing counseling services in the school settings presents many challenges, including resistance from school personnel. By blending motivational interviewing with basic consultation practices, mental health counselors are better equipped to increase motivation for change within the system.

Dayna Watson, MEd, LPC  
Room: TA 102
3:00pm – 4:00pm  
When Individuals with Sexual Addictions Interact with Social Networking Sites: Concerns and Benefits  
Social networking sites and the available interactions on those sites can result in individuals with sexual addictions finding new venues to experience their addiction. Some of the opportunities presented on social networking sites can further increase or sustain sexual addiction. Other opportunities can result in better clinical treatment. Dr. Powell will provide discourse on the topic and practical recommendations based upon his research.  
Patrick Powell, EdD, LMHC, LPC  
Room: TA 130

4:15pm – 5:45pm  
Resilience Focused Counseling and Consultation: Applications with School Related Issues  
Children and adolescents typically present with a combination of social, behavioral, and learning/school related difficulties. Understanding the problem maintaining, “developmental cascade” that evolves in the child/family/school/community interaction process is critical for accurate case conceptualization and implementation of effective interventions. This workshop will offer a resilience-focused approach as an alternative to the dominant DSM/ESE pathology oriented paradigms.  
William Nicoll, PhD, Florida Atlantic University  
Room: TA 102

4:15pm – 5:45pm  
So You Want to Get a PhD in Counselor Education…  
This presentation will include a panel discussion with current University of Central Florida Doctoral Students. Students will include first, second, and third year levels and discuss information about the PhD program, the doctoral experience, and answer questions relating to Counselor Education.  
Kristina Nelson, MA, UCF Doctoral Students  
Room: TA 201

1:00pm – 4:00pm  
Role of the Counselor in Discussing Psychotropic Medications  
Discussion, monitoring and education about symptoms, side effects, substance abuse and medication use are an everyday part of clinical work, whether we do individual, group or family counseling. The counselor has an important role in helping to ensure that the best medication is prescribed, that side effects are recognized and treated, and that the client is encouraged to use medications in a way to maximize the likelihood that it will be effective.  
Gulnora Hundley, PhD, Jessica Gonzalez, MS, Andrew Wood, MA, University of Central Florida  
Room: TA 117

1:00pm – 2:00pm  
Crisis Management in Schools: Crisis Response Planning  
Violence in schools nationwide has brought attention to crisis management and response. Furthermore, school counselors serve a vital role in supporting students and families during times of crisis. This presentation reviews pertinent information for school counselors on crisis management in school. Attendees will learn about: (a) school counselors’ role in crisis management, (b) coping with trauma in schools, and (c) strategies to support students’ wellbeing and recover after a crisis.  
Stacy Van Horn, PhD, Patrick Mullen, MA, University of Central Florida  
Room: TA 130

1:00pm – 2:00pm  
Employment Status and Individual and Relational Distress  
Given the current financial climate in the United States, employment status has sprung to the forefront as one of the key contributors to individual and relational distress (Sleneko and Batinic, 2011). Relationship education is commonly utilized to reduce distress in couples experiencing financial woes. This study aimed to examine the differences among employment status and demographic factors on relationship and individual assessment scores after completion of a relationship education course.  
Jennifer Gonzalez, BS, Chi Sigma Iota  
Room: TA 110
9:00am – 12:00pm
**Diagnosis with DSM-5 and ICD**
With the release of the DSM-5, mental health professionals need information about changes in the new manual. Dr. K. Dayle Jones will provide an overview of the DSM-5, including its development process, changes to the organizational structure, major revisions to existing diagnoses, and the addition of new disorders. Participants will also be informed about the International Classification of Diseases (ICD), its designation as HIPAA's official codebook for diagnosing mental disorders, and its relationship to DSM-5, as well as overall implications for diagnostic practice.

**K. Dayle Jones, Ph.D., University of Central Florida**
Room: TA 117

12:15pm – 12:45pm
**General Poster Sessions**

**Poster Titles and Presenters:**
**The Impact of Alcohol Usage on College Campuses**
*Presented by Thomas Nabors, BA*

**Yoga and Addiction: Understanding the Effectiveness of Using Yoga in Addiction Treatment**
*Presented by Marygrace Young, Chi Sigma Iota*

**Robert N. Heintzelman Eminent Scholar Endowed Chair:**
**Summary of Research Findings on the Study of Greed and Altruism**
*Presented by Paulina Flasch, MS, E. H. Mike Robinson III, PhD*

**Group Curriculum for Children with Divorced Parents**
*Presented by Britani Hall*

**From Impulsivity to Mindfulness: Exploring the Role of Impulsivity and Relaxation Techniques in Addictions and Bulimia**
*Presented by Caitlyn McKinzie, BS*

**The Process Toward a New Life:**
**A Holistic Look at Long Term Addiction Recovery**
*Presented by Caitlin Boline, BS, Chi Sigma Iota*

Room: TA 130

4:15pm – 5:45pm
**Clinical Uses of House-Tree-Person Drawings**
The House-Tree-Person (HTP) was developed as a form of intelligence testing. The HTP was designed as a tool to assist the clinician in gathering information regarding an individual's degree of personality integration, ego development, and pathology. This presentation will provide a quality overview of this tool, using case studies and learning the beginning concepts of this technique.

**Susan Kurner, LCSW**
Room: TA 202A

4:15pm – 5:45pm
**Discomfort Food: Eating Disorders and Anxiety**
The literature has well documented the high comorbidity between anxiety disorders and eating disorders. Additionally, those with eating disorders often experience obsessions and compulsions relating to food and body image. The overlapping characteristics of these two categories of mental health disorders necessitate an approach to treatment that addresses both categories of disorders simultaneously. This requires expertise in the assessment, differentiation, and treatment of these disorders.

**Victoria Potocki, MEd/EdS, Roxanne Hartman, RD, LD/N**
Room: TA 202B

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**Special thanks to everyone who contributed to the UCF Counseling Conference!!**
**Overview of the Conference Schedule**

### Friday, February 7, 2014 – Schedule

<table>
<thead>
<tr>
<th>Time Slots</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 am – 12:00 pm</td>
<td>Diagnosis with DSM-5 and ICD</td>
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<tr>
<td>12:00 pm – 12:15 pm</td>
<td>Passing Time</td>
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<td>12:15 pm – 12:45 pm</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>5:00 pm</td>
<td>Convention Breaks for the Day</td>
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*Lunch is on your own on the first day of the conference.*

### Saturday, February 8, 2014 – Schedule

<table>
<thead>
<tr>
<th>Time Slots</th>
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<tbody>
<tr>
<td>9:00 am – 11:00 am</td>
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<td>90 Minute Content Sessions</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>The Conference Ends</td>
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</tbody>
</table>

Speak to one the many volunteers if you have any questions regarding the program, session times, or room location.

Information about CEUs through the National Board for Certified Counselors (NBCC) is available at the CEU booth on the first floor.
SPECIAL THANKS

University of Central Florida Counselor Education Program

Dean Sandra L. Robinson
E. H. Mike Robinson, Ph. D.
W. Bryce Hagedorn, Ph. D.
Mick Cooper, Ph. D., 2014 Heintzelman Lecturer

Patrick Mullen, TJEEI Scholar and Conference Coordinator
Ashley Blount, TJEEI Scholar and Conference Coordinator
Hannah Acquaye, TJEEI Scholar and Conference Coordinator

UCF Teaching Academy
Toni Jennings Exceptional Education Institute
CEDHP Communications Department

Thanks to all who presented and participated in the University of Central Florida 6th Annual Counseling Conference!

Dr. Mick Cooper is a Professor of Counseling at the University of Strathclyde, a Chartered Counseling Psychologist, and a fellow of the British Association for Counseling and Psychotherapy. He is co-editor of the *Handbook of Person-Centered Psychotherapy and Counseling* (Palgrave, 2013, 2nd ed.), and author of a range of texts on person-centered and relational approaches to therapy. Mick has also written extensively on research findings and their implications for therapeutic practice, authoring *Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly* (Sage, 2008) as well as co-editing *Person-Centered and Experiential Therapies Work* (PCCS, 2010).
IN COLLABORATION WITH:
Robert N. Heintzelman Eminent Scholar Endowed Chair
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