UCF College of Education

4 ANNUAL COUNSELING CONFERENCE

and

Heintzelman Lecture
featuring
Craig S. Cashwell, Ph.D.,
and J. Scott Young, Ph.D.

February 10-11, 2012

Sponsored by The UCF Counselor Education Program
and the Toni Jennings Exceptional Education Institute
University of Central Florida
4th Annual Counseling Conference

Heintzelman Keynote & Workshop

Dr. Craig S. Cashwell
Dr. J. Scott Young

Keynote Title: Paths to Wholeness:
Addressing the Sacred in a Secular Age

Keynote Description: Using narratives from clients and students, the presenters will discuss the integration of spirituality into counseling, with a focus on the “if/when/how” questions of integrating spirituality. The emphasis of this workshop will be to facilitate participants’ understanding of the myriad ways in which spirituality interfaces with the counseling process, and how counselors can support and facilitate spiritual development within the counseling process.

Workshop Title: The Spirituality of Subtraction:
Releasing Barriers to Genuine Altruism

Workshop Description: Grounded in Melster Eckhart’s belief that spirituality is more about subtraction than addition, the presenters will discuss a spirituality of subtraction and the types of barriers that impede altruism. The primary focus of this workshop will be on the experiential use of spiritual practices to support the release of barriers to genuine altruism. Participants in the workshop will engage in psycho-spiritually focused activities to address their own barriers to altruism as well as support this work with clients.

J. Scott Young, Ph.D., LPC, Professor and Chair, Department of Counseling and Educational Development, University of North Carolina at Greensboro.

Craig S. Cashwell, Ph.D., LPC, Professor, Department of Counseling and Educational Development, University of North Carolina at Greensboro.
Friday, February 10

1:00 pm

TA ATRIUM
Registration begins

PRECONFERENCE
3:00-5:00 pm

TA 117
** Helper Help Thyself: Addressing Burn-Out and Compassion Fatigue by Implementing Meaningful Stress Management Strategies**

Compassion fatigue is a well-documented phenomenon that annually impacts thousands of helping professionals. As evidenced by research and practice, burn-out is usually the direct result of clinicians and educators ignoring their personal needs and well-being. This experiential presentation will focus on the use of creativity and personal meaning in assisting clinicians and educators in choosing intentional stress management strategies to address and prevent burn-out. Participants will (a) complete several assessment instruments to determine their current levels of stress, potential for burn-out, and current coping mechanisms; (b) learn the consequences of prolonged exposure to stressful work environments, particularly when one loses track of personal meaning and purpose, and; (c) learn creative stress management coping skills to implement in the midst of an overwhelming lifestyle.

*W. Bryce Hagedorn, University of Central Florida*

TA 130
** Providing Effective & Ethical Supervision to School Counseling Student-Interns: What Supervisors Need to Know**

School counseling student-interns’ field-based supervision experiences significantly influence their professional development; however, few school-based supervisors have been trained in counselor supervision. Therefore, this presentation will: Goal 1: Introduce counselor supervision Objective: Will learn what clinical and administration supervision entail Goal 2: Review school counseling internship supervision competencies Objective: Will learn school counseling competencies needed to be demonstrated by student-interns Goal 3: Present qualities of effective school counseling supervision Objective: Will learn qualities and techniques of effective & ethical supervision with school counseling student-interns.

*Glenn Lambie and Stacy Van Horn, University of Central Florida*
9:00am-12:00pm

Morgridge International Reading Center
Global Communication Room

Keynote Title: Paths to Wholeness:
Addressing the Sacred in a Secular Age

Workshop Title: The Spirituality of Subtraction:
Releasing Barriers to Genuine Altruism

POSTER SESSIONS
12:15-12:45pm

Morgridge International Reading Center
Millennium Gallery

Incorporating Spirituality into Group Work
Christopher Christmas, University of Central Florida

Drug Abuse Resistance Education for Culturally
Competent Professional School Counselors
Jenna George, University of Central Florida

The Voices of Dissociative Identity Disorder:
Survivors Speak Out
Guinona Hundley, Hope Bell, Lamerial Jacobson and Jesse
Fox, University of Central Florida

Religious Abuse:
How it Effects Counseling LGBT People
John Super and Lamerial Jacobson, University of Central Florida
Supporting Students in Recovery: How Schools can Become Safe Places
Kristina DePue and Dodie Limberg, University of Central Florida

EDUCATION SESSIONS
1:00-2:00 pm

TA 110
Parents as Career Consultants: Parental Involvement of Career Decision Making of Children with Disabilities
John Petko and Yo Sang Ha, University of Central Florida

TA 117
Highlighted Workshop
Fighting for the American Dream: Working with Undocumented Youth in Schools
Tiphanie Gonzalex, CUNY Brooklyn College

TA 130
Creative Couples Counseling
Mark Young, University of Central Florida

TA 201
Understanding Spirituality in Couple’s Counseling
Patricia Dixon and Charles N. Williams, State College of Florida

TA 202 A
Affecting Student Pro-social and Bullying Behavior by Implementing an Evidence-Based Classroom Guidance Program
Melissa Mariani, Florida Atlantic University
TA 202 B
Treating Tobacco Dependency: It's More Than a Bad Habit!
Andre Aubrey, FSU College of Medicine

TA 204
Healing Our Hurt Parts: Internal Family Systems Therapy and Trauma
Judi Addelsto and Joseph Kropp, Valencia College/Private Practice

TA 221
How do Clients' Beliefs Influence World View and Psychological Functioning?
Matt Munyan, Sherri Dressler, Christopher Christmas; Daniel Gutierrez and Jesse Fox, Florida ASERVIC

TA 301
Using Loving Kindness Meditation to Be with, Engage and Transform Difficult Emotions
Laura Cunningham, Argosy University

TA 302
Managing Critical Incidents: Survival Strategies for Traumatic Events
Dwight Bain, The LifeWorks Group

POSTER SESSIONS
2:00-2:30pm

Teaching Academy Atrium
Florida's Pill Mills: Understanding Prescription Drug Diversion and its Influence on Counselors
Shainna Ali, University of Central Florida

Video Games and Addictions: A Fresh Perspective
Joseph Graham, University of Central Florida

Substance Use and Risky Sexual Behaviors
Danielle DeSantis, University of Central Florida

Soldier Friendly Counseling
Simanto Khandaker, University of Central Florida
Healing for the Sexually Abused: Awareness, Prevention and Counseling
Kristina Nelson, University of Central Florida

Event-Specific Intervention Needed for Counseling College Students Who Engage in Binge Drinking While Tailgating
Brittany Sted, University of Central Florida

EDUCATION SESSION
2:15-3:15pm

TA 110
Celebrating Life: A Suicide Prevention Training
Denisse Lamas, Orange County Public Schools

TA 117
Highlighted Workshop
Critical Issues in the DSM-5 Revision
K. Dayle Jones, University of Central Florida

TA 130
There's nothing wrong with me: Navigating Soldiers Resistance to Seeking Help
W. Bryce Hagedorn, University of Central Florida

TA 201
Acculturation, Familial Relationships and Adolescent Well-Being
Bindi Shah, University of Florida

TA 202 A
Animal Assisted Therapy in Counseling: Harnessing the Power of Animals with Mental Health Constraints
Carlene Taylor, Family Matters of Coastal Georgia, Inc.

TA 202 B
Spirituality Issues and Ways to Explore them During Counseling Sessions
Claudia Gonzalez-Soto, Carlos Albizu University

TA 204
Blending Spirituality with Counseling
Audrey Bloom

TA 221
Regression Therapy and Anxiety
Carin Friedman

TA 301
Getting Caught Up in the Cycle of Violence: The Effects of Domestic Violence on Clients and Clinicians
Melissa Zeligman and Diandra Prescod, University of Central Florida
TA 302
Daniel Gutierrez and the First Year Doctoral Cohort, University of Central Florida

EDUCATION SESSION
3:30-4:30pm

TA 110
Getting In: The Doctoral Application Process for Counselor Educators
Catherine Lamb, Jennifer Green and Kristopher Hall, University of Central Florida

TA 117
Highlighted Workshop
Using Play to Address Anger with Children and Adolescents
Jacqueline M. Swank, The University of Florida

TA 130
Gap in Transition: Military Employment Rates in the Civilian World
Lisa Broadfield, Walden University

TA 201
Grief and Loss Counseling
Beverly Mustaine, Julie Rego and Julie O’Brien, Argosy University

TA 202 A
Pathways to Engagement: Experiential Activities for Disengaged Clients
Patrick Mullen, University of Central Florida

TA 202 B
Encouragement Institute: The Moral and Ethical Imperative: Spiritually Integrated Counseling
Katherine Best, Encouragement Institute
TA 204  
Working with Dissociative Clients  
Claire Mauer, Private Practice Winter Park

TA 221  
Increase Your Internship IQ:  
A Guide to Making the Most Out of Your Position  
Renee Sherrell and Catherine Lamb, University of Central Florida

TA 301  
Fostering Altruistic Caring in Schools  
E. H. Mike Robinson, Dodie Limberg and Hope Bell

TA 302  
Precious Resiliency: Males Counseling Abused Women  
S. Kent Butler, University of Central Florida

EDUCATION SESSION
4:45-5:45pm

TA 110  
Racial Identity, Self-Esteem, and Academic Achievement Among Black Adolescents  
Patricia Dixon, State College of Florida

TA 130  
Faith as a Cultural Competency:  
Constructs and Conflicts in Clinical Practice  
Stephanie Scott and Donna Sheperis, Walden University

TA 201  
School counselors’ perspectives on the effects of military parental deployment on children and adolescents: Next Steps  
Cheryl G. McCland, University of Central Florida

TA 202 A  
Making Sexual Education Fun:  
Using a Support Group/Book Club to Explore the Changes in Sexual Attitudes and Awareness of Females  
Ana Jaramillo, University of Florida

TA 202 B  
Addict America: The Lost Connection  
Carol Clark

TA 204  
Working with the Whole Client:  
Using Ego-Stage Therapy to Connect and Heal  
Claire Mauer, Private Practice Winter Park

TA 221  
Is the Ph.D. Right for Me?  
A Panel Discussion with Counselor Education Doctoral Students CEDSO
The UCF Teaching Academy supports College of Education faculty who offer outstanding programs for promising and professional educators in Florida, the nation and the world.
Special Thanks

University of Central Florida
Counselor Education Program

The Toni Jennings Exceptional Education Institute

Dr. Craig S. Cashwell
and
Dr. J. Scott Young

Dean Sandra Robinson
Dr. E. H. Mike Robinson
Dr. W. Bryce Hagedorn

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UCF Teaching Academy and
Toni Jennings Exceptional Education Institute

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Yuisa Colón, Coordinator of Communications and
Marketing

And

All who presented and participated in the University of Central Florida 4th Annual Counseling Conference!
In Collaboration With:

Robert N. Heintzelman Eminent Scholar Endowed Chair

The Toni Jennings Exceptional Education Institute

School Counselors of Florida (SCF)

Florida Association of Spiritual Ethical and Religious Values in Counseling (FASERVIC)

Counselor Education Doctoral Student Organization (CEDSO)

UCF Teaching Academy
University of Central Florida
Orlando Campus

2012 Counseling Conference

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