The 5th Annual UCF Counseling Conference

On February 15 & 16, 2013

At The University of Central Florida

Tentative Schedule of Presentations

This year’s Heintzelman Keynote Speaker is

Dr. John Norcross

from the University of Scranton presenting:

Psychotherapy Relationships that Work
### Friday February 15, 2013 – Schedule

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<thead>
<tr>
<th>Time Slots</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00am – 11:00am</td>
<td>Complimentary Sessions for Community</td>
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<tr>
<td>11:00am – 11:15am</td>
<td>Passing Time</td>
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<tr>
<td>11:15am – 12:15pm</td>
<td>60 Minute Content Sessions</td>
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<tr>
<td>11:15am – 11:45am</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>11:50am – 12:20pm</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>12:15/20pm – 12:30pm</td>
<td>Passing Time</td>
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<tr>
<td>12:30pm – 2:00pm</td>
<td>90 Minute Content Sessions</td>
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<td>2:00pm – 2:15pm</td>
<td>Passing Time</td>
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<td>2:15pm – 3:15pm</td>
<td>60 Minute Content Sessions</td>
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<tr>
<td>3:15pm – 3:30pm</td>
<td>Passing Time</td>
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<td>3:30pm – 5:00pm</td>
<td>90 Minute Content Sessions</td>
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<tr>
<td>5:00pm – 5:15pm</td>
<td>Passing Time</td>
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<tr>
<td>5:15pm – 6:15pm</td>
<td>60 Minute Content Sessions</td>
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<tr>
<td>6:15pm</td>
<td>Convention Breaks for the Day</td>
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### Saturday February 16, 2013 – Schedule

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<thead>
<tr>
<th>Time Slots</th>
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<tbody>
<tr>
<td>9:00am – 11:00am</td>
<td>Keynote</td>
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<tr>
<td>11:00am – 11:15am</td>
<td>Passing Time</td>
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<tr>
<td>11:15am – 12:00pm</td>
<td>Lunch is Served in TA 117</td>
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<tr>
<td>11:15am – 11:45am</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>11:50am – 12:20pm</td>
<td>30 Minute Poster Sessions</td>
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<tr>
<td>12:20pm – 12:30pm</td>
<td>Passing Time</td>
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<td>12:30pm – 1:30pm</td>
<td>60 Minute Content Sessions</td>
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<td>1:30pm – 1:45pm</td>
<td>Passing Time</td>
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<td>1:45pm – 2:45pm</td>
<td>60 Minute Content Sessions</td>
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<td>2:45pm – 3:00pm</td>
<td>Passing Time</td>
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<td>3:00pm – 4:00pm</td>
<td>60 Minute Content Sessions</td>
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<td>4:00pm – 4:15pm</td>
<td>Passing Time</td>
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<tr>
<td>4:15pm – 5:45pm</td>
<td>90 Minute Content Sessions</td>
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<tr>
<td>5:45pm</td>
<td>The Conference Ends</td>
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Complimentary Community Sessions

Friday February 15, 2013

8:00am - 11:00am

TA 117
David J. Romano
Red Cross: Foundations of Disaster Mental Health
Foundations of Disaster Mental Health is a basic level, instructor-led course that introduces the key concepts, knowledge and skills required of anyone assigned to the Disaster Mental Health (DMH) Activity. It provides participants the opportunity to apply their learning to real-world examples that reflect challenges experienced by DMH workers, be it on a Disaster Action Team response or serving on a larger disaster relief operation.

TA 130
Sejal Barden, W. Bryce Hagedorn
Professional, Ethical and Legal Issues for Supervisors of Mental Health and Marriage and Family-Interns
Mental Health and Marriage and Family student-interns field-based experiences have a significant influence on their professional development and the site supervisor has a tremendous impact on this process. Given the ever-evolving process of clinical supervision and the UCF Counselor Education Program’s protocols, this presentation will: (a) introduce best practices for clinical supervision, (b) review ethical and legal issues related to clinical supervision, and (c) present attendees with the most up-to-date policies and procedures of the UCF Counseling program.

TA 202
Glenn W. Lambie, Stacy Van Horn
Providing Effective & Ethical Supervision to School Counseling Student-Interns: What Supervisors Need to Know
School counseling student-interns field-based supervision experiences significantly influences their professional development; however, few school-based supervisors have been trained in counselor supervision. Therefore, this presentation will: (a) introduce counselor supervision, (b) review school counseling internship supervision competencies, and (c) present qualities of effective school counseling supervision.
## Friday February 15, 2013

**11:15am - 12:15pm**

### 60 Minute Content Sessions

<table>
<thead>
<tr>
<th>TA 117</th>
<th>Highlighted Presentation</th>
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</table>
| Adriana McEachern  
Maureen C. Kenny | Mental Health Licensure: What Does the Future Hold?  
This presentation will provide a review of mental health licensure requirements in Florida and several other states along with an update of the work of ACA’s 20/20: A Vision for the Future of Counseling Committee on licensure portability. |

<table>
<thead>
<tr>
<th>TA 110</th>
<th>The Impact of Bipolar Disorder on Self-Concept, Goal Setting and Achievement</th>
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</table>
| Ashley Barbery  
Kim Samuels | Mental health professionals are likely familiar with the manic and depressive episodes experienced by individuals with bipolar disorder. Rather than focusing on signs and symptoms of the disorder, this presentation will provide specific information regarding the impact of bipolar disorder on self-concept, goal setting and overall achievement. A literature review will provide the audience with a greater understanding of the aforementioned along with implications for clinical practice. |

<table>
<thead>
<tr>
<th>TA 202A</th>
<th>Managing High Risk Students in College and University Counseling Centers</th>
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<tbody>
<tr>
<td>Lorri Key</td>
<td>College Counseling Centers utilize a number of methods to treat mental health concerns related to their student body. While traditional methods of individual and group therapy are offered, there are times when higher levels of care are required to meet chronic mental illness. Centers using brief therapy models must create specific plans to connect students to resources in the local community.</td>
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<tr>
<th>TA 202B</th>
<th>Intimate Partner Violence in Same-Sex Couples: Prevalence, Characteristics, and Implications from the Literature</th>
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<tbody>
<tr>
<td>Lamerial Jacobson</td>
<td>During this presentation, the presenter will discuss a review of literature on intimate partner violence (IPV) within the LGBTQ community. The presenter will specifically review IPV rates and individual characteristics of IPV in same-sex couples. Participants will learn etiology and characteristics of IPV as well as the practical application of assessing and treating IPV in same-sex relationships.</td>
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**Friday February 15, 2013**

**11:15 - 11:45 am**  
**30 Minute Poster Sessions**

**TA 130**  
**Chi Sigma Iota, Upsilon Chi, Sponsored Session**

**Differences in Pre and Post Adult-Adolescent Parenting Inventory (AAPI) Scores between Ethnicity and Number of Children**

**Erika Young**

This study explores the differences of the Becoming Parents Program (BPP) on Pre and Post Adult-Adolescent Parenting Inventory (AAPI) assessment scores between ethnicity and number of children. BPP is designed to improve relationship satisfaction and parenting behaviors and the AAPI measures attitudes toward raising children, highlighting on abuse. The results of this study will demonstrate the effects of the BPP curriculum on parenting with the use of the AAPI.

**TA 130**  
**Chi Sigma Iota, Upsilon Chi, Sponsored Session**

**The Prevalence of PTSD Patients Developing into Eating Disorders**

**Heather Stamm**  
**Dipti Sharma**

Many Americans will suffer from PTSD, and it is imperative that their mental health caretakers are aware of the impacts and possible variations in how the disorder can potentially manifest. The increase in PTSD cases today will inevitably show an increase in eating disorders as a coping mechanism within our country over the next several years. While many believe that eating disorders are only prevalent in women, men are just as susceptible; the masculine nature of our society/culture compounds the problems further as many men feel even more ashamed than their female counterparts to seek out and accept the help necessary to manage their symptoms of both PTSD and ED. Not only are these both major concerns in the mental health field individually, but the two issues combined clearly creates a new dynamic that needs to be addressed.

**TA 130**  
**Enhancing Adolescent Self Esteem through Music Therapy**

**Eric Price**  
**Dodie Limberg**

This presentation will (a) provide attendees with knowledge regarding Music Therapy, (b) describe the developmental needs of adolescents, and (c) offer practical intervention strategies to support adolescent self-esteem and overall development. Participants may transfer information in this presentation to other populations; such as substance abuse clients, elderly, and couples.

**TA 130**  
**Comparison of Relationship Satisfaction of Individuals With and Without Children, Before and After Relationship Education**

**Jessica McDonald**

This study compares pre- and post- self-survey results for individuals that attended a relationship education workshop alone, also comparing results for individuals with and without children. We provided the same self-report surveys to all individuals at the University of Central Florida’s Marriage and Family Research Institute before and after completion. We hypothesize that the satisfaction scores will increase post-workshop for all individuals, reflecting the effectiveness of relationship education.

**TA 130**  
**Personality Disorders and their Implications for Substance Abuse Treatment**

**Elliott Woehler**

Substance abuse and personality disorders are often co-morbid. There is insufficient research that focuses on studying this relationship and its implications for clinicians, as well as researchers. The link between substance abuse and personality disorders is further examined, especially with regard to cluster B personality disorders.

**TA 130**  
**Deaf and Hard of Hearing Individuals’ Language Development Impact on Counseling**

**Estelle Nowak**

This poster presentation explores the multiple paths language development can take while Deaf, deaf and hard of hearing individuals mature. The language development paths available to Deaf, deaf and hard of hearing individuals are initially influenced by parental decisions made at the time hearing disadvantages are diagnosed. The parental choices made for language development create social, cognitive, and cultural challenges for the counseling relationship.
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<thead>
<tr>
<th>Session Code</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>TA 130</td>
<td>Bob’s Boxes: Understanding where addiction falls on the Behavioral Health Map</td>
<td>Robert Piper</td>
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<td>Why did the language change from “dual diagnosis” to “co-occurring” disorders”? While many people think it's just a new name for the same reality of co-existing mental health and addiction, the true reason is a growing realization of the many co-existing factors involved in achieving lasting recovery. This session will explore addiction, mental illness (axis I), pervasive developmental disorders and trauma based PTSD.</td>
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<tr>
<td>TA 130</td>
<td>Money Communication for Couples in Conflict</td>
<td>Cherrie Mckenzie</td>
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<td>Details how a couple's individual money personality affects more than just their manner of handling money. Illustrates characteristics of different types of money personalities and the belief systems that support behavior within the relationship along with interventions to reframe those behaviors.</td>
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<tr>
<td>TA 130</td>
<td>7 Practices to Greatly Improve Your Brain</td>
<td>Jonathan Jordan</td>
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<td>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.</td>
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<tr>
<td>TA 130</td>
<td>Using Yoga to Enhance Your Counseling Practice</td>
<td>Victoria Hawkins</td>
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<td>Educating our clients on the Mind-Body connection teaches a new way to gain power within, and using the ancient practice of yoga can be the entry point to this connection. Incorporating concepts from yoga into individual and family sessions can provide the client with new tools to reduce anxiety, reduce stress response, quiet the mind, increase focus and process feelings.</td>
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Friday February 15, 2013

12:30pm - 2:00pm

90 Minute Content Sessions

**TA 117**

*Highlighted Presentation*

**Resilience Focused Brief Family Counseling: Transcending DSM/ESE paradigms**

**William Nicoll**

Workshop participants will be introduced to a resilience based, family wellness promoting paradigm for assessment and intervention with child/adolescent/family presenting issues. The pathology/biological based assumptions of the DSM/ESE paradigms are challenged and an alternative resilience building approach will be described and demonstrated via live case consultation.

**TA 130**

*Highlighted Presentation*

**Life Review Using Sand Tray**

**E.H. Mike Robinson**

**Dodie Limberg**

This presentation will introduce participants to the benefits of using sand tray as an effective therapeutic intervention, specifically to help clients reflect on significant moments in their lives. This presentation will cover the basics of sand tray, from selection of miniatures to setup, as well as advanced techniques. Participants will have an opportunity to practice new skills, and will be provided with resources to use at their worksite.

**TA 110**

**Job Satisfaction and Career Mentoring: The Journey after Graduation**

**Laura Cunningham**

Counselors are often unaware of the journey ahead after graduation. Counselors are unaware of how client populations differ, the variety of ways to form helping relationships, and how each can affect them differently, and how long it might take to find the right job. Career mentors can be essential for new counselors to survive finding the right fit.

**TA 201**

**Dream-Work as a Therapeutic Tool**

**Barbara Adair**

Carl Jung postulated that dreams have great meaning and are actually an attempt by our deepest and truest self to guide us. He said, “If we meditate on a dream sufficiently long and thoroughly, something almost always comes of it.” We will discuss a rationale for dream-work, describe strategies for remembering dreams, and identify the steps in working with a dream.

**TA 202A**

**The Importance of School Counselor Leadership & Advocacy**

**Sandi Logan**

In this session, we will explore the importance of leadership and advocacy skills when working as a professional school counselor. It is crucial to have dialogue with your district’s stakeholders in order to preserve the functions of a professional school counselor. We will discuss strategies that you can go back to your school and implement on Monday. Come learn how to advocate for your role and provide your school with the necessary leadership to work collaboratively with your administration to achieve common goals.

**TA 202B**

**Evaluating Therapist-in-Training: Why having an integrated competency and developmental perspective is key to successful supervision**

**Karen Hofmann**

This program will discuss the Psychology Training benchmarks that have been published in the literature as well as discuss Stoltenberg’s Integrated Developmental Model of Supervision that will help supervisors assess and track normal developmental behavior change and progress over time. This program will also demonstrate the process and tools of how the CAPS Training Program evaluates their trainees.

**TA 204**

**Identity Formation in Adult Clients: A Journey of Discovery**

**Louise Holzhauer**

From the adolescent just beginning to tackle the basic questions of life to the new retiree searching for a passion, most people are engaged in a life-long search for identity. Counselors can help their clients establish a secure base for their lives and then build upon that foundation in unique, individual ways. Attention will be given to multiple areas of identity exploration including story, personality, beliefs and character.
Highlighted Presentation
Addressing Issues of Equity and Access for First Generation College Students: Strategies for Planning Beyond HS
Kara Ieva
The goal of this presentation is to present school counselors with the knowledge of the challenges and tribulations that first generation college student face in gaining access to college, and equip school counselors with detailed strategies in intervening and preparing students for successful and realistic college and academic planning.

Treating Survivors of Dissociative Identity Disorder: Techniques and Activities in Facilitating the Counseling Process
Lamerial Jacobson and Melissa Zeligman
Presenters will discuss findings from two different focus groups with survivors of dissociative identity disorder (DID). Presenters will review the symptoms, experiences, and relationship quality of survivors of DID. Participants will learn etiology and characteristics of DID and the practical application of techniques during counseling sessions. Further, the presentation will focus on specific techniques and activities that survivors of DID have reported to be helpful during integration of alters.

The New Private Practice: Adding Coaching to Your Toolbox and Creating Multiple Streams of Income
Barbara Seifert
As healthcare initiatives are changing, there is a growing level of decline in coverage and reimbursements for those who seek out the services of a counselor or therapist. Helping professionals need to look at alternative ways to both help people who seek out their services and create multiple income streams and create a thriving business.

Mental Health Counselor Trainees' Engagement and Empowerment through Focus Group Research
Stephanie Hoover
Research about mental health counselor training holds the potential of contributing to trainees’ development. Focus groups allow participants to share their experiences and thus lessen the role of the researcher. The presentation will provide an overview of design issues (research paradigm and trustworthiness/rigor) to understand important considerations for focus group research. Based on a qualitative study of trainees’ development, focus groups can contribute to participants' development through self-awareness and empowerment.

Embracing Change: Utilizing The Transtheoretical Model in Sexual Identity Development
Shainna Ali
The coming-out process is an influential stage in sexual minority identity development in which individuals aim to attain a public self that is congruent to one’s genuine self. During this fragile time, the role of the counselor is pivotal. Current models utilize a linear trajectory inconsistent with sexual identity formation. This project highlights the cyclical nature of sexual identity formation and the importance of counselor awareness, knowledge, and skills.

Out of the Closet and into the Ranks: Group Counseling for Gay Veterans
Eric Price and Dodie Limberg
Until recently, Don’t Ask Don’t Tell (DADT) prevented people serving in the United States military from disclosing their sexual identity to others. Gay veterans have unique mental health needs, necessitating the use of counseling interventions. This session will examine the lasting effects of DADT on gay veterans, present an example of a six week group curriculum focused on merging gay and military identities, and address implications for counselors.
Highlighted Presentation

Play Therapy: Working With Diverse Populations
Maureen Kenny
Adriana McEachern
This workshop is designed to introduce counselors to play therapy through a brief review of some of the major theories of play therapy. Non directive play therapy will be emphasized. Attention will be paid to the qualities necessary to be a play therapist, common play therapy materials and how to establish a play therapy room. Research related to the use of play therapy with diverse populations will be reviewed.

Achieving Breadth and Depth in Counseling: Brief Dynamic Psychotherapy
Andrew Luchner
Christopher Hanes
The purpose of this presentation is to introduce clinicians of all levels of experience and all types of theoretical orientations to the possibility of working both briefly and deeply with clients, utilizing Time Limited Dynamic Psychotherapy (TLDP), a brief dynamic psychotherapy model. Case studies and clinical discussions will be used throughout the presentation to help participants learn the key principles of the model and apply them to their practice.

Highlighted Presentation

Using Structured Exercises to Facilitate Group Counseling: Strategies for Leaders
Jonathan Ohrt
When used effectively, structured exercises can enhance members’ experience in group sessions. Group leaders can use exercises to promote trust and cohesion, facilitate feedback, generate disclosure, increase emotional depth, and provide insight and reflection. In this experiential session, we will demonstrate various exercises that can be used at different group stages. Participants will have an opportunity to experience the exercises and process how to use them effectively with various populations.

Gender Shmender! When Binary Gender just isn't Enough.
Jennifer Evans
Increasingly, clients are coming to psychotherapy to explore gender identity and/or pursue gender transition. Thus, it is increasingly important that mental health counselors increase their knowledge in order to provide culturally sensitive services to transgender populations. This session will address cultural sensitivity, knowledge, and comfort in working with transgender clients, explore countertransference, and increase familiarity with the WPATH Standards of Care.

Autism Through a Sibling's Eyes
Kimberly Samuels
Considerable research focuses on parents of children with ASDs while few studies focus on the siblings. Existing research suggests that siblings have greater difficulty with childhood adjustment and are at a greater risk for social and behavioral issues, exhibit more anger and aggression, and need to learn coping skills in order to be better adjusted to living with their sibling with autism.

What the **%^& is Behavior Analysis?
Susan Kurner
Behavior Analysis can be viewed as a strange and odd treatment approach by mental health clinicians. Behavior analysis is a successful modality with autism, phobias, smoking cessation and acting-out-behaviors. Behavior Analysts use their own language which is often bizarre - to say the least! This presentation will offer insights and tools that can complement a mental health provider while working with clients with behavior.

A Delphi Method Study: Exploring the Experiences of Transporting Functional Family Therapy into Community Based Programs
Tracey Duncan
This mixed-method modified Delphi study explored the experiences of implementing an evidence-based family program (FFT) from the perspectives of administrators, supervisors and clinicians within 5 different community agencies who were currently implementing FFT, in a single state in the northeastern part of the United States. To identify consensus regarding the facilitators and barriers to the implementation process, expert panelists were asked to complete two questionnaires (DQI and DQII).
Friday February 15, 2013

5:15pm - 6:15pm

60 Minute Content Sessions

TA 117

Highlighted Presentation

Verifying A Mathematical Model of the Therapeutic Relationship
Paul Peluso

The success of therapy depends on the nature of the therapeutic relationship. Studies have sought to identify the most essential elements of this relationship. However, the dynamics of how this relationship works are not yet fully understood. The presenters have previously published two articles on the theoretical modeling of this relationship. We will present preliminary findings from actual psychotherapy sessions that have been recorded.

TA 130

Response to Intervention: Increasing Collaborative Partnerships
Saron LaMothe
Jennifer Gallup

According to ASCA and CEC, Response to Intervention (RTI) is a multi-tiered collaborative approach to assist striving learners (RTI Action Network, 2008). School Counselors and Exceptional Education Teachers must sustain a highly collaborative relationship when developing counseling services and specialized instruction to maximize academic progress. Participants will learn strategies to develop an inclusive partnership correlated to RTI between school personnel and families addressing academic and behavioral needs.

TA 110

Chi Sigma Iota, Upsilon Chi, Sponsored Session

Mindfulness in Counseling
Simanto Khandaker

The session will introduce mindfulness, techniques and population that can benefit from this intervention. Mindfulness has been in practice for thousands of years but only recently it has surfaced in the counseling field. This presentation will review mindfulness, and offer techniques that can be practiced personally or within a counseling setting.

TA 201

Using Continuous Feedback Instruments in Clinical Supervision
David Martinson

Continuous client feedback has been recommended as a best practice encouraging counselors to increase flexibility in counseling by monitoring client progress and adjusting treatment accordingly. A recent qualitative study was completed in the Scandinavian country of Norway revealing seven themes that may prove useful to understanding how continuous client feedback works to produce more effective outcomes. This has direct implications for clinical supervisors of clinicians.

TA 202A

The Effects Neurofeedback on Adolescences with ADHD
Adam Tharkur
Naseema Abbasi

The purpose of the presentation is to demonstrate the positive impact of Neurofeedback therapy for adolescents who are struggling with ADHD. This will be demonstrated through article reviews, possible observations, questionnaire and interviews with practicing, certified counselors.

TA 202B

How Aid Workers Across Cultures Engage Meaning to Sustain Resilience
Christina Montaiuti

Resiliency is a key element in work performance, but aid workers may find it difficult to internalize resilience strategies because of work demands. The results of this qualitative research into the resilience of aid workers across cultures may allow for a better understanding of those working in difficult settings. The insight gained by the research may offer a better understanding of the human suffering and resiliency of clients across cultures and occupational sectors.

TA 204

Building Integrated Systems of Care: The Counselor’s Role
David Clapp
Maria Clapp

This presentation will provide a practical design for implementing a community wide System of Care (SOC). Participants will explore system level structures and ground level best practices that create holistic solutions for community wellness through coordination of services across the behavioral health, medical, education, and justice systems. The principles of a patient/consumer centered SOC will be outlined emphasizing a dynamic and egalitarian relationship between system leadership, counselor, and patient/consumer.
**Saturday February 16, 2013**

**11:15am - 11:45am**

**30 Minute Poster Sessions**

**TA 130**

**Stopping Steroids in Addicted Athletes: A Motivational Interviewing approach**

*Ryan Sever*

Athletes who use performance enhancing drugs present unique challenges for counselors’ intent on working with this population. Steroid users estimate that more than one-third of their peers are engaged in such practices, which can lead to resistance in change efforts (Uvacsek, et al., 2009). This presentation will outline the use of Motivational Interviewing given the research efficacy of this to decrease resistance and dropout rates while increasing recovery rates.

**TA 130**

**Beyond the Battlefield: Addressing Spirituality with Veterans**

*Anastasia Motilall*

Oftentimes when a soldier is sent overseas he/she can be faced with tasks and events that shake their core beliefs. This can leave them feeling lost and confused, without a healthy way to cope. By addressing the topic of spirituality, counselors can assist clients in challenging the beliefs they may have lost while simultaneously allowing them to alter said belief system to encompass their new worldview.

**TA 130**

**Examining Concurrent Validity Between RAS and FAM-r**

*Katherine Mejia*

The Family Adjustment Measure-revised (FAM-r) is a thirty-item, research-designed assessment that evaluates relationships in parental adjustment such as: parental distress, family-based support, social support and positive coping skills. This presentation highlights the development of the tools reliability and concurrent validity.

**TA 130**

**Reaching Goals Through Running**

*Caitlin Boline*

Reaching Goals Through Running is brings a holistic approach group counseling setting. Objectives include gaining acceptance of oneself, improving physical health, creating goals, and learning ways to achieve them. Running brings body into counseling, breathing and meditation connects body with spirit, which prepares for searching for meaningful goals, the more cognitive focus. The purpose is to provide an atmosphere of self-discovery for individuals who are not satisfied with their life.

**TA 130**

**Differences Among Employment Status, Individual Distress, Relationship Satisfaction, and Gender**

*Jennifer Diaz*  
*Andrew Daire*

This presentation will explore the differences among employment status, individual distress, relationship satisfaction, and gender. The information is gathered from the federally funded program Project Together that offers workshops for individuals and couples to improve communication skills, conflict resolution, and stress management in order to maintain healthier relationships. Through data examination, we anticipate to find differences among all these factors.
Counselor Education Doctoral Student Organization Sponsored Poster Sessions

TA 130

Underutilization of Mental Health Services by African Americans: Implications for Mental Health Counselors

Olivia Uwamahoro

Full access to health services, including mental health services, is a right all Americans have however not everyone uses these services. African Americans (AAs) represent one of the lowest voluntary users of mental health services; nevertheless this population accounts for the highest rate inpatient admissions and severe mental health diagnoses (e.g. schizophrenia). This presentation will review common factors that led to AAs not seeking mental health services and offer specific recommendations and implications.

TA 130

The Effect of Rehabilitation and Couples Counseling on Unemployed Military Veterans and their Partners

Jessica Martin
Matthew Munyon

Due to their unique circumstances, many veterans with disabilities experience trouble with their partners. Recent research has found that partners who seek help for individual distress, such as unemployment, when they are also experiencing relationship distress are less likely to achieve or maintain the desired change. Couples counseling when combined with rehabilitation counseling can help veterans with disabilities and their partners overcome distress caused by unemployment and relational issues.

TA 130

Counselors’ Role in Medication Adherence: A Motivational Interviewing Perspective

Melissa Zeligman
Diandra J. Prescod

As the number of individuals taking medication for physical and mental health needs continues to grow, mental health counselors need to become educated on adherence techniques. This poster presentation reviews literature on Motivational Interviewing, a client centered approach that has the potential to assist clients in increasing their adherence to medical regimens.

TA 130

The Brave New World of Social Media: Ethical Considerations for School Counselors

Catherine Griffith

Technology is increasingly used in schools, yet there is little information about the ethical implications of personal and professional involvement in social media. This poster presentation will address both appropriate and inappropriate uses of technology, and highlight ethical standards pertaining to social media use.

TA 130

Grief as the Result of a Loss of Religious Identity in LGBT Individuals: One Result of a Spiritual Struggle

Andrew Wood

Researchers have shown that individuals can lose a religious identity. This is seen as an opportunity for growth and as a loss. As we recognize symptoms of grief due to a loss of religious identity, we can understand the severity of this phenomenon. Individuals at risk for this phenomenon are LGBT individuals. This presentation will address this phenomenon and engage the audience in how to address this phenomenon in counseling.
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<tr>
<th>Session Code</th>
<th>Title</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>TA 117</td>
<td><strong>Highlighted Presentation</strong></td>
<td>Jacqueline Swank</td>
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<td>Creative Assessments Using Play and Expressive Arts</td>
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<td>This presentation focuses on the use of play and expressive arts during the assessment process to assist counselors in gathering information and gaining insight about their clients. The presenter will discuss a variety of strategies and explain modifications to use with clients of all ages when conducting assessments during individual, family, or group counseling sessions.</td>
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<tr>
<td>TA 130</td>
<td><strong>Chi Sigma Iota, Upsilon Chi, Sponsored Session</strong></td>
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<td></td>
<td>Group Work with GLBTQ Adolescents</td>
<td>Ashleigh Pfriem</td>
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<td>The mental health needs of gay, lesbian, bisexual, transgender, and questioning young people can be overlooked. This population is at a high risk for suicide, depression, anxiety, and substance abuse. Working within a group therapy modality with GLBTQ adolescents helps not only normalize feelings and experiences, but lessen the isolation they so frequently feel. This session will provide participants with an outline of topics and activities for group work with GLBTQ adolescents.</td>
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<td>TA 110</td>
<td><strong>Teaching Counselors to Be Funnier</strong></td>
<td>Louis Franzini</td>
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<td>This session addresses the positive use of humor in counseling as an “innovative method,” even though this controversial technique has been long debated. Some counseling theorists have encouraged using humor; others have suggested strictly limited usage; while a few have argued that this practice is dangerous and has no place in the process. Following review of these issues, we suggest how motivated counselors can become funnier people.</td>
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<tr>
<td>TA 201</td>
<td><strong>CEDSO Sponsored Session</strong></td>
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<td>Is the Ph.D. Right for Me?</td>
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<td>A Panel Discussion with Counselor Education Doctoral Students (CEDSO)</td>
<td>Have you ever considered earning your Ph.D. in Counselor Education? If so, this session may address questions you have. The purpose of this session if to provide a panel discussion on the topic earning a Ph.D. in Counselor Education. Several students at varying levels will present and discuss their experiences applying, entering, and finishing their experience as doctoral students.</td>
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<td>TA 202A</td>
<td><strong>Benefits and Demonstration of Neurofeedback</strong></td>
<td>Michelle Warren, Adam Miller</td>
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<td>We will be providing information on what neurofeedback is, as well as describing how the process of neurofeedback works within the brain. Benefits of neurofeedback will be explored, including how this in conjunction with psychotherapy or alone can accelerate treatment. Exploration of how this electrical process parallels the chemical process that takes place in the brain when using psychotropic medication. Offering a demonstration of neurofeedback and process the volunteer's experience.</td>
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<td>TA 202B</td>
<td><strong>Amplifying Silence: Integrating Meditation into Counseling</strong></td>
<td>Daniel Gutierrez, Jesse Fox</td>
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<td>Research studies have reported on the benefits of using meditative practices in counseling and psychotherapy. Research on mindfulness and mantra-based meditation has shown favorable outcomes in regulating emotion, increasing positivity, and reducing symptoms of clinical distress. The presenters will discuss the use of mindfulness, centering prayer, and concentrative meditation in counseling.</td>
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Saturday February 16, 2013

1:45pm - 2:45pm 60 Minute Content Sessions

**TA 117**

*Highlighted Presentation*

**Responding to Power-Based Violence Survivors: Considerations for Counselors**

Abigail Conley
Catherine Griffith

Intimate partner violence, sexual violence, and stalking are pervasive in the United States, with women being disproportionately affected. The effects this type of power-based violence has on survivors' mental health can be devastating. In this workshop, participants will learn a diverse assortment of successful techniques for counselors working with gender-based violence survivors, including anchoring, restorying, art therapy, complementary and alternative medicine (e.g., yoga, breathing, etc.), and psychoeducation aimed at challenging rape myths.

**TA 130**

*Highlighted Presentation*

**Counseling to the Beat: Communicating Through Lyrics**

Tiphanie Gonzalez

This presentation will discuss how counselors can use music in session when working with pre-adolescent and adolescent youth. The presenter will explore the use of lyric interpretation, song writing, and rhythm as a means of communication in both one-on-one and group counseling sessions.

**TA 110**

**Course and Consequences of Eating Disorders: The Integration of Theoretical Perspectives in the Treatment of Eating Disorder**

Elizabeth Dizney
Roxanne Hartman

One major challenge in treating eating disorders is recognizing co-morbid diagnoses. The potential for one disorder to appear as another is virtually endless. Eating disorders may develop in order to cope with painful emotions and feel in control, but ultimately, these behaviors will damage a person’s physical and emotional health, self-esteem, and sense of competence and control. It is important to determine what came first, and how to approach treatment.

**TA 201**

**Using Music, Art and Literature in Addiction Treatment to Motivate Change**

Deborah Rasso

This presentation will introduce attendees to ways in which clients can explore and share their emotions using the arts and metaphor. Often clients who suffer from addiction are avoidant of expressing emotions. The arts and music give them an opportunity to express themselves in a less threatening way. Attendees will leave this presentation with activities they can begin to use immediately.

**TA 202A**

**Assessing Risk: What Science Offers to Mental Health Counselors in the Real World**

James Moon

Mental health counselors are often expected to be able to assess risk quickly and accurately. The risk assessment literature is vast and complex, yet the mental health counselor is expected to be able to warn others and take appropriate steps when faced with a risky client. It is important to know how to apply the science of risk assessment to daily mental health counseling practice.

**TA 202B**

**Sex and the Counselor: How Attitudes and Beliefs About Sexuality Influence Interactions With Clients**

Ana Jaramillo
Emily Diehl

A qualitative examination of Master's-level counseling students' attitudes and beliefs about sexuality. Analysis of student narratives and reaction papers through Interpretative Phenomenological Analysis revealed themes related to willingness to engage in sexuality-related discussions with clients. Implications for increasing counselor comfort in engaging in sexuality-related discussions with clients and recommendations for enhancing counselor training are offered.
Saturday February 16, 2013

3:00pm - 4:00pm  60 Minute Content Sessions

TA 117  
Highlighted Presentation  
Developing Strength-Based Training for Black and Latino Adolescents: A Leadership Model  
Isaac Burt  
Many underserved populations, such as excessively angry youth relapse into aggressive behaviors because of poor self-efficacy and socialization skills. To supplement traditional treatments, there is need for culturally sensitive, effective, and affordable programs. Leadership groups, when integrated with culturally sensitive clinical components, are a viable addendum to traditional treatment. Leadership groups represent a paradigm shift from talk therapies to more interactive, socially involving group methods of treatment.

TA 130  
Toni Jennings Sponsored Session  
Using Motivational Interviewing within the Early Stages of Group Development  
Tabitha Young  
This session presents developmentally appropriate applications of Motivational Interviewing (MI; Miller & Rollnick, 2002) for use in preparing group members for the working stages of group. Practical strategies are offered for using MI to facilitate an atmosphere of trust, recognize member readiness for change, identify and resolve members’ ambivalence, help group members identify personal goals, navigate members’ resistance, enhance members’ motivation to change, and strengthen members’ commitment to change. Additionally, this presentation discusses the theoretical tenets, considerations, and limitations for this model of group counseling.

TA 110  
What Does Dance Have to Do With It? Navigating the Brain through Dance and Rhythm  
Jenenne Valentino-Bottaro  
The presentation discusses the interrelationship between the mind and body through movement and rhythm and how these elements may enhance the lives of individuals ranging from stress management, empowerment, movement limitations to mental illness.

TA 201  
Expert Witnessing and Court Appearances by Mental Health Professionals and the legal issues they should know before entering  
Laura Sterling  
The differences between expert testimony, lay testimony and how mental health professionals fit into what category. The testimonial privileges that are afforded mental health professionals and other types of evidence issues. How solid is the psychotherapist/patient privilege and how a mental health professional can protect that privilege when called into court. How mental health professionals should present themselves in court and court proceedings.

TA 202A  
Domestic Violence a Breakthrough for the Next Generation: a micro, mezzo, macro response and intervention  
Amie Thomas  
Domestic violence is pervasive among all socio-economic groups. In this Seminar, you will learn strategies, techniques, and interventions to enhance professional awareness, program interventions, and behavioral health practices. This seminar is designed to address relevant enhancement of clinical social work, marriage and family therapy, and mental health counseling practice, theory, and method.

TA 202B  
The Utilization of Hope and Expectation In Solution Focused Brief Therapy  
Michael Reiter  
Common factors researchers hold that hope and expectancy are integral for change. Solution Focused Brief Therapy (SFBT) assists clients in utilizing and developing hope and expectancy of change. This workshop provides participants an in-depth explanation of how SFBT instills hope and expectation of change through its philosophy and therapeutic interventions.

TA 204  
The ABCs of EFT  
Forrest Samnik  
The Emotional Freedom Technique (EFT) is emerging as a viable option for rapid treatment of anxiety and trauma disorders, phobias, stress, and other mental health issues. Attendees will gain an understanding of the history, current research and theory behind EFT, basic instruction in using the technique, as well as participate in and/or observe live demonstrations.
Saturday February 16, 2013

4:15pm - 5:45pm  90 Minute Content Sessions

TA 117  
**Highlighted Presentation**

Parents' Testimony of Raising a Child with a Disability: Implications for Professional School Counselors  
Stacy Van Horn  
Andrea Walsh  
Saron LaMothe

The improvement of dropout rates and overall outcomes for special education students depends in large upon the partnerships that exist between families and schools. Strengthening the responsibility of parents and providing meaningful opportunities for engagement will foster stronger educational and post-secondary outcomes for students. The need for PSCs to further enhance the parent-school partnerships with students in special education is needed to ensure adequate supports for students.

TA 130  
**Highlighted Presentation**

New Wave of Clinical Supervision: The Use of Video Conferencing Technology  
Shon Smith

This presentation addresses clinical supervision of students in counselor education programs and counselors in the field, providing clinical supervision. Readily accessible, inexpensive video conferencing applications has opened the door for distance clinical supervision, using video recordings. Video conferencing permits face-to-face training so that the learner and supervisor can read each other's emotional responses while reviewing case material. It allows group learning from direct supervision to complement local peer-to-peer learning methods.

TA 110  
**IMPROVe The Therapeutic Relationship**  
Mary Curtis

This experiential session introduces improvisational concepts and exercises that can be utilized by therapeutic processions to further engage their clients and to strengthen the therapeutic relationship. Exercises will introduce the basic principles of improvisation and focus on effective listening, staying in the moment, thinking-on-your feet, and fostering collaboration. While addressing many of these counseling skills, all participants will experiment with new concepts while having a lot of fun!

TA 201  
Child Sexual Abuse: Counseling the Family  
Kristina Nelson

As the prevalence of child sexual abuse continues to affect families worldwide, there is a dire need for efficacious counseling interventions for both the survivor and their family. In addition to individual counseling, family counseling can play a significant role in the healing process. The way the family responds to the abuse can impact the situation. Therefore, attention to family counseling is recommended.

TA 202A  
Mothers Overcoming Maternal Stress: A Supportive Therapeutic Approach For The Treatment Of Maternal Depression  
Maria Stouffer  
Michelle Hagues-Fullwood

This workshop will describe the in-home programs that were developed to provide services to at-risk culturally diverse mothers. The program model is comprised of therapeutic and parenting education components that target key factors known to influence maternal depression. We will also discuss how program performance was measured on these key factors.

TA 202B  
Practical Tools for Understanding your Client  
Deborah Willbur  
Sandy Canfield

Teach participants the skill of ‘microtracking’. It is a precise, effective technique that follows the content of a client’s narrative by linking their moment by moment feelings to their words. By microtracking, the client learns to identify and navigate their own internal world. Microtracking attunes you with the client experiences and helps the client feel seen from the inside out.

TA 204  
Why and How 'Psychotherapy Relationships That Work' Work - Introducing the Intersubjective Systems Approach  
John Lambert  
Dennis Murray

Emotional experience is central to human functioning throughout life. Human relationship is the foundation on which all else in life, including the therapeutic process, rests. All relationships are newly defined as complex systems or Intersubjective Systems, formed at the intersection of our subjective worlds of emotional experience. Clinical attitude, including vocational and ethical stances, determine the quality of the therapy relationship from which change emerges.