



# 2023 Spring Professional Development Day

Join us for a day of learning and obtain up to 6 clock hours for the required continuing education topic areas for LPCAs and LPCs

**Friday, March 24, 2023**  
**Inn at Middletown**

## Schedule:

8:00am	Registration Opens / Executive Breakfast
8:50am	Welcome
9:00am - 10:00am	Session #1 (Cultural Competency - 1 hour)
10:15am - 12:15pm	Session #2 (Veterans - 2 hours)
12:15pm - 1:30pm	Networking & Executive Buffet Lunch
1:30pm - 4:30pm	Session #3 (Ethics - 3 hours)

Register @ [www.CCAcounseling.com](http://www.CCAcounseling.com)

Professional - Member / Non-Member	\$85 / \$130
Student/Retiree - Member / Non-Member	\$45 / \$65
Emeritus Member	Free

**Online registration will close when tickets have been sold out. Therefore, there could be tickets available for last minute purchase, but no guarantee. No refunds after March 16, 2023.**



The Connecticut Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2007. Programs that do not qualify for NBCC credit are clearly identified. The Connecticut Counseling Association is solely responsible for all aspects of the programs. \* **Clock hours approved for each session are noted in each workshop summary and credits may be awarded for individual workshops so long as the session is attended in its entirety, attendees sign in/out, and a completed evaluation for the workshop is submitted on the same day as the event.**

**Parking Options** - Valet parking \$10; Free hotel lot located at the corner of Dr. Martin Luther King Jr. Way and Dekoven Drive (behind Metro Movies); Public parking lot - Landmark Square located off Union Street.

**Graduate Student Scholarships** - \$20 each; email request and contact information to email below. Limited supply.

**Questions?** Contact CCA at [cca\\_exec\\_dir@msn.com](mailto:cca_exec_dir@msn.com) or 888-818-1110

## Session #1

### Supporting Marginalized Counselors and Avoiding Invalidation

Marginalized counselors are at risk for experiencing instances of racism and other forms of discrimination in the workplace. This can come from clients who are navigating their own struggles as well as invalidating systems and supervision within the workplace. Additionally, white counselors may invalidate these experiences in their best attempts to help. This presentation will discuss strategies to check power and privilege in the workplace while allowing for open discussion to support marginalized counselors. This presentation will also provide a framework for companies to navigate these experiences in a supportive and affirming manner.

- Review the internal conceptualization of cultural humility and how this perspective manifests by enhanced individual and community treatment.
- Identify ways that counselors can provide support and education between each other regarding instances where unchecked power and privilege negatively impacts treatment.
- Present strategies to infuse such discussions in the workplace.

**Fredrick Dombrowski** is the AMHCA President and has experience treating those living with co-occurring disorders since 1998. Currently a Department Chair at the University of Bridgeport, he is focused on experiential learning through a perspective of cultural humility. He has won several awards for his work with marginalized populations.

**\*This session is approved for 1.00 continuing education clock hour.**

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## Session #2

### Military Service Members and Veterans in Counseling: Reclaiming, Reinventing, Liberating

Join us for a dynamic, interactive presentation focusing on the needs of military service members and veterans who come to counseling! Military service members, veterans, their spouses, their children, and their extended families have unique experiences and needs that are distinct from their civilian counterparts. We will discuss how the experiences of service members and their families shape their needs in counseling and will discuss evidence-based practices aligned with meeting these needs. The presenters will demonstrate military-aware, trauma-informed approaches and provide opportunities for attendees to learn and try new skills aimed at supporting service members, veterans, and their families.

- Learn to take an emic perspective to understand the needs of military service members, veterans, and their families
- Analyze and evaluate methods of meeting the needs of military service members and their families
- Learn to make informed choices about treatment modalities aimed at meeting the needs of service members and their families
- Practice counseling applications specifically designed to meet the needs of military service members and their families.

**Dr. Laurie Bonjo** currently serves as program coordinator of the doctoral program in Counselor Education and Supervision at Southern Connecticut State University, where she is an associate professor. Dr. Bonjo earned a master's degree in counseling from Penn State University and a Ph.D. in Counselor Education and Supervision from Old Dominion University. Dr. Bonjo's teaching and research interests include decolonization and liberation practices with minority populations, creating space for youth empowerment, clinical applications, and disrupting dysfunctional paradigms.

**Brett Santo** is currently a graduate student in the Clinical Mental Health Counseling program at Southern Connecticut State University and serves as the President-Elect for the Connecticut Mental Health Counselors Association (CMHCA). Brett's research interests include trauma, neurodivergence, LGBTGEQIAP2S+ issues, sex and sexuality counseling, and anti-racist practices.

**\*This session is approved for 2.00 continuing education clock hours.**

## Session #3

### Ethics for Counselors: Revisiting the ACA Code of Ethics

Counselors will have an opportunity to revisit the ACA Code of Ethics, including how to make an effective decision when faced with an ethical quandary. Real life examples will be used as we review what every counselor needs to know. Focus will be placed on self-care and telemental health.

- Leave confident in accessing the ACA Code of Ethics and use it to help guide daily practice
- Understand the ethics of telemental health
- Learn to navigate an ethical decision-making process using an ethical decision-making model

**Dr. Sarah Evans Zalewski** is the President of CCA, an Assistant Professor at Central Connecticut State University, a practicing LPC and Registered Play Therapist, as well as a former school counselor. Dr. Evans Zalewski has been teaching ethics to counseling students for the past several years and has presented nationally on ethical topics.

**Saadia Butt** is the President-Elect of CCA, Program Administrator for the Department of Counselor Education and Family Therapy at Central Connecticut State University, an LPC-A IOP/OP Clinician working in addictions. She is currently working on obtaining a Sex Therapy Certification, and is preparing to write a paper for ethics in sex therapy.

**\*This session is approved for 3.00 continuing education clock hours.**

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## Why Join CCA?

- **Professional development and networking opportunities with discounted rates for members**
- **Legislative advocacy on the state and national level by CCA leadership and hired legislative team to promote and protect counselors in CT**
- **Monthly E-Newsletter The Connecticut Counselor**
- **Find a Counselor referral list accessible to potential clients and other referral sources for licensed counselors (LPCs only) to advertise their practice**
- **Access to consultation with our Ethics Committee**
- **Leadership and volunteer opportunities**
- **Annual Awards recognizing excellent work in the field**
- **Discounted membership for members of the Connecticut School Counselors Association (CSCA)**
- **Reasonable membership dues**

**Join us!**