

*Counseling Connections 2020: A Focus on Identity
Development in the New Decade
"Seeing Your Identity in 20/20"*



*Friday, April 3, 2020
Holiday Inn Norwich*

Join us at the annual conference!

- Choice of Educational Sessions
- Annual Awards Ceremony
- Networking Opportunities
- Breakfast and Lunch Included
- Raffle Table & Giveaways
- Exhibitor/Sponsor Area

Are You a Student Member?

Apply for a Student Scholarship to help defray the cost of attendance!

Not a Member of CCA?

Join today and take advantage of the best rates to attend the conference!

Mention "CTC" to Book a Room at Holiday Inn Norwich by 3/3/2020

Stay on 4/2 or 4/3 - only \$99/night

**Counseling Connections 2020:
A Focus on Identity Development in the New Decade
"Seeing Your Identity in 20/20"
Friday, April 3, 2020**

8:20am Welcome (Ballroom)

8:30am - 9:30am Keynote Presentation (Ballroom)

- **Professional and Personal Strategies: Advocating for Your Clients, Students, and You**
Richard Yep, CAE, FASAE Lynn Linde, Ed.D.
Chief Executive Officer Chief Knowledge and Learning Officer
American Counseling Association American Counseling Association

9:30am - 9:45am Break / Visit Exhibitors

9:45am - 11:15am Morning Breakout Sessions (Choose 1 of 4)

- **Treating Our Veterans: Evidence Based Practices and Community Supports**
- **Are you 20/20 when it comes to professional ethics?**
- **Integrating Clinical Supervision into Professional Counselor Identity**
- **EPICS: A Different Kind of Career Exploration**

11:15am - 11:30am Break / Visit Exhibitors

11:30am - 11:50pm Division Meetings & Annual Elections

- CMHCA - Mental Health Division (Laurel)
- CACES - Educator/Supervisor Division (Rose)
- CCCDA - Career Division (Leffingwell)

11:50pm - 12:50pm Lunch, Raffle and Award Presentation (Ballroom)

12:50pm - 2:50pm Mid-day Breakout Sessions (Choose 1 of 4)

- **This Isn't My Body: Peripartum Maternal Identity & Depression**
- **Decolonizing Counseling: Embracing Liberation & Celebration Approaches in Your Practice**
- **I don't know who I am anymore: Grief, Identity and Meaning Making**
- **Serving Those Who Serve: Enhancing Perspective and Creating Helping Opportunities**

2:50pm - 3:00pm Break

3:00pm-4:30pm Afternoon Breakout Sessions (Choose 1 of 4)

- **Adolescent and Young Adult Identity Development in the Age of Technology**
- **Mental Health Counselors Counseling Immigrant Families**
- **Pronouns: Taking Them Personally**
- **Supervision and Ethics in 2020: Seven Critical Issues for Practice**

Schedule Subject to Change

Featured Presentations



Richard Yep, CAE, FSAE



Dr. Lynn E. Linde

American Counseling Association Executives

KEYNOTE PRESENTATION

Professional and Personal Strategies: Advocating for Your Clients, Students, and You

Attendees will be provided with professional and personal strategies that address common concerns and issues facing professional counselors, counselor educators, and graduate students. This presentation from ACA's CEO and Chief Knowledge and Learning Officer will feature strategies to help you quickly assess issues and how to advocate on behalf of the counseling profession. Realizing that counselors need to advocate for themselves, the presenters will also address self-care issues for busy professionals and graduate students.

- Participants will learn about public policy issues impacting the counseling profession.
- Gain a better understanding about strategies that promote and support the counseling profession.
- Learn about self-care strategies that will help you as a professional counselor

BREAKOUT WORKSHOP

Are you 20/20 when it comes to professional ethics?

Attendees will be presented with information about ethical practice. There will be two core pieces of information on which this session will focus: the ACA Code of Ethics; and, the latest comprehensive report on areas of professional liability. Attendees will also be presented with issues regarding ethical and professional standards. This will be a fast moving session with information that is designed to ensure that professional and emerging counselors, as well as counselor educators, have the tools and resources to navigate safe passage through ethical challenges they may face.

- Participants will learn to apply the ACA Code of Ethics in their professional work setting.
- Reduction of potential liability situations through discussion of the most recent counselor professional liability study.
- Opportunity to ask ACA's chief ethics officer questions about ethical practice.

Keynote Speakers

Richard Yep, CAE, FASAE is the Chief Executive Officer of the American Counseling Association, the largest membership organization of professional counselors in the world. He currently oversees a staff of 60 and a \$14 million budget. ACA has more than 52,000 members. Rich has worked for ACA for 31 years, 21 of which as the Association's CEO. He is also the President of the American Counseling Association Foundation. Rich has presented on various issues impacting not-for-profit organizations relative to public policy, leadership development, product development, and association management. Rich is ACA's representative to the United Nations Non-Governmental Organizations. He currently serves on the organization's Executive Committee.

His professional affiliations include the American Society of Association Executives (ASAE) where he is a past Chair of the organization's Committee on Diversity and Inclusion, completed a term on the ASAE Board of Directors, and was named an ASAE Fellow in 2012. In 2017, he received ASAE's Key Award which honors an association CEO who demonstrates exceptional qualities of leadership in his or her own association and displays a deep commitment to voluntary membership organizations as a whole. Currently, Rich is on the CAE Commission and is a member of the Key Professional Associations Committee.

For ten years Rich served on the Board of Trustees of Excelsior College, an institution based in Albany, New York that is dedicated to adult learners. His support of Excelsior is rooted in his personal experience in working with individuals facing personal and professional challenges, but who are dedicated to improving their lives through education. Rich is a Chair Emeriti of the board. During the July 2018 Commencement, Rich was recognized with an honorary doctoral degree from the College.

Rich holds an undergraduate degree from the University of California, Santa Barbara and a Masters in Public Administration from the University of Southern California. Rich and his wife Mona reside in Alexandria, Virginia with two yellow Labradors. He has a son, Dylan, who is a software developer in San Francisco.

Dr. Lynn E. Linde is the Chief Knowledge and Learning Officer for The American Counseling Association. She is a graduate of The George Washington University and holds a doctorate in Counseling and an MA in Guidance and Counseling. Lynn came to ACA from Loyola University Maryland, where she was core faculty and the Director of Clinical Experiences for the School Counseling Program. Prior to Loyola, she was Chief of the Student Services and Alternative Programs Branch at the Maryland State Department of Education, a local school system school counseling supervisor and school counselor. She has held a number of leadership positions in ACA and was the 58th President of the association and the 2013 Treasurer; she was also a member of the 2014 ACA Ethics Revision Task Force. She has written and presented extensively, with a focus on ethical and legal issues for counselors and is a True Colors Facilitator. Her work in counseling has been recognized through a number of awards from ACA, the State of Maryland, and other organizations; she is an ACA Fellow and holds two Presidential Awards for her service to the profession.

Carol Jodaitis Scholarship Fund Raffle

Purchase raffle tickets to win great prizes!

All proceeds will go toward the Carol Jodaitis Graduate Student Scholarship Fund, which provides financial assistance to graduate students attending conferences.

Breakout Sessions (Alphabetical order)

Adolescent and Young Adult Identity Development in the Age of Technology

As changing technology influences our cultures, adolescent and young adult identity development takes place in a new and constantly changing social environment. While long-standing human development theories still stand, counselors are exploring the environmental changes that impact the process of growth as well as the role of counselors in supporting that growth. The presenters will explore how we understand adolescent and young adult identity development in the context of today's technological advances including social media, and participants will have the opportunity to examine case studies and practice skills and techniques to respond to clients and students in a sensitive and culturally relevant way.

- Describe the impact of technological advances on identity development for adolescents and young adults
- Conceptualize their adolescent and young adult clients' identity development in the context of technological advances
- Participants will be able to engage in interventions for supporting identity development with adolescent and young adult clients

Susan V. Lester is an assistant professor at the University of Saint Joseph in West Hartford where she has taught lifespan development, counseling theories, multicultural counseling, and skills-based classes, among others. She has served as a counselor in a church setting as well as private practice and volunteered as a counselor in a hospital setting in Bhutan, South Asia. Her interests include the impact of culture on counseling relationships. **Jennifer Daigle** is a student at the University of Saint Joseph, and will be graduating in May. She is working towards getting her MA in School Counseling, but is also fulfilling requirements to pursue her LPC. Jennifer has experience working in schools with both middle and high school students, as well as higher-need adults in a clinical setting. Jennifer is drawn to a broad range of clients, as well as techniques and theories, and looks to tailor individualized approaches to specific client's needs as best as she can.

Decolonizing Counseling: Embracing Liberation & Celebration Approaches in Your Practice

Uncovering the history and impacts of colonization on marginalized people is incredibly important for counselors serving these populations. This workshop will provide a review of how indigenous healing practices and beliefs were colonized in the foundation for modern psychology, and how decolonizing work can be healing for all clients. Liberation, empowerment, and celebration approaches and specific practices will be discussed. Counselors will learn why decolonization is important to multiculturally competent practice and social justice, as well as how to move past affirmative approaches in counseling to liberation and celebration.

- Identify how the history of colonization has impacted oppression and perceptions of marginalized people
- Describe how indigenous beliefs and healing practices have been suppressed and colonized in psychology
- Describe the difference between affirmative, liberation and celebration counseling strategies and how to incorporate those practices into their work

Dr. Misty Ginicola & Dr. Laurie Bonjo are counselor educators, practitioners, social justice change agents, and researchers in the area of multicultural competence, particularly in the area of Queer & Trans people.

EPICS: A Different Kind of Career Exploration

The Environment and Personality Intuitive Card Sort incorporates the intuitive process with the cognitive to create a meaningful and successful career. Knowing where you feel most comfortable will help you thrive in your environment. Understanding how you express yourself will help you communicate better with others. Combining these elements will bring awareness and focus to oneself and to those around you. Each participant takes and administers the assessment, interprets their results and creates a career vision board. Utilizing EPICS with different populations will be discussed. Participants are encouraged to use the experiential as a springboard for their own personal enrichment.

- Experience a new and different kind of career exploration by relating the 6 Holland Interest Themes, right-brain processing, intuition, and visualization.
- Get trained on administering EPICS Career Exploration to clients.
- Reflect and introspect on career options through hands-on activities adaptable for young adults and adults alike.

Karen E Anderson, MA, ATR-BC, GC-C, is an art therapist and founder of the Environment and Personality Intuitive Card Sort (EPICS). Karen promotes finding one's personal meaning and vocation using visual literacy. EPICS workshop has been presented at AATA, CSCA, CT Secondary Transition Symposium, NYSCDA and NY Expressive Therapies Summit.

I don't know who I am anymore: Grief, Identity and Meaning Making

This interactive workshop will aid clinicians who want to develop their skill and comfort in helping those who are grieving. Recent models of grief will be introduced including Elizabeth Kubler-Ross' and David Kessler's sixth stage of grief—meaning making. An exploration on how loss impacts one's sense of identity and meaning in life will be addressed. Interventions and techniques that can create a path from suffering towards meaning will be shared and attendees will be encouraged to reflect on their own self-awareness regarding grief and loss.

- Learn models of grief counseling, grief reactions and ways grief changes our identity
- Learn how sudden death and trauma can become complicated grief
- Acquire tools, techniques and strategies to process grief throughout the lifetime
- Explore interventions that help create healing and meaning
- Develop strategies of self-care and self-awareness as a clinician

Michelle A. Lawler, NCC, LPC has been a clinician at SCSU for over 20 years. Her passion is helping clients discover their resilience, strengths and values in life resulting in peace, meaning and well-being. She is a certified Grief Recovery Specialist and Clinical Trauma Professional. Her areas of expertise also include spirituality, positive psychology and post traumatic growth.

Integrating Clinical Supervision into Professional Counselor Identity

This workshop will focus on the need for clinical supervision competencies to be emphasized at the masters-level and continually developed throughout a counselor's career. Students from a masters-level program will lead a discussion on an effective approach to this training. Additionally, the need for continuing feedback to improve the supervision relationship will be discussed, including distribution and evaluation of supervision assessments.

- Examine masters-level training in clinical supervision at sample program
- Identify key features of effective training in supervision at this level
- Evaluate feedback in supervision as a means of improving supervisee experience

Tracey E. Robert, Ph.D., LPC, NCCC is chair and professor in the counselor education program, School of Graduate Education & Allied Professions at Fairfield University. She also is a licensed professional counselor, a nationally certified counselor with a designated career specialty, and a past-president of CACES & ASERVIC. **Jocelyn Novella**, Ph.D., LPC, ACS is an assistant professor in counselor education at the School of Graduate Education & Allied Professions, Fairfield University. She is a licensed professional counselor and an approved clinical supervisor.

Mental Health Counselors Counseling Immigrant Families

There is a paucity of research on the various challenges that impact immigrants' mental health and their help-seeking attitudes in the United States. With the clarion call for mental health counselors to provide culturally relevant mental health services, it is critical that they familiarize themselves with the challenges impacting clients' mental health. This presentation addresses, first, the historical and socio-cultural contexts of immigrants in the United States. Discussed next are perceptions of mental illness, underutilization of mental health services, and counseling implications for working with immigrants. Finally, this presentation provides culture-specific therapeutic clinical interventions for use by mental health counselors.

- Discuss the factors that impact immigrants' experiences in the US
- Explore the help-seeking attitudes of immigrants that may interfere with effective counseling relationships
- Work in groups to explore best practices with immigrants' in counseling

Dr. Stephaney S. Morrison is an assistant professor of counselor education at Fairfield University. She is a licensed professional counselor, and a national board certified counselor. Her research and writings have been focused on counselors working with immigrants and refugees children and families in the U.S.

Pronouns: Taking Them Personally

Many in the population work from a binary perspective and may be unfamiliar with the therapeutic issues around gender identity. Participants can use this workshop to develop a greater understanding on gender identity and the use of personal pronouns. This interactive presentation helps counselors understand the importance of gender identity as it is reflected in pronouns used by clients. Presenters will address issues such as misgendering a client and highlight the importance of gender inclusive language in all clinical practices.

- Understand personal pronouns and why they matter to transgender and gender diverse clients
- Identify the challenges with misgendering clients
- Incorporate inclusive language in their communication with all clients

Cheri Smith, Ph.D., LPC, NCC is a licensed professional counselor (AL) and a national certified counselor. She is a counselor educator at Southern CT State University and has served in various leadership roles in the counseling profession - President of the Alabama Counseling Association and President of the Association for Spiritual, Ethical and Religious Values in Counseling. She served for five years on the Alabama Board of Examiners in Counseling and has served as an accreditation site visitor for CACREP. **Julia Barrows** is currently a first-year master's student in the clinical mental health program at SCSU. She advocates for the graduate student population and has made efforts to make the university more inclusive for gender diverse students. She has volunteered in an extended day treatment program, worked as a treatment support worker in therapeutic group homes, and interned with probation officers to implement cognitive behavioral therapy with adult offenders.

Serving Those Who Serve: Enhancing Perspective and Creating Helping Opportunities

Following the Military Family's contribution of selfless service and sacrifice to our collective needs for freedom and safety, counseling professionals have an opportunity to fulfill the important role of providing support to their subsequent health and healing needs. As this population is increasingly seeking support within community healthcare settings, it is imperative for professionals to be, at a minimum, armed with information to appropriately and effectively manage contact. It is our call to action to assure operative responsiveness by way of reducing barriers, promoting accessibility to services, and mobilizing resources. This 2 hour workshop intends to further inform the professional's conceptualizations and skills repertoire while providing overview of basic military cultural and clinical competencies in line with specific State of Connecticut Department of Public Health licensing renewal continuing education requirements to serve those who have served.

- Assess for military status and distinguish aspects of military and veteran culture
- Identify stressors common to military troops and their families
- Recognize barriers to care and employ frameworks of interaction to reduce constraints
- Discern and locate assessment tools related to conditions of trauma and stress
- Familiarize with Military and Veteran suicide prevention resources

Amy B. Otzel, LPC is a Retired U.S. Army Behavioral Health Sergeant, Iraq War Veteran, and former Veterans' Affairs clinician currently continuing the mission specializing in integrative mental healthcare with Military Members, Veterans, and Families at Inner Resource Psychotherapy. Amy is a Yale Dept. of Psychiatry Lecturer, co-chair of the VA Mental Health Community Advisory Board, and a holistic health instructor for survivors of trauma.

Supervision and Ethics in 2020: Seven Critical Issues for Practice

This interactive presentation will immerse participants in taking supervision into 2020 with a deeper understanding of seven current and critical issues in supervision. Participants will learn about possible challenges surrounding the context of supervision and ethics as well as explore relevant issues, such as gatekeeping, the supervisory working alliance, and supervisees' level of development. Group discussion will include case examples illustrating these issues and incorporate strategies for responding while upholding ethical mandates related to these essential issues for site supervisors and counselor educators.

- Understand the context surrounding supervision and ethics and related challenges
- Review seven critical ethical issues fundamental to supervision practice
- Identify at least three strategies for navigating ethical challenges in supervision

Kathryn L. Henderson, Ph.D., LPC, NCC, is an Assistant Professor at the University of Saint Joseph and co-editor of the book, Gatekeeping in the Mental Health Professions. **Jessica Motroni Banik**, LMFT, Doctoral Candidate, currently works as an Associate Family Program Director and family therapist in an adolescent residential treatment center.

This Isn't my Body: Peripartum Maternal Identity & Depression

Negative body image is known to be a source of low self-esteem and at times depression for many women. This issue can become particularly challenging in the peripartum period when women's bodies are changing and maternal identity is forming. Societal and cultural variables will be explored as they relate to both protection against and exacerbation of perinatal depression. Traditional body image psychotherapy interventions need to be adapted in pregnancy and the postpartum period. Body Kindness interventions can be implemented to reduce depressive symptoms and increase satisfaction with bodily changes of the peripartum.

- Examine the impact of body image prior to pregnancy on postpartum mental health
- Identify common postpartum expectations (personal, medical and societal) as they relate to postpartum depression & attachment
- Utilization of Body Kindness methods as a protective intervention to decrease perinatal depressive symptoms
- Correlate actual bodily changes of pregnancy/birth and body image
- Analyze cultural differences around body image in the peripartum as it relates to depression

Samantha Nilsson, LCSW is the owner of New Insights Counseling in Bethany, CT where she specializes in peripartum wellness and body image. **Catharine McDonald**, LPC is the founder of Growing Well Counseling in Glastonbury, CT, dedicated exclusively to integrative perinatal wellness and birth trauma.

Treating our Veterans: Evidence Based Practices and Community Supports.

Our US service men and women have experienced multiple deployments in combat situations all over the globe. Veterans find their combat training incompatible to civilian life. Counselors struggle as traditional treatments may not be a fit for our returning veterans. Counselors and veterans alike lack awareness of resources to assist veterans with the transitioning process back to civilian life. The purpose of this workshop is to provide education to counselors about evidence based practices and provide applicable information about services available to assist our returning service men and women with returning to civilian life.

- Identify evidence-based practices for the treatment of our returning service men and women.
- Link service men and women to adjunct and community resources to assist in transitioning to civilian life.
- Identify and plan for three barriers service men and women experience when engaging in mental health treatment following deployment.

Dr. Frederick Dombrowski is a Professor with UB's CMHC Program. He has worked with veterans with dual diagnoses over various treatment settings since 1999. His theoretical orientations include CBT, DBT, and Motivational Interviewing. Dombrowski has worked in higher education since 2010 and has received several awards for student supervision. Staff Sergeant **Juliet Taylor** served in the US Army from 2002 to 2014. Juliet was deployed in support of Operation Iraqi Freedom II. Juliet currently works as a Veteran Advocate and a Reintegration Support Specialist while earning her Master's Degree in Clinical Mental Health Counseling at the University of Bridgeport.

Continuing Education Credits

Earn up to 6 clock hours of continuing education. Attend as many or as few sessions as you prefer; however, sessions must be attended in full to obtain credit.

The Connecticut Counseling Association has been approved by **NBCC (National Board for Certified Counselors)** as an approved Continuing Education Provider ACEP #2007. Programs that do not qualify for NBCC credit are clearly identified. CCA is solely responsible for all aspects of the program. Clock hours may be used for CT LPC Continuing Education Credits, as well as for NBCC.

Registration Fees

Registration Type	Early Bird - Purchase By 2/29	Regular Registration
CCA Member - Professional/Regular	\$125	\$135
CCA Member - Student	\$55	\$65
CCA Member - Retiree	\$70	\$80
Emeritus Member (Approved CCA Members Only)	Free	Free
ACA Member - Professional	\$145	\$155
Non-Member - Professional	\$165	\$175
Non-Member - Student *Includes a Complimentary CCA Membership	\$110	\$115
Non-Member - Retiree	\$100	\$110

Cancellation Policy

Transfer of registration to another individual may be done at any time without a fee. All requests for refunds must be made in writing through email. Written notice of cancellation received by email or mail postmarked by March 25, 2020 will be issued a full refund. Any written notice of cancellation received by email after March 25, 2020 will be refunded 33% of their original payment. All requests should be directed to cca_exec_dir@msn.com.

Questions?

cca_exec_dir@msn.com
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www.CCAcounseling.com