



Connecticut Counseling Association

A Branch of the American Counseling Association

Counseling Connections 2022: Harvest Revival Reconnecting and Reimagining



Virtual Sessions - October 10-13, 2022

Conference Day & In-Person Sessions - October 14, 2022
(Norwich Holiday Inn)

Join us at the annual conference!

- Featured Speakers
- Awards Ceremony
- Networking
- Meals Included
- Raffle Table
- Exhibitor/Sponsor

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!

Book a Room at Holiday Inn Norwich by 9/15/22

[Book Now!](#) Use promo code "CCA" for special rates!

In-person Conference Day Agenda *Friday, October 14, 2022*

- 8:00am** First Timers Student and New Professional Orientation
- 8:30am** Welcome & Breakfast (Ballroom)
- 8:45am - 9:45am** Keynote Speaker Presentation [1 clock hr]
“Creating Change Through Trauma-Informed Leadership:
Counselors as Community Leaders”
- 9:45am** Visit Exhibitors
- Morning Breakout Sessions (Choose 1 of 5) [1.5 clock hrs]**
- 10:00am - 11:30am** Break **11:30am - 12:00pm**
- *Private Practice – DOs and DON'Ts*
 - *Enhancing Supervision Practices: Reimagining the Use of Self in Supervision*
- OR**
- 10:15am - 11:45am** Break **11:45am - 12:00pm**
- *Secrets of a “Reformed” Health Insurance Executive: the 411*
 - *Evidence-based Skills via Telehealth: Virtual Tools for Change*
 - *Discernment Counseling – What Your Clients Need to Know*
- 12:00pm - 12:30pm** Division Meetings
- 12:30pm - 1:30pm** Lunch & Annual Awards Ceremony (Ballroom)
- 1:30pm - 2:00pm** President’s Presentation [.50 clock hrs]
Self-Care: Renewing & Refreshing Yourself
- 2:00pm - 2:15pm** Carol Jodaitis Graduate Student Scholarship Raffle Drawing
- 2:15pm - 4:15pm** Featured Speaker Presentation (Ballroom) [2 clock hrs]
“Advocacy in Action: A Legislative Overview & The Advocate’s Journey Through
the Counseling Compact”
- 4:15pm** Check-out

Schedule Subject to Change

Virtual Workshops Leading up to the Conference Day Via Zoom

	Monday 10/10/22	Tuesday 10/11/22	Wednesday 10/12/22	Thursday 10/13/22
AM	<i>Skillfully Managing Vicarious Traumatization</i> 10am-12pm	<i>Re-imagining Counselor Education Training using Technology</i> 9:30am-10:30am	<i>Understanding the Gut-Brain Axis and Implications for Counselors</i> 9am-10am	<i>What is in a Title?</i> 10am-11am
PM		<i>Improving Social Wellness for Older Adults: What Counselors Can Do</i> 3pm-4pm	<i>Elements of Crisis Communication</i> 2pm-3:30pm	
EVE		<i>Decolonizing Trauma Counseling for BIPOC Clients</i> 5pm-6pm	<i>LPC and LPCA Licensure Panel Presentation</i> 7pm-8pm	<i>Fentanyl Crisis: The Counselor's Role in School and Clinical Settings</i> 5pm-6pm

Many Ways to Enjoy the CCA Conference!

1. Register for the **Conference Day & Virtual “All-Access” Package ****
2. Register for the **“Virtual Unlimited” Package **** if you can't join us in-person on Friday 10/14/22.
3. Register for **“A la Carte” Virtual Sessions**

** Registration is required for each virtual session using the CCA Events Calendar - use the promo code in your ticket registration confirmation email in order to register for each virtual session that you wish to attend at no additional cost.

Keynote Presentation

“Creating Change Through Trauma-Informed Leadership: Counselors as Community Leaders”

Dr. Ali Corey



This presentation will first start with the story of a personal journey towards understanding the need for trauma-informed leadership and why we, as counselors, are in the perfect position to create change through integrating this approach into our work within our agencies.

Dr. Corey will provide an overview of what trauma informed leadership is and how it can be effectively integrated into practice within community mental health agencies. Specific knowledge and skills will be discussed in order to provide practical application to current clinical, supervisor and leadership roles.

Additionally, Dr. Corey will discuss how trauma-informed leadership will help to ensure a more ethical and effective culture within agencies and organizations.

Dr. Ali Corey is an Associate Professor at Antioch University and serves as the Program Director for their large, national Clinical Mental Health Counseling Program. She is also a student in the Leadership and Change Doctoral Program at Antioch working to obtain her second doctorate in order to work towards effectively integrating socially just leadership practices into clinical, community based counseling and higher education.

Prior to joining Antioch University, she had the opportunity to work in a variety of educational and clinical environments. As an academic, her focus has been on developing relational teaching and leadership practices to consistently provide the best level of educational experience of students. Clinically, she has had the opportunity to work in schools, private practice and hospital settings, primarily working with children and adolescents. Currently, she sees about 10-15 clients through a local private practice. When she is not working she is incredibly busy with her four kiddos, three boys and a daughter ranging from toddlers to a teenager who are all incredibly active.

Featured Presentation

“Advocacy in Action: A Legislative Overview & The Advocate’s Journey Through the Counseling Compact”

American Counseling Association’s Ethics & Government Affairs Team

Guila Todd



Dania Lofton



Aprille Woodson



- Hear ACA’s 2022 legislative agenda and policy goals for the counseling profession and how you can effectuate change on these many important issues:
 - Counselors’ eligibility to practice under the Counseling Compact
 - Medicare Reimbursement for Licensed Professional Counselors
 - The Support & Academic Enrichment (SSAE) Grant, Title IV-A of the Every Student Succeeds Act (ESSA)
 - Veterans Affairs and Counseling Needs
 - Career Counseling Conversion Therapy Bans
 - Tele-behavioral health developments
 - Enhanced School-based Counseling Efforts
 - Community-based Mental Health Programs for Violence Prevention & Suicide Prevention
 - Insurance Coverage for Mental Health P & Insurance Parity
 - Drug Use Disorder Treatment Programs
- Help advance and ensure that licensed professional counselors have seamless portability of their licenses when moving to other states, practicing across state lines, and engaging in tele-counseling.
- Raise awareness about the Counseling Compact and examine ethical concerns and develop a unified voice as professional counselors about the Counseling Compact
- Transform current counseling practice needs into policy solutions. Advocate on behalf of the profession.

Attendees will leave this session ready to hit the ground running with resources and tools to successfully advance critical legislative priorities on behalf of counseling professionals and the communities they serve!

Guila Todd has worked on the government affairs and public policy team of the American Counseling Association (ACA) for ten years. He currently serves as the government affairs manager and the lead on all federal issues for the association. Guila attended Hampton University and graduated with a degree in Political Science. After graduation he worked in a variety of settings which included the Criminal Division of the U.S Justice Department and the District of Columbia government. During his ten years at the ACA, Guila also served on the board of the Committee for Education Funding (CEF). Their mission is to provide a strong and unified voice in support of increasing the federal investment in education. Guila is also an active member of the Medicare Mental Health Workforce Coalition which fights for Medicare reimbursement for licensed mental health counselors. He was also voted one of 2021's top 100 lobbyists by the institute for lobbying and ethics. As a tireless advocate, Guila is committed to using his knowledge and experience to help make a difference through positive legislative and policy changes.

Dania Lofton, Esq., MPA, is a licensed attorney who has dedicated her knowledge and advocacy skills to the advancement of mental health and the counseling profession. She is a government affairs specialist at the American Counseling Association, where she works on advancing policy solutions at the federal and state levels of government to improve access to counseling and building healthier communities. She is currently working on developing a DEI (diversity, equity, and inclusion) framework for policy professionals and is most likely to be found engaging with communities about civics. Outside of her professional capacity as a government affairs specialist, Dania is a community advocate and “assertive campaigner” (ENFP-A) in her own right. She engages in community advocacy work through her sorority, Delta Sigma Theta Sorority, Incorporated, as a National Social Action Commissioner and as a Fort Washington Alumnae Chapter Social Action Co-Chair. Dania also volunteers as a pro bono attorney assisting with immigration matters. Dania is a proud alumna of Tennessee State University (Nashville, TN), Columbus State University (Columbus, GA), and Ohio Northern University (Ada, OH).

Aprille Woodson, Ph.D., J.D., LAPC, NCC is the Program Manager of Ethics for the American Counseling Association and an Adjunct Professor at Hamline University, St. Paul, Minneapolis. Dr. Woodson. In her current position at ACA, she is the subject matter expert (SME) for ethics and oversees the program portfolio and initiatives that lead to the development of all ethics related programs including managing the Ethics adjudication process. She is enthusiastic about ethics and seeks to assist counselors in making knowledge-informed decisions as they navigate the ethical decision-making process. Dr. Woodson has experience working with programmatic initiatives with community-based counseling, consulting on crisis intervention in cases within the criminal justice system, specifically policing. She has worked diligently to create a smoother path for those who find themselves entangled in the criminal justice system but experience mental health issues. Dr. Woodson earned a Master of Arts in Psychology from Regis University, Denver, Colorado campus and a PhD in Counselor Education & Supervisor from Lindsey Wilson College in Columbia, KY.

*Thank you to the American Counseling Association for supporting
the conference and legislative efforts of the
Connecticut Counseling Association!*

Breakout Sessions (alphabetical order.)

Decolonizing Trauma Counseling for BIPOC clients

Participants will learn about the historical context of trauma counseling as packaged by and for White adult consumption. Opportunities to challenge the dominant hegemony will lead to treatment modalities that align with the experiences and needs of Neo-indigenous youth.

Chrystal Long, LPC, is a doctoral student in the Counselor Education and Supervision program at Southern Connecticut State University. She is a nationally certified counselor, certified school counselor, licensed professional counselor, and licensed alcohol and drug counselor in the state of Connecticut. Long is currently a clinical supervisor at a methadone clinic. **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.

Discernment Counseling – What Your Clients Need to Know

We, divorce professionals, know the emotional, legal, and financial impacts for couples that are entrenched in negative communication cycles are far reaching. It is difficult for these partners to make decisions about their relationship when feeling vulnerable, scared and/or resentful. Many potential clients who are at this stage think their first stop should be a lawyer's office. If they do know anything about non-adversarial options; oftentimes the information they have is not complete. Few clients are aware that Discernment Counseling exists; this is where you come in. Discernment Counseling is not Couples Therapy. Discernment Counseling is a way for partners to pause and look at their relationship options. Discernment is different from Couples Therapy, which is aimed at improving the relationship. As a Discernment Counselor, I don't assume that partners want to preserve the relationship, only that they are willing to look at what's happened and decide whether to try to repair it or end it with dignity.

Denise Santangelo, LPC, JD, Spyre Therapy, is in private practice in Ridgefield Connecticut. **Kelley Hopkins-Alvarez, LPC, CST**, also has her own private practice in Ridgefield, Connecticut.

Elements of Crisis Communication

As mental health professionals, we often interact with individuals who are experiencing some of the most difficult times of their lives. Whether the struggle is related to a personal or global crisis, the unique communication barriers and needs that arise are often stressful for providers to navigate. Crisis is personal, however communication tools for crisis situations can be applied to any number of settings, populations, and stressors. By learning skills for the recognition, engagement, and management of crises, we are better equipped to support the needs of our clients during times of instability and uncertainty.

Samantha Wilson-Carmack, LPC, has focused her clinical experience on working with high intensity populations ranging from adults with legal involvement and dual diagnosis, to military service members, to children experiencing psychiatric and behavioral crises. Samantha currently works as the clinical coordinator for a reunification program and opened her private practice in 2019.

Enhancing Supervision Practices: Reimagining the Use of Self in Supervision

This interactive presentation will discuss enhancing supervision relationships in a variety of formats by ways to integrate the use of self into practice. The presentation will discuss the impact on supervisee development through individual, triadic, and group supervision. Throughout the presentation, there will be large and small group discussions on research, practical application on ways to enhance relationships with supervisees, increase self-awareness of countertransference, and develop supervisees' use of self in the counseling relationship to promote quality client care.

Dr. Jessica Motroni Banik is an Assistant Professor at the University of Saint Joseph. Dr. Motroni Banik is a marriage and family therapist with twelve years clinical expertise in a variety of settings and levels of care. She has been providing clinical supervision in organizations and universities for four years. Her passions explore counselor development, gatekeeping, and counselor education training. **Melissa Feeley, LMFT**, is co-presenting.

Evidence-based skills via telehealth: Virtual tools for change

Counselors using telehealth are expected to provide appropriate evidence-based treatment as well as an accurate assessment of client progress and an appropriate mental status exam. The use of telehealth requires the counselor to make adjustments to application of their skills. This presentation will provide opportunities to identify ways to effectively create a tele-environment which is conducive for change. Participants will have an opportunity to assess how clients are appropriate for telehealth. This presentation will provide examples of application of evidence based practices to telehealth. Participants will also have options to identify ways to navigate potential barriers related to telehealth.

Dr. Fredrick Dombrowski is the President of the American Mental Health Counselors Association and has worked as a clinician since 1998. He has experience as a director for multiple programs including inpatient, outpatient, and forensic treatment. Dombrowski uses experiential learning through a perspective of cultural humility to improve clinical care.

Fentanyl Crisis: The Counselor's Role in School and Clinical Settings

This presentation addresses the fentanyl crisis in school and clinical mental health settings with helpful evidence based prevention programs and evidenced based treatment programs that can help school and clinical mental health counselors provide prevention and treatment to clients/students who may be abusing Fentanyl. Signs of overdose will be explored to help counselors identify Fentanyl overdose so that they can intervene and get immediate assistance.

Chrystal Long, LPC, is a doctoral student in the Counselor Education and Supervision program at Southern Connecticut State University. She is a nationally certified counselor, certified school counselor, licensed professional counselor, and licensed alcohol and drug counselor in the state of Connecticut. Long is currently a clinical supervisor at a methadone clinic.

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.

Improving Social Wellness for Older Adults: What Counselors Can Do

The population of U.S. adults aged 65+ will increase from 49.2 to 78 million from 2016 to 2035 (U. S. Census Bureau, 2018). This session will discuss evidence-based intervention tools to help older adults improve social wellness. Participants will have opportunities to network with other professionals who are interested in working for older adults. Handout of useful resources for gerontology counseling will be provided.

Dr. Qu Chen is an assistant professor at Southern Connecticut State University, an LPC, and CCMHC. She has provided counseling services to older adults for 4+ years, and gerontology counseling has become one of her research areas. She has presented topics related to empathy, culture, and counselor training at various conferences.

LPC and LPCA Licensure Panel Presentation

This session will present information regarding the LPC provisional licensure; LPC-A as well as the purposes, benefits, and equity that it provides. This session will also feature a panel of LPC professionals who not only worked with CCA's lobbyists to get this instituted for counseling graduates in the state of CT, but also helped to create a FAQ sheet to break the information down into simpler steps that are easy to understand. We will also feature a question and answer session for any additional information that may be needed to best understand the LPC-A process and purposes.

Louisa L. Foss-Kelly, Ph.D., Professor, ACS, LPC, NCC; Trip Hartigan, LPC, NCC; and Julie Yale, MS, LPC, NCC, all past CCA Presidents and Past Public Policy and Legislative Committee Chairs, are Licensed Professional Counselors who are very aware of the intricacies involved in the licensure requirements and process.

Private Practice – Do's and Don'ts

This interactive workshop will be an opportunity for seasoned professionals and beginning therapists to share their wisdom, concerns, and suggestions about having a private practice. Topics will include common issues for counselors, such as: meeting face-to-face vs. virtual sessions, having a client-therapist services agreement, working with insurance providers (or not), and other issues identified by participants. Participants will also be invited to share information and resources. Opportunities for networking will be provided.

Peter Oliver, LPC, is a NBCC National Certified Counselor. Peter is also a participant in the Hartford Family Institute (HFI) Body-Centered Psychotherapy Training Program. He is looking forward to completing the HFI program and beginning a private practice.

Re-imagining Counselor Education Training using Technology - **canceled**

~~As the world of work continues to evolve, so does the world of education. In training the next generation of counselors, it is imperative that we role model and empower students to effectively utilize technology in the future career. Join this interactive and practical session that will leave you walking away with new technological expertise and ability to incorporate strategies into your own pedagogical practices.~~

~~**Dr. Sandi Logan McKibben** is an award-winning counselor educator & Program Director of Sacred Heart University's online School Counseling program. She strives to bring curriculum to life through relevant, practical experiences to enhance the learning experience. Her background includes working & connecting with youth as an elementary and middle school counselor.~~

Secrets of a “reformed” Health Insurance Executive: the 411

The average wait time for an appointment at a practice that is paneled is 2-4 months if the practice is not closed to new patients. Join Brigid Carney as she talks through some of the challenges that private practice therapists face with insurance. A Health Insurance executive’s perspective will allow participants to understand the various pay-outs of Commercial versus Government Insurance. She will take participants through the clients’ payment process (co-pays, deductibles and behavioral health carve-outs). Participants shall get a “crash course” in understanding Summary Plan Descriptions. And finally, participants will get to create talking points for self-pay.

Brigid Carney, MBA, PMP, LSSMBB, CIT, is a master’s degree counseling intern with University of Bridgeport. Carney spent 20 years of experience in international Insurance before studying theories of counseling. She teaches project management at UNH’s Master’s programs. She spends her personal time with her First Responder/Veteran nuclear and extended family. **Marwa Manaour, LPC**, has learned to interchangeably carry different responsibilities in various roles. Manaour excels in providing patients with quality clinical care, such as conducting individual, family and group therapy, and focuses on the client’s needs by using diverse modalities of treatment. Manaour provides therapy and communicates in both English and Arabic. As an educator, Manaour offers students a realistic view of the world and the expectations that it will have of them, by choosing and formulating lesson plans and a curriculum that will help them excel and expand in their chosen fields.

Self-Care: Renewing & Refreshing Yourself

As counselors, it is our job to help our clients to work through the difficulties they are experiencing and to live their best possible lives. However, it can be a job that weighs on us. We all know we need to engage in self-care, and this workshop will serve as a reminder of why that is. We will also work to pinpoint some practical and useful ways that we can engage in self-care.

Dr. Sarah Evans Zalewski, CCA President, is a counselor educator, a clinician in private practice specializing in working with children & adolescents, and a former school counselor. Dr. Evans Zalewski is also a lead on a current study investigating school counselors’ awareness of child sex trafficking.

Skillfully Managing Vicarious Traumatization

Vicarious Traumatization is the negative transformation in the counselor, educator, therapist that comes about through empathic engagement with trauma survivors and their trauma material across time. It is the negative, cumulative effects on trauma workers caring about and caring for others who have been traumatized. Recognizing the signs and symptoms of VT early is half the battle. The other half is having the tools and resources to mitigate VT and maintain balance and resilience throughout a career of service to those in pain. It takes a lot more than bubble baths and a few deep breaths, but it can be done. Awareness of personal strengths, organization and community resources all contribute to a sense of connection and grounding, providing the antidotes necessary to avoid isolation, exhausted defeat, guilt, and despair.

Jeanne C. Folks, M.Div, D.Min, LPC, is an EMDRIA approved consultant who has been in private practice in Avon, CT for 40 years, specializing in trauma recovery with individuals, groups, and through workshops. As a Doctor of Ministry from The School of Theology at Claremont with a concentration in counseling, Jeanne believes every life freed is a contribution to a peaceful world. Jeanne taught adjunctly for many years at CCSU Department of Psychology as well as Clinical Medicine and Mind-Body Medicine at the UCONN School of Medicine. Retirement from teaching has freed Jeanne to concentrate more fully on professional consultation, sustaining seasoned clinicians as well as passing on her clinical experience to a new generation of counselors and therapists.

Understanding the Gut-Brain Axis and Implications for Counselors

The gut-brain axis is an area of research increasing in interest with connections to depression, anxiety, schizophrenia, autism spectrum disorder, and other mental health disorders. The physiological aspects of the gut-brain axis impact mental health and are important for counselors to be aware of. This presentation will explain foundational knowledge about the gut-brain axis specifically pertaining to diagnoses of depression, schizophrenia, and autism spectrum disorder. As well as clinical applications for this body of research. Ending with a discussion of future directions, and time for questions.

Caroline Furcolo, LPCA, LMHCA, graduated from Northwestern University in 2021. Her fascination and continued education on the gut-brain axis has morphed into advocating for increased counselor education about the gut-brain axis through research, speaking, and journal-article authorship. She works in private practice emphasizing a gut-brain axis informed approach.

What is in a Title?

Professional Counseling, a relatively new field, serves the same client population and utilizes the same insurance reimbursement systems as other mental health providers. For professional counseling to be recognized amid other professions, many vehemently advocated within each state. However, advocacy is not a one-time occurrence. With emerging policies, bills, acts, and laws professional needs change, and advocacy must also continue to meet these changes. Learn about what's in the title, how to build professional identity, and how to advocate for the profession of counseling.

Dr. Dilani Perera, LPC, AODC, NCC, MAC, BC_TMH, is a Professor of Counselor Education at Fairfield University. She is dedicated to developing and promoting the professional counseling profession through teaching, research, and service. She is the immediate past president of the Connecticut Association for Counselor Education and Supervision. **Louisa L. Foss-Kelly, Ph.D., Professor, ACS, LPC, NCC**, serves as Professor in the Clinical Mental Health Counseling and Counselor Education and Supervision programs at Southern Connecticut State University in New Haven. Dr. Foss-Kelly's scholarship primarily focuses on people living in poverty and professional counselor advocacy. She has co-authored over 20 publications and co-presented over 50 peer-reviewed presentations in a wide variety of counseling-related topics. Dr. Foss-Kelly is a Past President of the Connecticut Counseling Association (CCA) and the Connecticut Association for Counselor Education and Supervision (CACES). Dr. Foss-Kelly is also President-Elect of Chi Sigma Iota (CSI) Counseling Academic and Professional Honor Society International. She has been recognized as a CSI Advocacy Hero and received the 2020 CACREP Martin Ritchie Award for Excellence in Advocacy. In 2021, Dr. Foss-Kelly was also honored to receive the American Counseling Association (ACA) Counselor Educator Advocacy Award.

Continuing Education Credits

Up to 5 clock hours (in person) and 10.5 (via live Zoom) of continuing education may be earned.

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. Clock hours are awarded for sessions attended in full, as well as confirmed attendance at the start and end of the session and submission of a completed evaluation form.

Register for the Conference Day & Virtual "All-Access" Package

Registration Type	Early Bird - Purchase By 9/16	Regular Registration
Professional Member	\$145	\$165
Professional Non-Member	\$175	\$195
Student/Retiree Member	\$55	\$75
Student/Retiree Non-Member	\$75	\$95

Register for the "Virtual Unlimited" Package Only

Registration Type	Early Bird - Purchase By 9/16	Regular Registration
Professional Member	\$50	\$65
Professional Non-Member	\$75	\$90
Student/Retiree Member	\$25	\$40
Student/Retiree Non-Member	\$25	\$40

Register "A la Carte" Virtual Sessions Only

Registration Type	Early Bird - Purchase By 9/16	Regular Registration
Professional Member	\$10	\$15
Professional Non-Member	\$15	\$20
Student/Retiree Member	\$5	\$10
Student/Retiree Non-Member	\$5	\$10

Cancellation Policy

All requests for refunds must be made in writing through email. Written notice of cancellation received by email or mail sent via email **by September 30, 2022** will be issued a full refund. Any written notice of cancellation received by email after September 30, 2022 will be refunded 33% of their original payment. All requests should be directed to cca_exec_dir@msn.com. Transfer of registration to another individual may be done at any time without a fee.

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