

***Counseling Connections Fall 2024:
Resilience in Times of Uncertainty***
Clinical Skills for a Challenging World

Friday, November 22, 2024
HILTON GARDEN INN - Wallingford, CT

Join us for our fall counseling conference!
Attendees can expect dynamic presentations selected to enhance counselor skills, foster personal growth, and elevate counseling practices.

We look forward to seeing you!

- Education Sessions
- Networking
- Resume Reviews
- Poster Presentations
- Hot Executive Meals
- Exhibitor/Sponsors

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!



Conference Agenda

7:30am	Registration Opens / Hot Executive Breakfast
8:15 am	Welcome
8:30 - 10:00 am	Stage-Specific Interventions for Clients Coping with Major Neurocognitive Disorders (1.5 hrs)
10:00 - 10:15 am	<i>Break</i>
10:15 - 11:45 am	Sexual Health in the Reproductive Period: Clinical Insights for Counselors (1.5 hrs)
11:45 - 12:15	Visit our Sponsors, Exhibitors, Graduate Student Poster Presentations
12:15 - 1:00 pm	<i>Hot Executive Lunch</i>
1:00 - 3:00 pm	Resilience Rising: Developing Cultural Competence Working with First Responders (2 hrs)
3:00 - 3:15	<i>Break</i>
3:15 - 4:15 pm	Navigating Parental Trauma in Family Systems in 2024 (1 hr)

Continuing Education Information

Up to 6 clock hours of continuing education may be earned

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. Connecticut Counseling Association is solely responsible for all aspects of the programs. (Policy J.4)



Clock hours are awarded for sessions attended in full, documented with confirmed attendance at the start and end of the session and submission of a completed evaluation form. No exceptions will be made.

CCA Requirements for: Processing of Clock Hours - Clock hours are awarded for sessions attended in full, with confirmed attendance at the start and end of the session, and submission of a completed evaluation form for each session.

As Simple as 1, 2, 3...

- 1) Sign in and out for each session attended.
- 2) Complete the electronic evaluation for each session attended by the deadline.
- 3) CCA will email certificates within one month of event

Session Information

Stage-Specific Interventions for Clients Coping with Major Neurocognitive Disorders

Nearly 7 million people live with dementia in the US and nearly 11 million people are care partners. With another American developing dementia every 65 seconds, counselors are more than ever supporting clients struggling with major neurocognitive disorders. This presentation will address basic information about Alzheimer's and related disorders; tools for assessing cognitive changes; stage-specific needs and approaches; current theories for counseling people living with dementia and their care partners; ethical considerations; community resources; and pragmatic interventions that you can integrate into your practice immediately.

Using case conceptualization and case studies, the presenter will provide practical approaches that counselors can immediately integrate into their practice. Best practices review includes: Emotion Regulation Skills System for Cognitive Challenged Clients (Brown, 2016), Narrative-Informed Emotion-Focused Therapy (Angus & Greenberg, 2011 and Shaw, 2019), Validation Therapy (Feil, 1993), Total Engagement (Atwood & Atwood, 2020) and Stages of Grief/Death (Kubler-Ross, 1969 & Kenny, 2018).

Pamela Atwood is a gerontologist, psychotherapist, dementia specialist, and author. She has more than 30 years of experience working with older adults and people with dementia. Pam is also a certified trainer for the National Council of Certified Dementia Practitioners and a Certified Laughter therapist.

Sexual Health in the Reproductive Period: Clinical Insights for Counselors

We know that sex can lead to conception, reproduction can complicate sexual health, intimacy can be complicated by attempts to reproduce [or not!], and birth experiences can complicate all of the above! This presentation will look at sexual health over the reproductive lifespan including preventing and attempting conception, infertility, pregnancy, birth and birth trauma. Counselors will learn how to screen for these challenges, learn what supports are available, and identify which clinical interventions can be helpful. We will also explore self as therapist in sexual health counseling, how one's sexuality, culture, and values can present in the therapeutic space. The format will include self as therapist reflective exercises, sample interventions to use with clients, Q&A, and lecture.

Catharine McDonald is certified in Perinatal Mental Health, trained as a Family Life Educator, Fair Play Method Facilitator and Baby-Led Sleep Educator working on post-graduate certificates in Sex Therapy & Sexual Health Education. She owns Growing Well Counseling in Tolland & specializes in integrative sexual & reproductive wellness, fertility, reproductive loss, & birth trauma.

Resilience Rising: Developing Cultural Competence Working with First Responders

An introductory-level training for mental health professionals on working with first responders in their clinical practice. Far too often, people in the first responder line of work are reluctant to engage in necessary mental health treatment out of a concern that clinicians won't 'get it'. This training aims to help therapists understand the nuances of impact on first responders working in complicated public safety and healthcare systems, and the compassion fatigue, burnout, and vicarious trauma that often result. This presentation provides clinical

information and resources pertaining to individuals employed as first responders who experience unique psychosocial stressors as related to their challenging work environments, with the aim of enhancing engagement and retention in clinical services. This training aims to address the problem of reluctance amongst first responders to engage in mental health treatment, out of a concern about lack of training and cultural awareness about first responders amongst the therapy community, and will address best practices with this population, including methods developed by Kelly Lynch, LCSW.

Attendees will be able to: Define vicarious trauma and compassion fatigue and list three ways they influence a first responder's ability to manage day-to-day operations in their unique working environments, as well as their behavior in their personal lives; Name three ways PTSD differs from burnout in clinical presentation in first responders; Define moral injury and survivor's guilt, and list at least three ways this shows up in a first responder's behavior pattern; and, Be able to conceptualize first responders within their unique working environments, provide culturally responsive care, and increase retention and engagement in treatment. This lecture with slides and interactive discussion will provide a list of resources related to cultural competency, best clinical practices and ethical navigation of the high potential for dual relationships while working with this population.

Kelly Lynch is a LCSW, EMT, Personal Trainer, and Nutrition Coach. She became an EMT in 2003, and worked in commercial EMS for 10 years prior to becoming a therapist. Kelly has been a therapist for over 15 years, and specializes in Acute Stress and Post Traumatic Stress Injuries in EMS and fire professionals. She opened Turning Point Wellness in 2014, with the goal of normalizing mental wellness in public safety, to change the stigma of asking for help, and increase access and availability of appropriate support services to all first responders.

Navigating Parental Trauma in Family Systems in 2024

This interactive presentation will explore the deep effects of parental trauma, especially post-COVID, on the family system, including how unresolved trauma can manifest in family dynamics. Research will be shared on the impact of bi-directional parenting stress, generational trauma, attachment and connection, epigenetics, and parenting styles. Case study examples and brainstorming of trauma-informed strategies will be shared with the group including trauma-informed care, emotional regulation techniques, counseling interventions, communication enhancement, family systems therapy, and self-care practices for parents.

Navigating trauma in the family system is essential for fostering resilience and healing. This presentation will explore the effects of parental trauma, post-COVID, including how unresolved trauma manifests in family dynamics. The Presentation explores how parental trauma surfaces in individual and family sessions, patterns, emotional responses, and relational disruptions that emerge. Five key therapeutic tools will be introduced, equipping counselors with effective strategies to support individuals dealing with trauma in family systems. Objectives of this training include: Discuss trauma and the effects of trauma on the family system; Examine how parental trauma presents in counseling; and, Identify 5 tools for managing parental trauma in sessions

Presenters are counselors in the community with individuals and families. **Jessica Motroni Banik, PHD**, is faculty at local university and an LMFT providing supervision and residential family therapy counseling per diem. **Sarah Kaizer** is a graduate student and Clinical Mental Health Intern with Connecticut Junior Republic (CJR) in Torrington.

Register for the Conference - www.CCAcounseling.com

Registration Type	Ticket Price
Professional Member	\$85
Professional Non-Member	\$130
Student/Retiree Member	\$45
Student/Retiree Non-Member	\$65

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 November 13, 2024** will be issued a full refund. Any written notice of cancellation received by email after November 13, 2024 will be refunded 33% of the 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.

Questions or Needs

All requests related to dietary, ADA, or any other needs should be directed to CCA at the contact information below.



Come Ready to Participate in the Graduate Student Scholarship Raffle!

Tickets will be sold to win various exciting raffle baskets!
Bring cash for tickets!

Connecticut Counseling Association, PO Box 3735, Milford, CT 06460
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