



# Counseling Connections Spring 2025: The Art & Science of Counseling

**Thursday, April 24, 2025**

**Hilton Garden Inn – Wallingford**

**8:00 am – 4:15 pm**

Join us for an innovative conference where the art and science of counseling converge. Dynamic sessions will explore neuroscientific, empowering, creative, and liberating approaches, all designed to inspire attendees, by igniting fresh insights and offering practical tools to deepen our impact as counselors.

**Earn up to 6 continuing education clock hours**

- ❖ Education Sessions
- ❖ In-Person Networking
- ❖ Committee Updates
- ❖ Poster Presentations
- ❖ Hot Executive Meals
- ❖ Exhibitors & 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

7:30 am – 8:00 am	Registration Opens / Hot Executive Breakfast
8:00 am – 8:15 am	<b>Welcome</b>
8:15 am – 10:15 am	<b>Counseling and Neurotherapy: Unlocking the Full Potential of the Brain (2 hours)</b>
10:15 am – 11:00 am	Visit our Graduate Student Poster Presentations & Conference Exhibitors/Sponsors
11:00 am – 12:00 pm	<b>Bridging Law and Healing: Divorce as a Catalyst for Transformation (1 hour)</b>
12:00 pm – 1:00 pm	Hot Executive Lunch & Division/Committee Updates
1:00 pm – 2:30 pm	<b>Two Evidence-Based Strategies to Reduce Burnout (1.5 hours)</b>
2:30 pm – 2:45 pm	Break
2:45 pm – 4:15 pm	<b>Supporting Cancer Survivor's Journey to Bring Sexy Back (1.5 hours)</b>

## Continuing Education Information

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) **Up to 6 clock hours of continuing education may be earned.**

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.

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 the event.





# Session Information

## Counseling and Neurotherapy: Unlocking the Full Potential of the Brain

This workshop explores the integration of counseling with neurotherapy techniques, focusing on Neurofeedback and Biofeedback, Vielight PhotoBioModulation, and their applications in mental health treatment. Participants will gain an understanding of how Neurofeedback, through brainwave regulation, supports emotional and cognitive well-being, helping to address conditions like anxiety, depression, and trauma. Vielight PhotoBioModulation, a non-invasive light therapy, will be introduced as a method for enhancing brain function and promoting healing. The session will discuss how combining these neurotherapies with traditional counseling techniques can provide holistic, evidenced-based personalized treatment approaches, improving outcomes for clients and expanding therapeutic options for mental health professionals.

**Deb Del Vecchio-Scully, LPC**, holds Diplomat status as a trauma expert, is an EMDR Approved Consultant, is board-certified in Neurofeedback, and specializes in early trauma and attachment wounds integrating Neurotherapy into counseling. **Amy Palmer, PsyD**, is a neuropsychologist, board-certified in neurofeedback, with expertise in using neurotherapy for treating ADHD, TBI, PTSD, anxiety, depression, autism, insomnia, OCD, and other disorders to improve overall well-being.

## Bridging Law and Healing: Divorce as a Catalyst for Transformation

This presentation will explore how legal proceedings can serve as a turning point for profound personal growth. From a divorce attorney's perspective, this session delves into the intersection of legal strategy and therapeutic support, uncovering opportunities when therapists can empower clients during the divorce process. Attendees will learn about the legal nuances of divorce and discover how targeted therapeutic interventions can transform moments of crisis into pathways for healing.

**Attorney Renee Bauer** is the Founder and Managing Attorney at Happy Even After Family Law. She is the bestselling author of *She Who Wins*. She is also the Founder of a new AI-Powered Co-Parenting App that launches soon.

## Two Evidence-Based Strategies to Reduce Burnout

Research indicates that 46% of counselors have moderate rates of compassion fatigue, and up to 67% suffer from burnout. This workshop introduces participants to two evidence-based practices to increase self-compassion and mindfulness. Laughter therapy has been around for hundreds of years, and the presenter will teach simple practices to promote self-compassion, a lighthearted perspective and the Good-Hearted Living® program. Zen Tangle® is another approach to increase mindfulness and uncover joy. One stroke at a time, the shapes C-i-O and S create something beautiful. This interactive presentation provides the opportunity to practice each strategy, with takeaways for one's practice and personal life.

**Pamela Atwood, LPC** is a gerontologist, Certified Dementia Practitioner, and award-winning author. She is also a Certified Laughter Therapist and a Certified Zen Tangle Teacher. She owns Atwood Dementia Group, providing telehealth support for caregivers, couples, and persons struggling with grief/loss, trauma and aging issues.

## Supporting Cancer Survivor's Journey to Bring Sexy Back

Approximately 40.5% of men and women will be diagnosed with cancer at some point during their lifetimes (based on 2017–2019 data), so many, if not all, clinicians will encounter clients who are cancer survivors and/or will work with family members or partners of cancer survivors. Thus, this presentation is for all clinicians who work with adults.

**Dr. Laurie Bonjo** (they/them or she/her) is a tenured associate professor at Southern Connecticut State University (SCSU). Dr. Bonjo is founding faculty of the doctoral program in counselor education and supervision at SCSU. Dr. Bonjo's interests prioritize decolonization, liberation, and neo-indigenization practices with marginalized populations at risk for disenfranchisement.



# Conference Registration

<https://www.ccacounseling.com/conference.html>

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

## **Come Ready to Win Prizes at the Graduate Student Scholarship Raffle!**

All proceeds go to a dedicated fund that helps defray conference costs for students

\* Bring cash or credit card for tickets \*

## 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 April 17, 2025 will be issued a full refund. Any written notice of cancellation received by email after **April 17, 2025** will be refunded 33% of the original payment. All requests should be directed to [cca\\_exec\\_dir@msn.com](mailto: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:

### **Connecticut Counseling Association**

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