



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



Join Us for Our November Virtual Conference

While we couldn't join together in person this past April for our Annual Conference, we have brought together our many great presenters to offer a virtual conference throughout the month of November.

REGISTER @ www.CCAcounseling.com

FREE* TO MEMBERS & NON-MEMBERS

Thanks to the American Counseling Association North Atlantic Region Board for making this possible by funding a one year CCA Zoom account

Continuing Education Credits

Earn up to 12 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 and evaluations are required.

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. *(*One session is not free.)*

November 2020

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday, November 1

Self Care Sunday

As helpers, we need to take care of ourselves, too. Dedicate a little (or a lot) of time every Sunday in November to providing yourself what you think you need. :)

For some ideas for a Do-It-Yourself activity, click here to a helpful blog post, "Put The Kettle On - Create the Life You Love" <https://putthekettleon.ca/self-care-sunday-ideas/>

Friday, November 6 - 11am to 1pm (2 clock hours)

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.

Sunday, November 8

Self Care Sunday

Choose another activity for some self care. :)

Wednesday, November 11 - 9am - 10:30am (1.5 clock hours)

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.

Friday, November 13 - 9am - 12pm (3 clock hours)

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 is a Retired U.S. Army Behavioral Health Sergeant, Iraq War combat theater Veteran, former U.S. Department of Veterans Affairs Readjustment Counseling Therapist, past CT State Military Support Program Clinician, and current Licensed Professional Counselor who has proudly continued the mission in service to and advocacy for military members, Veterans, and their families. Additionally, Amy routinely contributes in educational service as a Yale University School of Medicine Department of Psychiatry Lecturer, a professional development educator, a holistic health and stress management instructor, and an Advanced Level-3 Breath~Body~Mind teacher for survivors of trauma.

Sunday, November 15

Self Care Sunday

Choose another activity for some self care. :)

Tuesday, November 17 - 7pm - 7:30pm

Annual Awards Ceremony

Join us in celebrating three deserving individuals who have demonstrated excellence in the counseling field in our state:

Human Services Award - Dr. Frederick Dombrowski
Professional Development Award - Michelle Lawler, LPC
CCA Graduate Student Award - Ricky Clark (CCSU)

Post a congratulatory message on the CCA blog post:

<https://www.ccacounseling.com/news/2020-annual-awards-announced>

Wednesday, November 18 - noon to 1:30pm (1.5 clock hours)

Mindfulness: A Path to Authentic Connection

This session is NOT FREE to attend. This is the one exception to this conference program as it was previously scheduled by CT Counseling Association & CT Career Counseling & Development Association

Thursday, November 19 - 11am to 12pm (1 clock hour)

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.

Friday, November 20 - 12pm to 1pm (1 clock hour)

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 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 Mind Body Motherhood LLC where she specializes in peripartum wellness and body image.

Friday, November 20 - 3pm to 4pm (1 clock hour)

Parenting Skills for ACE (Adverse Childhood Experiences) Resilience

Adverse childhood experiences are one of the largest public health crises. How do we build resilience in children? The answer lies in parenting education and support. Attachment Parenting International has outlined eight principles of parenting and developed the Attached at the Heart Parenting Program, which is taught to both professionals and parents worldwide. This session provides attendees with an overview of childhood adversity and a look at how the principles of attachment parenting provide the answer for increasing resilience. By teaching parents how to build healthy attachments, we increase resilience and stop adversity from being passed down to future generations.

- Identify 10 types of Adverse Childhood Experiences
- Identify 3 levels of stress and how it affects childhood development
- Describe intergenerational transmissions of ACEs
- Define resilience and identify ways to build it in both parents and children
- Identify 8 principles of attachment parenting
- Discuss Attachment Parenting International's evidence-informed Attached at the Heart Parenting Program

Victoria LeBlanc is a Licensed Clinical Professional Counselor specializing in family therapy, at-risk youth, attachment and trauma. She is a certified Parenting Educator through Attachment Parenting International. As a parenting coach and educator, Victoria works with families to increase understanding of child development while developing secure relationships with their children.

Sunday, November 22

Self Care Sunday

Choose another activity for some self care. :)

Monday, November 23 - noon to 1pm (1 clock hour)

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 of 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.

- 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. **Dr. Misty Ginicola** is a counselor educator, practitioner, social justice change agent, and researcher in the area of multicultural competence, particularly in the area of Queer & Trans people.

Tuesday, November 24 - 7pm-8pm

Public Policy & Legislation Committee Meeting

Current members of the PPLC and any interested individuals who may want to join the committee or just simply voice their concerns about important legislative issues are welcome to attend. The CCA President, Jon Stern, will be providing a quick legislative update and talk about looking ahead to the coming legislative session. He will facilitate general discussion and field questions from attendees.

Sunday, November 29

Self Care Sunday

Choose another activity for some self care. :)

Even though it's the end of November, please try to keep Self Care Sunday in mind as much as possible. Even one Sunday a month would make a positive difference! We won't tell anyone if you celebrate some self care time on a Monday or a Friday either!

*Thank you for joining us at this virtual
conference!*

For more information:

www.CCAcounseling.com

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