

#COUNSELORSTRONG

2019 Annual Conference

June 7, 2019 9:00 am - 4:00 pm

Courtyard by Marriott

Fort Wayne, Indiana 46802



IndianaCounseling.org

Welcome to the 2019 Indiana Counseling Association Conference!

On behalf of the ICA Board of Directors I would like to welcome you to this beautiful and welcoming setting in fabulous Fort Wayne, Indiana. We are pleased that you have decided to attend our conference and are confident that you will not be disappointed with this year's program.

This year's conference theme is "#counselorstrong." Because of the demanding nature of our jobs, it is easy for counselors to miss out on recent developments in the field. If you review the workshops being offered today, you will easily find several that appeal to your interests as we have a wide range of offerings from various counseling professionals. We hope that you grow from both the content sessions and collegial interactions during the day and look forward to meeting your professional needs today and in the future.

Again, thank you for attending today's event. Your presence allows ICA to continue to thrive and advocate for the needs of mental health counselors, school counselors, addictions counselors, and marriage & family therapists. Without you there is no ICA and we recognize and celebrate the efforts that you make in your day-to-day work to advance our profession. Thank you for all that you do! Enjoy your day!!

Dale Wayman, PhD, LCAC, LMHC, ACS
Executive Director, ICA

Carissa Lopez-Bockus, LMHC
President, ICA and Conference Organizer



Keynote Speaker: Dr. Donald Osborn

Dr. Osborn (Dr. Oz) has been involved in counseling for over three decades in the areas of addiction, mental health and marital and family therapy.

He is certified as a National Board Certified Counselor, Master Addiction Counselor, and Nationally Certified Psychologist. He holds memberships in the Indiana Association of Addiction Professionals (IAAP), the National Association of Alcohol and Substance Abuse Counselors (NAADAC), the American Counseling Association (ACA), the Association for Counselor Education and Supervision (ACES), the Indiana Association of Marriage and Family Therapists (IAMFT), the American Association of Marriage and Family Therapists (AAMFT) of which is a Clinical Member. He also holds licenses in Clinical Addictions, Mental Health, Clinical Social Work and Marital/Family Therapy in Indiana.

In 2011, Professor Osborn was selected to lead the first US delegation of addiction and mental health treatment professionals and educators to Cuba, to review treatment facilities and practices. In 2014, Dr. Osborn was appointed to the Indiana Behavioral Health and Human Services Licensure Board (BHHSB). In 2016, Dr. Osborn became the Chair and President of the Indiana BHHSB.

"If counseling is to progress in the future, it is essential that counselors be rewarded for creative innovations and that they help themselves become more by creative by studying the expressive arts, reading widely, traveling, and observing human nature from multiple perspectives (p. 97)." Gladding, S. (2008). *The Impact of Creativity in Counseling*, Journal of Creativity in Mental Health, 3(2), 97-104

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Conference Schedule: Friday, June 7, 2019

8:00 - 8:50 AM

LEGACY B&C Registration, Setup, and Voting on Posters

9:00 - 9:50 AM Keynote Session

LEGACY B&C

Pulling Back the Curtain; Walking the Yellow Brick Road of Behavioral Health and Human Services in Indiana

-Donald Osborn, PhD., LMHC, LCSW, LMFT, LCAC, MAC, donald.osborn@indwes.edu, Indiana Wesleyan University

10:00 - 10:50 AM Sessions

FOSTER A

Making a Difference in the Lives of Clients with Trauma History Utilizing Creative Mixed Media Techniques

-Dr. Sharon Thompson, PhD., LMHC, RPT-S, EMDRIA, soaringdrt@gmail.com, Troy University and Mary Sears Taylor, Graduate Student

Counselors will be strong and creative as they assist clients to move from survivor to thriver utilizing mixed media techniques. Grounded in narrative and CBT therapies, these techniques utilize materials unique to the client's culture to enable each individual to address trauma needs uniquely and successfully.

FOSTER B

Mental Health Counseling Role in the Transgender / Gender-Variance Transition

-Norman Brandenstein, LMHC, nrbrand@iupui.edu, Indiana University - Purdue University Indianapolis

Specific role of mental health counseling in preliminary stages of client discernment and entry into gender transition process, with potential of subsequent stages of Hormone Replacement Treatment (HRT) and upper/lower surgical procedures.

LAWTON

Identifying & Preventing Trafficking of Youth with the Aid of Professional Collaboration

-Judy Justice, PhD., judith.justice@indwes.edu, Indiana Wesleyan University and Delila Owens, PhD., Indiana Wesleyan University

This session will share human trafficking definitions, statistics, recruitment tactics, and how to recognize, protect, assist, and advocate for past and present victims.

LEGACY B&C

QPR - IWU School Counselors

-Jen Money-Brady, EdD NCC, DCC, jennifer.money-brady@indwes.edu, Indiana Wesleyan University

11:00 - 11:50 AM Sessions

FOSTER A

Medication Assisted Treatment: An Overview for Clinicians

-Michael D. Allen, LCAS, ADS, ICAADC, ekimda@msn.com, Life Recovery Center

This training will cover the basics of medication-assisted treatment (MAT) for clinicians and will focus on helpful tips as well as potential pitfalls faced in counseling with clients on MAT, specifically for opioid-replacement therapy: buprenorphine, naltrexone, and methadone.

FOSTER B

Mental Health Counseling in the Transgender / Gender-Variance Transition

-Norman Brandenstein, LMHC, nrbrand@iupui.edu, Indiana University - Purdue University Indianapolis

Specific role of mental health counseling in preliminary stages of client discernment and entry into gender transition process, with potential of subsequent stages of Hormone Replacement Treatment (HRT) and upper/lower surgical procedures.

LAWTON	<p>Brain Injury: The Silent Epidemic -Jean Capler, MSW, LCSW, CBIS, <i>jean.capler@rhin.com</i>, <i>Rehabilitation Hospital of Indiana</i>, Wendy Waldman, BSW, CBIS, and Penny Torma, LSW, CBIS</p> <p>Brain injury is a silent epidemic, often overlooked as a factor affecting people's functioning, complicating mental health and addiction treatment, and rarely assessed even in clients at high risk. After a brain injury, people often fall through the cracks of our social services, and left unaddressed, brain injury becomes a risk factor for depression, substance misuse, opioid overdose, incarceration, homelessness, and suicide. This workshop will present an overview of brain injury, the life-saving importance of screening and appropriate referral, and identify populations at risk, utilizing a case study to illustrate. Attendees will leave better equipped to help this population. NOTE: we will present a case study to illustrate points and will briefly introduce the use of a screening tool for brain injury.</p>
LEGACY B&C	<p>QPR - IWU School Counselors -Jen Money-Brady, EdD NCC, DCC, <i>jennifer.money-brady@indwes.edu</i>, <i>Indiana Wesleyan University</i></p>
12:00 - 12:50 PM Sessions	
FOSTER A	<p>Adopted Youth and Counselors' Role for Success -Judith Justice, Ed.D., PSC, LMHC, <i>judith.justice@indwes.edu</i>, <i>Indiana Wesleyan University</i> and Kelsey Harmon, LSW</p> <p>The USA has nearly 50,000 adoptions per year, and Indiana has 9,294 children in foster care, many of whom may be adopted. Children removed from their parents' care are placed in the permanent custody of the county, in hopes of finding them their forever home. Those who are adopted face many challenges, along with their adopting family, perhaps for years to come. Participants will learn how schools can be great sources of help for youth who have been adopted. This session will assist counselors of the adoption process, issues, and ways that school counselors can assist youth of all cultures.</p>
FOSTER B	<p>HIV Transmission, Testing, and Prevention: Key Knowledge for Counselors -Joseph Campbell, PhD., LMHC, <i>josacamp@iusb.edu</i>, <i>Indiana University South Bend</i> and Audrey Miller, B.S. Candidate</p> <p>HIV continues to impact communities and in 2016 Indiana experiences an HIV outbreak in Scott County. In the U.S., an estimated 1.2 million people living with HIV, 20% are unaware of their infection (CDC, 2012). Although white men who have sex with men continue to experience the highest rates of new infection, alarmingly new HIV infection among black men and women are higher than that of white and Hispanic men and women (CDC, 2012), which speaks to multicultural implications in counseling. This presentation focuses on providing education to counselors about HIV transmission, testing, and new strategies for prevention.</p>
LAWTON	<p>The Mental Health Needs of Student-Athletes: Reviewing What We Know -Anthony Suarez, PhD., LPC (NC & AR), <i>tony.suarez@valpo.edu</i>, <i>Valparaiso University</i> and Jenna Zubik, Graduate Student, and Sawyer Smith, Graduate Student</p> <p>Student-athletes are a population with unique academic, career, and social-emotional needs. School counselors may lack awareness of these needs, and therefore, may not possess the skills and resources to best support this group. This presentation will focus on the mental health needs of student-athletes by reviewing existing literature. Case studies featuring the challenges of high school and collegiate student-athletes will also be reviewed.</p>
LEGACY B&C	Lunch Provided & Poster Presentations and Voting

1:00 - 1:50 PM Sessions	
FOSTER A	<p>Art Therapy and Creativity in Counseling Similarities, Differences, and Implications -Rachel Feldwisch, PhD., MA, LMHC, ATR-BC, <i>feldwischr@indy.edu</i>, <i>University of Indianapolis</i></p> <p>Art therapy and counseling are distinct helping professions that emerged and grew out of different theoretical models and orientations. Recently, the two disciplines have crossed paths due to combined graduate programs, share licensure, and compatible interests. In addition, several clinician in Indiana dually identify as both counselors and art therapists. This presentation will examine the similarities and differences between art therapy and creativity in counseling, then explore relevant ethical, professional, and multicultural concerns. Attendees will be encouraged to consider how art therapists and creative counselors can work together in mental health, school, and community settings.</p>
FOSTER B	<p>Building Bridges -Keith Marlett, PhD., LMHC, <i>kemarlett@gmail.com</i>, <i>Clark Summit University</i></p> <p>People of faith with personal, family, and mental health issues are likely to seek out clergy for assistance because of the general accessibility of clergy, concerns for the cost of other professional help, and perceived values similarity. However, often clergy have not been trained to identify and to properly treat a significant number of these issues and may be reluctant to refer persons to a professional mental health provider. This presentation focuses on building bridges between clergy and mental health professionals so that their community will be served better. Practical steps will be offered to start that process.</p>
LAWTON	<p>Professional Development Groups: Using Adlerian Theory to Promote Professionalism and Wellness Among Counseling Professionals and Students -Dale Wayman, PhD., LCAC, LMHC, ACS, <i>dale.wayman@capella.edu</i>, <i>Capella University</i></p> <p>Adlerian theory has much to offer in the delivery of professional development groups. The theory, process and structure of Adlerian theory demonstrates its usefulness in the education, training in wellness, and supervision of counseling professionals and students.</p>
LEGACY B&C	Lunch Provided & Poster Presentations and Voting
2:00 - 2:50 PM Sessions	
FOSTER A	<p>Multicultural Considerations and Ethical Issues in Therapy -Aleksandar Drobnjakovic, Director, <i>altiunited@yahoo.com.au</i>, Tilija Drobnjakovic, Moderator, and Adrijana Blazevic, Kelsey Herber, and Abigail Romersberger Graduate Students, <i>Huntington University</i></p> <p>Based on international life experience, the presenters will discover how cultural diversity and biases have always been controversial due to the lack of knowledge and understanding cultures. This workshop, including a special video presentation, will address how the cultural values, beliefs, and assumptions of therapists and their clients may impact the counseling session. Following this presentation, participants will be able to: 1) understand multicultural competence and ethical practice and goals of ethical multicultural practice and 2) learn about cultural competence as part of diversity competence while doing therapy with culturally different clients.</p>
FOSTER B	<p>The Pieces of My Life -Suzette Sorrells, MS Ed, QBHP, NCE, IN ANSA 2.4, <i>renewmecounseling@gmail.com</i>, <i>ReNew Me Counseling</i></p> <p>Incorporating blank puzzle pieces, clients identify their characteristics, traits likes / dislikes, etc. to reconstruct their dysfunctional lives to a more functional and better understood life for themselves.</p>

LAWTON	Addressing Faith and Religion in Therapy: When to, Why to, and How to -Rich Usdowski, LMHC, richusdowski@gmail.com , <i>Youth Opportunity Center</i> This presentation on faith and religion in therapy seeks to both impart and draw out knowledge and perspective. The presenter will begin with an introduction to the topic, and provide related clinical experience. From there, attendees will be asked to participate in a discussion about when, why, and how to address and incorporate faith and religion in therapy. It is the presenter's hope that this discussion will better prepare all involved to help clients who come to therapy with faith and religion as part of their presenting problem and/or life story.
LEGACY B&C	IWU School Counselors
3:00 - 3:50 PM Sessions	
FOSTER A	The Role of Ethics and Intentional Practices in Preventing Vicarious Trauma -Jama Davis, PhD., LMHC, LPC, NCC, BCPCC, jldavis3@liberty.edu , <i>Liberty University</i> and Whitney Buckles, PhD., LMHC, NCC Counselors by virtue of their role with clients, and for some their personal trauma histories, experience increased risk for vicarious trauma. Differentiating between burnout, counter transference and vicarious trauma is important in understanding oneself and fulfilling an important ethical obligation. This presentation will describe risks associated with vicarious trauma, the ethical obligations of counselors to identify and manage vicarious trauma along with addressing self-care strategies with the goal of experiencing Post-Traumatic Growth and longevity in the field of counseling.
FOSTER B	Community Mental Health Clinicians: A Closer Look at Self-Care -Christine Sutton, LMHCA (IN), NCC, csutton127@icloud.com , <i>Argosy University</i> The focus is to identify the responsibilities of community mental health clinicians and community mental health agencies allowing both parties the ability to contribute to the reduction of burnout equally. The approach would examine ideas and concepts for self-care supported by evidenced-based practices and whether they are appropriate across various cultures. Research studies have identified that not all interventions are culturally appropriate. The expansion of the counseling profession illuminates the need for community mental health agencies to ensure clinicians are trained to be culturally aware often neglecting the professional issue of the counselor's culture and its affect within the therapeutic relationship.
LAWTON	The Multicultural and Social Justice Counseling Competencies: A Military Case Study -Emeline Eckart, PhD., LPC-S, eckarte@indy.edu , <i>University of Indianapolis</i> , and Jacqueline Bondowski, Graduate Student This presentation will present an overview of the multicultural and social justice counseling competencies (MSJCC) that were endorsed by ACA in 2016. Application of the MSJCC will be provided through a case study example of a client that identifies as a military member.
LEGACY B&C	IWU School Counselors

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