



Enhancing the counseling profession  
and the professional counselors who serve others.

## 2020 Indiana Counseling Association Virtual Conference

*(8 continuing education units provided)*

### See following list of Presentations & Presenters:

- **A State-Wide Initiative: The Opioid Crisis**

Presented by: Judith Justice, EdD, IWU Program Director & Joshua Magnuson, IWU Student Intern

- **Art Therapy & Cancer Care**

Presented by: Patricia Cavanaugh, BA; Shelbi Gabbard, MA, BA; Rachel Feldwisch, Ph.D., MA, LMHC, ATR-BC; Michelle Itczak, MA, ATR-BC, ATCS, LMHC

Art therapy has been utilized to support cancer patients (Nainis, 2006) and cancer care providers (Nainis, 2005). During this presentation, two Mental Health Counseling—Art Therapy graduate students from the University of Indianapolis will present the results of their qualitative research related to art therapy and cancer care. The first study involved printmaking with a group of female cancer survivors. The second study examined mandala making as a method of addressing burnout among mental health professionals who work with cancer patients. Information regarding diversity and other sample characteristics will be provided. Results and implications will be discussed.

- **Compassion Fatigue: Are You a Wounded Warrior?**

Presented by: Catherine Jantzen, MS, LMHC -- CJantzen & Associates

When we work with people in a care giving capacity, we're in danger of a form of burn-out called compassion fatigue. Sometimes we see the signs, but don't know what to call it, or do about it. Or we ignore the signs hoping it will get better on its own. But the effects of compassion fatigue can be very damaging – to us, our co-workers and families, and to those we serve. This workshop will identify the symptoms, and teach the differences between classic burnout, compassion fatigue and vicarious Post Traumatic Stress Disorder. We will identify practical tools to help avoid/recover from them.

- **Multicultural Issues and Ethical Considerations in Counseling**

Presented by: Aleksandar Drobnjakovic, Ed.D, LMHCA & Tilija Drobnjakovic, Ed.D

- **Black Women in Masters Level Counselor Training Programs: Factors Leading to Achievement**

Presented by: Crystal Murdock, PhDc, LPC, NCC

Crystal is a doctoral candidate and adjunct faculty member at Adler University as well as a Diversity in Higher Education Fellow (DFI) for the state of Illinois.

Generationally Black women have faced oppression in academia. The oppression and marginalization suffered by Black women has often been ignored. This research aims to explore the antecedents to success for Black women in counselor education training programs. Furthermore, pedagogies that faculty can adopt to support Black women will be outlined.

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Lastly, specific achievement styles of successful Black women will be explored as a means of creating a litmus test for what characteristics it takes to be successful in counselor education training programs.

- **Licensed Mental Health Counselors**

Presented by: Mark Gerig, PhD, LMHC & Danielle Shigley, IWU Student

- **Interpersonal Process Therapy (IPT)**

Presented by: Jerry Davis, Ph.D., LCSW, LMFT, LMHC -- Huntington University

IPT draws from the common factors model of counselor efficacy. There is a growing body of evidence that there are common factors that produce positive therapeutic outcomes regardless of theory. These factors include the therapeutic alliance, interpersonal process, and corrective emotional experiences. Participants will be introduced to these important factors.

- **Gender and Schools: LGBTQ Community**

Presented by: JoAnna Cobb, MEd; Erica Paul, BS; Mindy Slavens, BS, MS; *NO CE HOUR PROVIDED*

- **Solution-Focused Play Therapy**

Presented by: Carissa Lopez-Bockus, M.S.Ed, LMHC-- Shepherd Community Center

In this presentation, participants will learn the background and development of solution-focused play therapy, the strengths of utilizing this approach, and techniques for use with children and adolescents.

- **Race-Related Trauma**

Presented by: Colleen Moorman, Ellie Lough, and Stephanie Sharber; *NO CE HOUR PROVIDED*

Trauma and child traumatic stress are heavy topics for school counselors to cover. In this presentation we touch on the basic definitions of trauma and child traumatic stress, different types of trauma, and go more in-depth regarding race related trauma in schools. More specifically, we discuss the need for educators to educate themselves, different ways educators can educate themselves, methods used to identify the needs of our students of color, school counselor's role as a leader and advocate for all students, and our ethical duty to utilize our knowledge and training to create a safe learning environment for all students. As school counselors it is crucial that we are aware of the many ways our students are impacted by this specific type of trauma. As a group we utilized our IWU intensive presentation as a platform to inform school counselors about race related trauma and how to advocate for our students.

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