

Conference Program and Registration Form

CCA

Connecticut Counseling Association

**Counseling Connections – 2009
The Evolving World of Counseling**

Friday - May 1, 2009

Rocky Hill Marriott

Rocky Hill, CT

PROGRAM OVERVIEW

7:45 - 8:15	Registration, Breakfast and Exhibitors	
8:15 - 8:25	Welcome	Rachel Collins, Conference Chairperson Gail Lehman, CCA President
8:25 - 8:55	Roundtable	"Counseling in Hard Times"

1-HOUR AM WORKSHOPS

9:00 - 10:00	Workshops
10:00 - 10:35	Exhibitors, Poster Sessions, Raffle
10:40 - 11:40	Workshops

2-HOUR AM WORKSHOPS

9:00 - 9:30	Exhibitors, Poster Sessions, Raffle
9:30 - 11:40	Workshops and break (10:30)
11:45 - 12:45	Lunch and Raffle
12:50 - 1:35	Division Meetings

1- HOUR PM WORKSHOPS

1:40 - 2:40	Workshops
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1 ¼ -HOUR PM WORKSHOPS

2:45-4:00	Workshops
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CACES CLINICAL SUPERVISION TRAINING 8:30 - 11:45AM OR 12:45 - 4:00PM

CCA Raffle

To benefit the **Carol Jodaitis** Scholarship Fund
Join the fun and bid on your favorite items
To donate an item contact Karla Troesser at ktroesser@hotmail.com

Creativity Area

An area for professionals and students
to display art work and share creative interventions for working with clients
For more information on creativity area, please contact Rachel Collins at
collinsrachelw@aol.com

OPENING SESSION - ROUNDTABLE DISCUSSION (8:25 - 8:55AM)

Counseling in Hard Times

We are facing tough economic times. Those we counsel, youth and adults, are impacted in many ways. How has the economic crisis affected your work as a counselor? What are you hearing from your counselees? What resources, strategies, and counseling approaches have you found helpful? What can CCA do to support your efforts? Share your thoughts with your colleagues.

TWO-HOUR MORNING WORKSHOPS (9:30 - 11:40 AM)

A. The Counseling Profession's Role in Promoting a Sustainable Human Future

Target Audience: General

"We stand at a critical moment in Earth's History, a time when humanity must choose its future" (Earth Charter). The counseling profession must play a pivotal role in promoting human awareness that will ensure a sustainable global society.

Presenters: James Malley, Ph.D. and Judith Rosenberg, Ph.D., Central Connecticut State University

B. Counseling the Unemployed: Helping People Manage Change While Creating a Future

Target Audience: General

In these difficult economic times, how can counselors best respond to the employment related concerns of their clients? What are the issues these clients face and what do we have time to address? Where do our competencies lie and when, how, and to whom should we refer clients?

Presenters: Jeff Crothers, LPC, Northwestern CT Community College & Robert Miles, LPC, NCC, Gateway Community College

C. Mental Fitness Counseling: An Overview of the Philosophy, Benefits and Practice

Target Audience: General

Mental fitness counseling does for a person's self-worth, self-esteem and confidence what physical fitness does for a person's body. Mental fitness counseling is founded upon recent scientific understanding of how the emotional and thinking parts of the brain affect the individual's relationship with oneself and with others, and how to improve both.

Presenter: Arnold Weinstein, LPC

FIRST ONE-HOUR MORNING WORKSHOPS (9:00 - 10:00 AM)

1. Parenting the Out-of-Control Child

Target Audience: General

Parenting is a frontier concept in the world of human services. Parenting programs can be exceptionally effective in creating long term change in a relatively short period of time when they are specifically targeted. One specific parenting program will be examined in the context of parenting in general for what it can offer both the parent of the affected child and the therapist who works with the family.

Presenter: Andrew Gibson, Ph.D., P.A.C.T. Training

2. Problem Gambling: Addiction, Abstinence, and Recovery

Target Audience: General

Problem gambling has increasingly become a factor in the life of our citizens. The spread of legalized gambling has brought with it the angst of problem gambling. This presentation will focus on the destructive aspects of the addiction, as well as constructive phases of abstinence and recovery.

Presenter: John Sidoli, LPC, NCGC, DMHAS Problem Gambling Services

3. Need Help with Your Career Direction? Ask an Apple Seed!

Target Audience: General

Like the apple seed, there's an intelligence within you that contains the plans for ... "what you're going to be." The only difference is that your conscious participation is required to unlock the career plans hidden within you. Learn how to express your inner intelligence in a career you would love.

Presenter: Robert Olsen, MCC, LPC, Career You Love Counseling Services

4. Group Counseling Competencies: Research and Resources

Target Audience: General

This session will look at the competencies that are essential for Group Counselors. Research that explores the competencies will be shared as well as resources that counselors can use to increase their competence in this area.

Presenters: *Diane Rodrigues, & Paula Zepke, Community Counseling MS Candidates, Southern Connecticut State University*

SECOND ONE-HOUR MORNING WORKSHOPS (10:40 - 11:40 AM)

5. Expressing Yourself: Working with Self-Injurers

Target Audience: General

This presentation's focus will be on interventions for working with self-injurers with and without co-occurring disorders. Discussion and participant activities will center on the information that can be taken and implemented in practice with various populations. Areas covered in regards to self-injury will include assessment, diagnosis, interventions, cycles of self-injury, and therapeutic responses.

Presenter: *Rachel Collins, MS, NCC, Hill Health Center Child and Family Guidance*

6. Panel Discussion for Counseling Graduate Students Transitioning from College to Professional Practice

Target Audience: College/University students

On the journey to become a professional counselor, making the leap from the college environment to professional practice presents a host of challenges and raises many questions. This panel discussion is designed to answer those important questions and offer valuable information to support an informed, effective and successful transition.

Presenters: *Kathleen Marie Barrett, Ed.D., CACES President, & Bryce Crapser, CCA Graduate Student Liaison*

7. "Green Collar" Careers – What Counselors Need to Know

Target Audience: General

There is a lot of talk about "Green Collar" careers, but what careers are "green" and what do you need to know to effectively provide information to students and adults. Learn about the many types of "green" careers, related education/training, "green" industries, and state initiatives. Take home a CD loaded with information about "Green Collar" careers.

Presenter: *Linda Kobylarz*

8. Counseling Interventions for Living with Serious Medical Illness: A Life Enhancement Model

Target Audience: General

Receiving a diagnosis of a serious life-threatening illness is devastating with far-reaching psychological, emotional and spiritual impact requiring specialized interventions. Instantly, one must adapt to a new state of normalcy. Common reactions include anxiety, depression, worry, and fear. A Life Enhancement treatment model addresses common reactions while encouraging post-diagnosis wellness and growth.

Presenter: *Deborah Del Vecchio-Scully, LPC, Associated Neurologists of Southern Connecticut*

ONE-HOUR AFTERNOON WORKSHOPS (1:40 - 2:40 PM)

9. Sexually-Safe Environments in Schools and Residential Treatment Programs

Target Audience: General

Participants will understand the training needs of school and residential treatment staff along with the supervision needs of various school and residential treatment environments. Participants will learn how to recognize, 'unsupervised/unsafe child environments and common supervision errors,' 'training needs of school and clinical staff' and 'problematic sexual behaviors and treatment planning for children with sexual behavior problems.'

Presenters: *Michael Gilles, Ph.D., & Kay Campbell, Ph.D., Western Connecticut State University*

10. Understanding Psychological Defenses in Children: The Hypnosis Model

Target Audience: Elementary, middle and high school, private practice, children and adolescents

Severely abused children use Trance as a coping mechanism to survive (tantrums, spacing out, obstinate defiant). Not only are these problems for the child, but these can later become psychological defenses against feeling and life in adult years, as well as patterns in relationships that become troublesome.

Presenter: *David J. Norton, NBCC, NBCCH, Hartford Hypnosis Center*

11. Adolescents and Suicide: Prevention Strategies

Target Audience: General

This workshop will explore the developmental aspects of adolescents as well as the challenges adolescents face. Research in the area of adolescents and suicide will be shared, as well as strategies for suicide prevention.

Presenters: *Cicely Pernell, Community Counseling, MS Candidate, Cheri Smith, Ph.D., LPC, Louisa Foss, PhD, LPCCs, NCC SCSU*

12. Emotion Regulation in School-Aged Children: Issues and Interventions

Target Audience: General

Emotion regulation skills are critical to the success of school-aged children in areas of social interaction, academic functioning, and stress management (Macklem, 2008; Pelco & Reed-Victor, 2007). This workshop will introduce constructs associated with emotional regulation, describe how emotion regulation problems manifest in school settings, and provide insight into treatment options.

Presenters: *Margaret Generali, Ph.D., Lauren Cincotta, & Paul Santagata, MS Candidates, SCSU*

13. Does Race Make a Difference? Are Bullies All the Same?

Target Audience: General

Bullies tend to utilize similar strategies toward their victims, regardless of race. Racial identity development may easily contribute to this volatile state of adolescence. Examples will be shared that illustrate the students' remarks recorded in the study. Workshop participants will be encouraged to interpret their students' actions and bullying tactics.

Presenter: *Helen Garinger, Ph.D., St. John's University*

14. Self-Care for Beginning Counselors: Research and Practical Resources

Target Audience: General

Young counselors spend a great deal of energy finding their path in this field. This process is often more overwhelming due to poor self-care. For many young counselors, self-care is not a priority but research and experience say it should be. This program will share effective self-care research and techniques.

Presenter: *Patrick Jeffs, MA, Berkshire Farms Center and Services for Youth, & Kimberly Lasky, MA*

15. Bachelor Level College Graduates with Disabilities in the American Labor Market

Target Audience: College/university

There is a high correlation between educational attainment and employability of the disabled. Since the passage of the American with Disabilities Act, the disabled employment rate has declined. How can colleges strategically prepare disabled students to gain access to the labor market? This presentation focuses on current labor market research and success strategies.

Presenters: *Oce Harrison, Ed.D., New England ADA Center & Ronnie Porter, Ph.D., Northeastern University*

16. Take a Deep Breath: Stress Management Techniques for Counselors

Target Audience: General

This workshop is for those wishing to prevent burnout and those who want to feel relaxed and renewed. Take some time for yourself. Learn and review techniques for self-care. This practical and experiential workshop will provide stress management and relaxation techniques, including; breathing and grounding exercises and a guided meditation.

Presenters: *Joann E. Rotar, MS, NCC, & Sherry Laprise, Graduate Student SCSU*

17. Animal Companion Loss: Helping Clients Navigate Through the Grief Process

Target Audience: General

How does one cope when a loving companion dies, is lost, taken away, succumbs to a natural disaster, has a tragic accident, or is killed in the line of duty? This workshop will explore some unique/special considerations when working with clients who have lost a companion animal.

Presenter: *Joanne M. Wholey, LPC, NCC*

ONE-HOUR AND FIFTEEN MINUTE AFTERNOON WORKSHOPS (2:45 - 4:00 PM)

I. Aversive Racism: Counselors and Our Blind Spots

Target Audience: General

Unconscious racism affects counselors in their work. Seeing oneself as good and kind, while nonetheless harboring unconscious and negative prejudices, creates cognitive dissonance that is unpleasant and aversive. Our aversion is to part of ourselves that we don't want to recognize, but which may unwittingly influence our therapeutic alliance with clients of color. This workshop offers a framework for the problem and for the solution.

Presenter: *Paula Chu, Ph.D., LPC*

II. The “Youniverse” Therapy Tool: Visual Guide to the “You” Inside

Target Audience: General

The “Youniverse” is a tangible, interactive, therapy tool and visual guide to one’s inner world. Designed by the presenter to help his clients “go inside” and compassionately work with “hurt parts,” examples of its use will be demonstrated to offer and evoke how you might want to use it with your clients.

Presenter: *David J. Cantor, LMFT, JD*

III. Counseling and Spirituality in “Hard Times”

Target Audience: General

These are “hard times.” People are confronting both internal concerns and external stressors of home, work, and financial, all of which may be very disruptive challenges. These potentially life altering experiences are often deeply connected with spirituality. Bill O’Hanlon, brief therapy/counseling author, suggests: “Spirituality refers to what is beyond the ‘little self’ or the personality.” This interactive program will explore researched competencies for integrating spirituality into counseling for those struggling.

Presenter: *Dan Joynt, Ph.D., Western Connecticut State University*

IV. Career Exploration Internet Resources: Free, Friendly, Fantastic

Target Audience: General

Career exploration is key to the career decision-making process. There are many new, free, Internet-based resources that can facilitate both career exploration and decision making. See what is available and learn about strategies to use the resources. Take home a CD loaded with useful career resources and information.

Presenter: *Linda Kobylarz*

V. Mindfulness-Based Integrative Mind/Body Therapies: A Clinical Program

Target Audience: General

Presentation will combine didactic, experiential, and case study teaching methods with clinical demonstration of integrative mind-body therapies. Additionally, case studies will be used to highlight integrative mind-body therapies to address anxiety, depression, PTSD, counselor self-care and burnout prevention. A special focus is on the development of self-care and burnout prevention strategies and supporting and grounding therapists’ anxiety.

Presenters: *Deb Del Vecchio-Scully, MS, LPC, NCC, & Timothy Huber, Ph.D., ATR, NCC*

VI. “Freeing the Body - Opening the Heart”

Target Audience: General

This workshop will present principles and techniques used in Emotional Expressive Work, an eclectic therapeutic approach developed at Wellspring by Phyllis Beauvais, Ph.D., for working through body blocks and freeing emotional expression. The material will be presented by lecture, supported by power point and hand-outs, interspersed with brief experiential explorations for the more adventurous. Emotional Expressive Work has been a core component of Wellspring’s comprehensive residential treatment programs for children, adolescents and adults for the past 30 years.

Presenters: *Richard Beauvais, Ph.D. and Phyllis Beauvais, Ph.D., Wellspring Foundation*

VII. Enhancing Therapy Through Rosen Method Bodywork and Movement

Target Audience: General

Rosen Method Bodywork and Movement address the integration of body, mind, and spirit needed for healing. This complementary modality uses gentle “listening” touch to access unconscious holding of stress, feelings, and trauma in the body. Verbal communication in the sessions deepens self awareness by being grounded in the body’s response. This awareness can then be processed in talk therapy.

Presenter: *Carmela Garofalo & Tollie Miller, Rosen Method Institute*

VIII. Issues and Obstacles in Starting a Private Practice

Target Audience: General

This workshop was developed to help provide information required in the process of developing a private practice. Areas of consideration include but aren’t limited to: identifying the type and scope of the practice, credentials required for the practice, selecting office space, registering with insurance panels, IRS status, liability insurance and basic marketing.

Presenter: *Warren Corson III, Community Counseling of Central CT Inc.*

IX. Multicultural Competencies: Increasing Awareness and Understanding

Target Audience: General

Competency in the area of multicultural counseling is essential in our evolving environment. Multicultural competencies will be shared and research that explores the competencies will be discussed.

Presenters: *Samantha Clarke, Tania Patricelli, Community Counseling, MS Candidates, & Uchenna Nwachuku, Ed.D., LPC, SCSU*

3.3-Hour CACES Clinical Training Workshop (8:25 – 11:45AM OR 12:45 - 4:00PM)

1. Models of Clinical Supervision (8:25 - 11:45am)

Presenter: *Connie Tait, Ph.D., Central Connecticut State University*

2. Roles and Functions of Clinical Supervisors (12:45 - 4:00pm)

Presenter: *Robert Schmidt, Fairfield University*

→ → → → **IMPORTANT INFORMATION - SAVE** ← ← ← ←

REGISTRATIONS FORMS

Must be postmarked no later than Thursday, **April 17, 2009**

RAFFLE

Contact Karla Troesser at ktroesser@hotmail.com to donate an item

CEU CREDITS

Requirements

Your social security number **must** be included on your registration form for CT Dept. of Ed. CEU's
You must sign-in and sign-out at the conference and submit a completed conference evaluation form

You can earn:

Connecticut Dept. of Ed.	.5 CEU's
NBCC	5 contact hours
Connecticut LPC	5 contact hours

CCA is recognized by the National Board for Certified Counselors to offer continuing education credits for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Authorization #2007).

DIRECTIONS TO THE ROCKY HILL MARRIOTT

From Route I-91 Northbound: Take Exit 23 toward Rocky Hill (CT-3). At end of ramp turn right on West St. (0.1 mi). Turn right at Capital Blvd. (0.1 mi). Look for Marriott Hotel sign on right.

From Route I-91 Southbound: Take Exit 23 toward Rocky Hill (CT-3). At end of ramp turn left on West St. (0.3 mi). Turn right at Capital Blvd. (0.1 mi.). Look for Marriott Hotel sign on right.

QUESTIONS:

Contact Conference Chair Rachel Collins (203) 589-1707, collinsrachelw@aol.com

Special thanks to members of the Conference Committee: Michele Bullock, Bryce Crapser, Pat Giordano, Linda Kobylarz, Gail Lehman, Nina Malinak, Vernon Percy, Rachelle Perusse, and Karla Troesser

**The big secret in life is that there is no big secret.
Whatever your goal, you can get there if you're willing to work.**

- Oprah Winfrey

CCA Conference Registration Form

Friday, May 1, 2009 at the Rocky Hill Marriott, Rocky Hill

Please mail by **April 17, 2009**

Please **PRINT** all information and use one form per person

Name _____
Address _____ E-mail _____
City _____ State _____ Zip _____
Social Security # _____ Telephone (____) _____

(only for CT Dept of Ed. CEU's)

If you have recently changed your name or address, please indicate your former name or address here _____

1. Are you a member of CCA? Yes _____ No* _____
2. If **yes**, please circle your primary Division
CACES CCCDA CCUCA CMHCA
3. Do you wish to earn
CT CEU credits Yes _____ No _____
NBCC credits Yes _____ No _____
CT LPC Yes _____ No _____

WORKSHOP and LUNCHEON CHOICES

MORNING Please circle **one, 2-hour workshop OR two, 1-hour workshops OR 1 CACES workshop**

2-Hour Workshop First Choice: A B C Second Choice: A B C

OR

1-Hour Workshops First Choice: 1 2 3 4 **and** 5 6 7 8
Second Choice: 1 2 3 4 **and** 5 6 7 8

AFTERNOON Please circle **one, 1- hour workshop AND one, 1 ¼ hour workshop OR 1 CACES workshop**

1-Hour Workshop First Choice: 9 10 11 12 13 14 15 16 17 Second Choice: 9 10 11 12 13 14 15 16 17

AND

1 ¼ Hour Workshop First Choice: I II III IV V VI VII VIII IX Second Choice: I II III IV V VI VII VIII IX

CACES Clinical Training Workshops **Morning Session** _____ **Afternoon Session** _____

(Please choose other conference workshops above during times you are not in CACES training.)

LUNCH: _____Lemon Thyme Chicken _____Red Pepper Tortellini _____Caesar Salad w/Chicken

Please note: Workshop choices are assigned on a date of registration basis. Registrations postmarked after **April 17th** and all on-site registrations will be charged an additional \$10.00 fee. Purchase order payments must be postmarked by **April 17th**. **No Refunds after April 29th and payment sent to Ernest Lehman at the address below.**

If you have special needs and require an accommodation, please notify us by April 1st.

Registration: (Includes continental breakfast and lunch)

CCA Member \$110.00
Non-Member \$140.00*
Retiree \$75.00
Student Member \$50.00**
Student Non-Member \$75.00

Mail registration form by April 17th to:

Ernest Lehman
34 Middleton Drive
New Fairfield, CT 06812

**** Scholarships are available.** Contact Marie McCain for more information at (860) 486-0127

***Non-members may join now at a special conference rate of \$160. Call Nina Malinak 1-888-818-1110**

CONNECTICUT COUNSELING ASSOCIATION

Ernie Lehman
34 Middleton Drive
New Fairfield, CT 06812

Presorted
Standard
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Registration Materials Enclosed

Register by April 17, 2009

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