

OCA Spring Counseling Conference

Sharpening Our Professional Tools



March 1-2, 2018 ● Crowne Plaza South Hotel ● Cleveland, Ohio

OCA Conference ● Spring 2018



Welcome to the inaugural OCA Spring Conference hosted by the North Central Ohio Counseling Association. We appreciate your presence and we are optimistic that the conference will be a rewarding professional development experience for you with opportunities to: interact with colleagues and leaders in the field of counseling; attend cutting edge peer reviewed educational sessions and workshops; and develop professional networks that will enhance your role as a mental health professional.

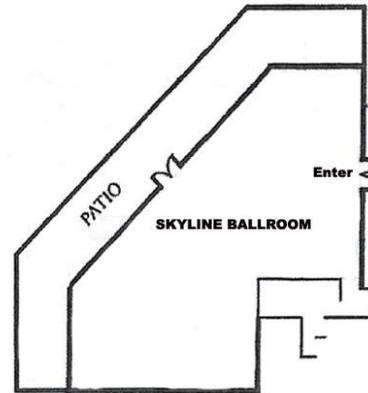
Yegan Pillay
OCA President
www.OhioCounseling.org

Christine Banks-VanAllen
NCOCA President
<http://ncocaohio.org/>

Crowne Plaza Lobby Level Meeting Space



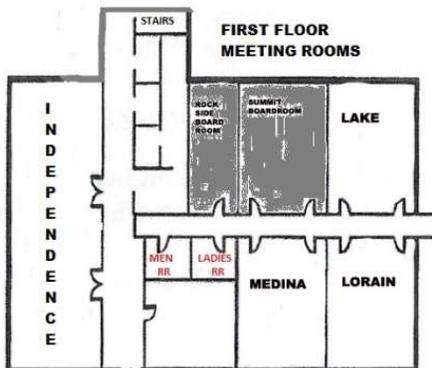
CUYAHOGA BALLROOM



SKYLINE BALLROOM (LUNCH)

Crowne Plaza First Floor Meeting Space

Use stairs or elevator, one floor up from lobby



- Independence
- Lake
- Medina
- Lorain

Wi-Fi Login:
Network: cpguest
Password: clerr

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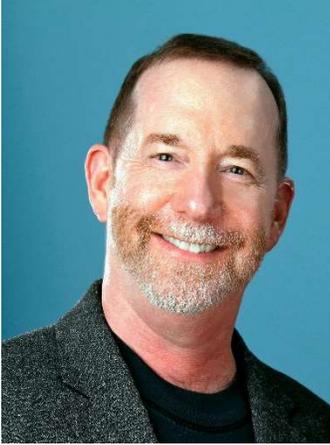
THURSDAY, MARCH 1, 2018 • PROGRAM SCHEDULE

TIME	EVENT	ROOM/LOCATION
Noon	Registration	Prefunction
1:00pm	Exhibits	Prefunction
2:00pm	Raising the Bar: Critical New Concepts in the ACA Code of Ethics, David Kaplan, ACA	Cuyahoga Ballroom
5:00pm	Transition/Break	Prefunction
5:30pm	A Crisis of Identity: The Future of Counselor Education, Tom Davis, Ohio University	Cuyahoga Ballroom
7:00pm	Networking Reception	Prefunction/Ballroom

FRIDAY, MARCH 2, 2018 • PROGRAM SCHEDULE

TIME	EVENT	ROOM/LOCATION
8:00am	Registration	Prefunction
8:00am	Exhibits	Prefunction
8:00am	Light Breakfast	Salon 3
9:00am	Welcome/Intro	Cuyahoga Ballroom
9:15am	Contemporary Issues in Trauma Counseling Victoria Kress, Matt Paylo, Stacey Litam, & Nicole Bradley	Cuyahoga Ballroom
10:30am	Transition	
10:45am	Breakouts – See pages 5, 6 & 7	Salon 3, Independence, Medina, Lorain, & Lake
11:45am	Transition to Lunch	
12:00pm	Lunch Buffet	Skyline Ballroom
1:00pm	Transition	
1:15pm	Breakouts – See pages 5, 6 & 7	Salon 3, Independence, Medina, Lorain, & Lake
2:15pm	Transition	
2:30pm	Breakouts – See pages 5, 6 & 7	Salon 3, Independence, Medina, Lorain, & Lake
3:30pm	Transition	
3:45pm	Assessing Client Personality Development Adrienne Johnson, Paul Sletten, Roxanne Duvivier, and Kathleen Kutsko	Cuyahoga Ballroom
4:45pm	Adjourn	

INVITED SPEAKERS



David M. Kaplan is a Past President of the American Counseling Association and its current Chief Professional Officer. He also is a Past President of the International Association of Marriage and Family Counselors, the New York Counseling Association, and the New York Association of Marriage and Family Counselors.

Dr. Kaplan's experience includes 18 years in private practice and college counseling settings as well as 25 years of experience as a counselor educator.

Dr. Kaplan has conducted 370 professional presentations on such topics as counseling ethics, professional issues in counseling, family counseling, and counseling association management.



Tom Davis currently serves as Ohio University's Interim VP of Advancement. He has held a variety of leadership roles at Ohio University, including Interim Dean of OUZ and the College of Education, and Secretary to the Ohio University Board of Trustees, and holds the rank of Professor Emeritus after 32 years of service. Areas of focus have been counselor professional identity development, addictions counseling, career development, legal and ethical issues, solution-focused counseling, and leadership development. Dr. Davis has been recognized as an ACA Fellow and has served on the CSWMFT Board. He holds a BGS degree from Ohio University, a Master of Arts in Counselor Education from Marshall, and earned his Ph.D. from OSU and Miami University.



Victoria Kress is a professor, counseling clinic director, and the director of the clinical mental health and addictions counseling programs at Youngstown State University. She also serves as the Director of Advocacy for the National Board of Certified Counselors. She is a Past President of Chi Sigma Iota International and the Ohio Counseling Association. She has more than 20 years of clinical experience working in various settings, which include community mental health centers, hospitals, residential treatment facilities, private practices, and college counseling centers. She has published more than 120 refereed articles and book chapters, and she has co-authored 3 books on diagnosing/assessing and counseling youth and adults.

PROGRAM DETAILS

THURSDAY, MARCH 1, 2018, 2:00 p.m. GENERAL SESSION

Raising the Bar: Critical New Concepts in the ACA Code of Ethics

Cuyahoga Ballroom

– David Kaplan of the American Counseling Association

The current edition of the American Counseling Association Code of Ethics substantially raises the bar for the ethical practice of professional counselors. This presentation will highlight new ethical imperatives in such areas as professional values, social media, the imposition of counselor personal values, and fee splitting. A focus of this workshop will be on using a comprehensive decision-making model to resolve modern and complex ethical dilemmas in the areas described above. Participants will spend substantial time practicing ethical decision making with real-life counseling dilemmas.

THURSDAY, MARCH 1, 2018, 5:30 p.m. GENERAL SESSION

A Crisis of Identity: The Future of Counselor Education

Cuyahoga Ballroom

– Tom Davis of Ohio University

We have been preparing “Counselors” in the state of Ohio as far back as 1948. During that 70-year time span, we have seen swings in the program content focus and career goals of graduates. Disruptive Innovation has driven the shifting areas of training in our preparation programs dramatically. We must ask ourselves, “what does the future hold, and to what degree can we as professional counselors influence our own destiny”. With the advent of counselor licensure (both clinical mental health and school counseling), has come the necessity for professional counselors to either see our future disrupted by forces outside of our profession, or be the disrupter and forge new and futuristic professional paths for us to follow.

FRIDAY, March 2, 2018, 9:15 a.m. GENERAL SESSION

Contemporary Issues in Trauma Counseling – Victoria Kress and Matt

Cuyahoga Ballroom

Paylo of Youngstown State University, Stacey Litam of Cleveland State University, and Nicole Bradley of Walden University

In this session, contemporary issues associated with trauma counseling will be explored. First, an overview of the current best practices in treating youth and adults who have experienced trauma will be provided. Attendees will be provided with 10 trauma counseling activities that are grounded in evidence-based practices. Human trafficking can cause trauma reactions and it is important that counselors understand what human trafficking is and how it impacts clients. Attendees will learn about this important topic and how to support this population. It is not uncommon for those who counsel trauma survivors to be personally impacted by clients' trauma experiences. Attendees will learn about vicarious trauma, burnout, and compassion fatigue, and they will be provided with resources that can help them manage personal reactions to clients' traumatic experiences.

FRIDAY, March 2, 2018, 10:45 a.m. BREAKOUTS

Fighting the Beast of Opiate Use Disorders with Medication-Assisted

Salon 3

Treatment – Martina Moore of John Carroll University

This presentation provides an overview of the pros and risk factors in the use of the medication-assisted treatment (MAT) for opiate users. Counselors will gain an understanding of how to support their clients and help them to make informed decisions regarding MAT. In addition, evidenced-based treatment models that have shown to improve client's treatment outcomes along with MAT will be reviewed.

Utilizing Dialectical Behavior Therapy in Adolescent Group Work

Independence

– Staci Tessmer of Premier Behavioral Health Services

Counselors will understand the basic principles of both DBT and adolescent group work, as well as learn how to implement DBT skills into their groups in their school/mental health settings.

The Counselors Role in Managing “Encore Careers” – Tom Davis of Ohio University

Medina

Whether you are working with clients with existential anxiety, searching for a “meaning”, or seeking a transition from clinical practice for yourself, and want to explore an “encore career”, such transition takes intentionality, and planning. Tens of millions of people between the ages of 50 and 75 say they want encore careers that combine

personal meaning, continued income, and social impact. As counselors, we would be wise to understand the existential aspects of such a transition, and to have a grasp of how framing a transitional career takes place.

Addressing Mental Health Concerns among School-Aged Children: Strategies for School Counselors – Dana Matthews, Yue Dang, and Delila Owens of the University of Akron **Lorain**
School counselors play a significant role in helping school-aged children navigate various challenges in the school setting including school-related activities and mental health concerns.

The Specific Mental Health Needs of the iGeneration (iGen) – Nicholette Leanza of Psychological and Behavioral Consultants (Psych BC) **Lake**
Researchers are discovering that iGen'ers, individuals born after 1995, are struggling with unprecedented levels of anxiety and depression never before seen in previous generations.

FRIDAY, March 2, 2018, 1:15 p.m. BREAKOUTS

SIMPLE STEPS: An Evidenced-Based Model for Assessing Suicide Lethality – Jason McGlothlin, Betsy Page, Annaleise Lessick, and Staci Tessmer of Kent State University **Salon 3**

New and seasoned clinicians rarely get substantial training on suicide assessment practices. Clinicians also have identified assessing suicidal clients as being one of the most stressful parts of clinical practice.

Substance Use in Adolescents: The Benefit of Art Techniques through A Neuroscientific Lens in Psychotherapy – Samantha Hearn, Christina Woloch, Chase Swaney, and Tanya Middleton of the University of Akron **Independence**

Presenters will discuss how art can be incorporated into psychotherapy and the neurological benefits of art techniques for the adolescent substance use population. More specifically, the presenters will provide relevant statistics and research regarding neuroscience and psychotherapy, highlighting substance use in adolescents.

A Different Key: Music in Mental Health Counseling – Caitlin Kraus of Ohio University **Medina**
Expressive arts can serve as a powerful tool in counseling sessions and can be used to open doors within the therapeutic relationship, as well as within clients themselves. When words do not come easily, do not suffice, or when more creative outlets for thoughts and feelings are needed, music can be an especially useful vehicle for therapeutic change.

Counseling Families Involved in the Child Welfare System: Interventions for Population-Specific Grief and Loss – Patricia Klay and Ashley Ackerman of the University of Cincinnati **Lorain**

There are approximately 415,129 children in the foster care system and that number is on the rise. Regardless of situation or specifics, grief and loss are constant themes within the child welfare system. Population-specific grief is experienced by foster children, birth families, and foster parents. In order to adequately serve these populations, counselors must possess skills and knowledge related to the unique grief experiences of those involved in the child welfare system.

The Ethics of Counseling Diverse Populations – Cecile Brennan of John Carrol University **Lake**
How should a counselor proceed if the ethical code is in conflict with a person's culture? What actions should be taken when an accepted cultural practice diverges from core counseling principles or even from basic human rights? Through case studies and discussion, participants will learn a decision-making process for resolving ethical issues when counseling diverse populations.

FRIDAY, March 2, 2018, 2:30 p.m. BREAKOUTS

Supervision of Group Counseling: Guidelines, Strategies and Techniques – Staci Tessmer of Premier Behavioral Health Services, Tiffany Peets and Carrie VanMeter of Walsh University **Salon 3**

Supervision and group work are two distinct areas of counseling; however, it is difficult to find resources and guidelines that discuss how the two are interrelated. Participants will gain an understanding of facilitating supervision with the unique challenges of group work. The presenters will discuss techniques and strategies to provide supervision of group work in an efficient and ethical manner.

**Determining a Client's Readiness for Gender Transition: Clinical Independence
Evaluation and Recommendation** – Varunee Faii Sangganjanavanich of the University of Akron
This presentation provides strategies on affirmative clinical evaluation of gender dysphoria and affirmative clinical assessment and recommendations for clients pursuing social and medical transition.

**Promoting Skillfulness in Motivational Interviewing as a Learning Medina
Community** – Cynthia Osborn, Victoria Giegerich, and Annaleise Lessick of Kent State University
How can learning motivational interviewing (MI) continue after attending a workshop and beyond the classroom? A gross misunderstanding of MI is that it is simple to learn. MI builds on its person-centered foundation by being directive or goal-oriented. This makes MI a strategic approach not easy to learn or practice with fidelity.

**Conceptualizing, Assessing, and Teaching Emotional Understanding in Clients Lorain
with Personality Features of Autism, Asperger's, and Nerds (PFAAN)** – Kenneth Smith of Spirit of
Peace Clinical Counseling
Many clients that have trouble with empathy and emotional understanding may have Personality Features of Autism, Asperger's, and Nerds (PFAAN). This interactive and practical presentation will focus on quick and easy ways to help recognize PFAAN in clients. Additionally, participants will learn how to better relate and teach emotional understanding and empathy to adolescent/adult clients who struggle with PFAAN using the simple and interactive Feelings Wheel.

**Addressing Northeast Ohio's Opiate Epidemic: A Critical Analysis of the Lake
Self-Medication Hypothesis** – John Kowite and Stacey Litam of Cleveland State University
How can we, as counselors, best help clients access natural, eudonic rewards rather than hedonic substitutes within our social context? This engaging presentation proposes a multidimensional investigation of addiction as viewed through the integral and the biopsychosocial models.

FRIDAY, March 2, 2018, 3:45 p.m. GENERAL SESSION

Assessing Client Personality Development – Adrienne Johnson, Cuyahoga Ballroom
Paul Sletten, Roxanne Duvivier and Kathleen Kutsko of Wright State University
This session introduces participants to a robust theory of personality development to enhance their understandings of client emotional, cognitive, and social development. Participants will take a brief, self-report instrument to personally experience the applicability of the theory before applying it to use with clients. The session is designed to be both experiential and didactic. Attendees will leave the session with an understanding of a new personality theory, along with an interpretation of their own personality from a GPAS lens.



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