

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 5:30pm 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

Contemporary Issues in Trauma Counseling

Cuyahoga Ballroom

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

In this session, contemporary issues associated with trauma counselling 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 Skyline Ballroom

Treatment – Martina Moore of the 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” Medina

- Tom Davis of Ohio University

Regardless if you are working with clients with existential anxiety, searching for a “meaning”, or if it is yourself who is seeking a transition from clinical practice, 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. We as counselors would be wise to both understand the existential aspects of such a transition, as well as having a grasp of how framing a transitional career takes place.

Addressing Mental Health Concerns Among School Aged Children: Lorain

Strategies for School Counselors – Dana Matthews, Yue Dang, and Delila Owens of The University of Akron

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) Lake

- Nicholette Leanza

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 Skyline Ballroom

Lethality – Jason McGlothlin, Betsy Page, Annaleise Lessick, and Staci Tessmer of the Kent State University

New and seasoned clinicians alike rarely get substantial training on suicide assessment practices. Clinicians have also 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 Independence
A Neuroscientific Lens in Psychotherapy** – Samantha Hearn, Christina Chipemba, Chase Swaney, and Tanya Middleton of the University of Akron

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 **Medina**
Ohio University

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 Lorain
Ackerman of The University of Cincinnati

There are approximately 415,129 children in the foster care system and are 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, foster children, 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 **Lake**
The John Carroll University

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 **Skyline Ballroom**
- Staci Tessmer of Premier Behavioral Health Services, Tiffany Peets

and Carrie VanMeter of Walsh University
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 Lorain
in Clients with Personality Features of Autism, Asperger's, and
Nerds (PFANN)** - Kenneth Smith of Spirit of Peace Clinical Counseling

Many of your clients that have trouble with empathy and emotional understanding may have Personality Features of Autism, Asperger's, and Nerds (PFANN). This interactive and practical presentation will focus on quick and easy ways to help recognize PFANN in clients. Additionally, participants will learn how to better relate and teach emotional understanding and empathy to adolescent/adult clients who struggle with PFANN 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.