

WVLPCA 2021 Spring Conference

Thursday, April 8

8:00 – 9:00 Keynote

Clinical Mental Health Counselors: Who We Are, What We Do, Where We've Been, and Where We're Going - Aaron Norton

The American Counseling Association declares that “a counselor is a counselor is a counselor.” However, within the boarder counseling profession there are multiple counseling specialties, such as rehabilitation counselors, vocational/career counselors, school counselors, and clinical mental health counselors (CMHCs). What’s a CMHC? What makes a CMHC similar or different from other mental health professionals? This training focuses on the unique professional identity of CMHCs. It exposes several myths about our profession, celebrates our long and fruitful journey towards excellence, and conveys a passionate vision for our professional future and a roadmap to professional advocacy.

9:15 – 10:45

When LPCs Know the Ethical Code and Still Violate It – Guy Gage, Tony Onorato **Ethics**

One of the duties that Tony and Guy assume as they sit on the WV Board of Examiners in Counseling is to address ethical complaints against therapists. It seems that LPCs often misstep for reasons other than not knowing their Code of Ethics. We will explore the other factors that put therapists at risk of violating the Code they very well know and offer some strategies to address them.

Understanding Satanism: An Overview for Counselors - Hannah Bland

Satanism is a practice long misunderstood by media outlets, religious organizations, and individuals. This misunderstanding has led to a plethora of falsifications and stereotypes about Satanic practice and its place as a formalized religion. This presentation seeks to explain the history of Satanism, provide an understanding of its current practices and beliefs, and inform professionals on how they can best work with those who adhere to Satanic principles in a therapeutic manner.

1-2-3 to Recovery: Relational Rebuilding in These Divided Times - Don Worth

In these divided times of political and relational polarity and disconnect, counselors are on the frontlines to aid in a much-needed recovery. This presentation will outline a 3-step process to guide relational recovery for our patients, their families, and our communities.

When your client doesn't want to 12-Step, using cognitive approaches to address Substance Use Disorder - Shawn Cade

Twelve step isn't for everyone. This session will address the concepts of cognitive therapy and give you tools to apply this approach to the client with substance use issues. We will explore the belief system and give tools to aid the client toward recovery.

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11:00 – 12:30

While Supervision may lead to Licensure, it's more about the Journey than the Destination - Ric Renquest
ALPS

There is not an approach equal to one size fits all for supervision. Every journey as a supervisor with a supervised licensed professional counselor is different. Every student of counseling brings strengths to their practice as well as areas requiring additional instruction and growth. We'll explore the journey of growth together as supervisor/supervisee in this presentation.

Introduction to Parent Child Interaction Therapy - Morgan Blatt

In these divided times of political and relational polarity and disconnect, counselors are on the frontlines to aid in a much-needed recovery. This presentation will outline a 3-step process to guide relational recovery for our patients, their families, and our communities.

Telebehavioral health best practices and ethics - Jay Ostrowski

Providing Telehealth services is convenient but needs preparation and protocols to follow legal and ethical guidelines. Learn the essential ethical considerations for direct-to-consumer telehealth and how to prevent and respond to ethical issues.

Neurocounseling: What is it and why is it important? - Lori Ellison

Neurocounseling is a term used to describe the intersection of neuroscience and "treatment as usual" counseling. For a number of years, the growth in neuroscience and what we know about the brain has produced information that can help inform our work with clients. This program will explore the history and concepts that are integral to the work of the therapist and how someone working in the field can begin to use this information to educate their clients and inform their practices.

2:00 – 3:30

Conflict in Supervision: Navigating Towards Solutions - Dr. Monica Leppma ALPS

Experiencing conflict in supervision is inevitable due to the evaluative, yet clinical, nature of the supervisory relationship. There are several common themes of conflict that may manifest during supervision. These may include philosophical differences in treatment planning, case conceptualization, or theoretical orientation. Or conflicts may arise due to personality issues or differing expectations. Conflict may also occur because of supervisee resistance. When managed effectively, conflict can actually result in increased satisfaction for supervisors and supervisees. This workshop will provide factors and techniques for productively navigating conflict in ways that can improve the supervisory experience.

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Use Early Recollections as a Therapeutic Technique - Guy Gage and Marc Ellison

Alfred Adler wrote: "The first memory will show the individual's fundamental view of life, his first satisfactory crystallization of his attitude." Memories from early childhood, then, may provide therapists with a glimpse into the construction of personality and mental health, and offer clients insight into reasons they experience life as they do. This session will focus on the use of early recollections as a therapeutic technique to improve life quality in the present.

Good News, Bad News, Who Can Tell: Lessons from the Pandemic - Don Worth

A review of the changes in life during the COVID-19 Pandemic, the lessons learned, and how to apply this awareness to promote wellness in your life and in your patients' lives.

Anxiety and Depression: Empowering the shift from deficit to thriving - Tony Onorato

Empower thriving. Is the goal to help clients find a way to get by and manage symptoms or are we helping clients turn functional deficit into a thriving life? Like any other system, the brain is designed to function in a certain way.

3:45 – 5:15

Life's a Beach!?! Easing your mind without relaxing your ethical standard - Lori Ellison **Ethics**

It is easy to get uptight about following the ethical codes at times. We want to be thorough and diligent but often can end up uptight and stressed. This presentation will explore ways to get more comfortable with the codes so the everyday adherence becomes second nature and the "special" cases don't rattle us. Audience members can expect some practice and feedback as we talk through some of these strategies.

Failure to Launch: Counseling people who have trouble transitioning to independent life -Jonathan Pishner

More than ever, adults are finding themselves unable to live independently because of inability to hold jobs and fulfill tasks of daily living, and this problem grows larger each year. This course aims to better prepare counselors to work with a difficult population by suggesting origins for the increase in this presenting problem and providing techniques to help therapists maximize positive behavior change.

Creating a sustainable telehealth practice - Jay Ostrowski

As clinical practices incorporate telehealth services, many wonder how the business of telehealth works. Can you make a living working full-time online as a solo provider or a large practice? How is marketing for telemental Health, practice management, and billing different than in-person services? What kinds of telehealth services are legal and ethical during COVID and after?

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An Introduction to Forensic Mental Health Evaluation - Aaron Norton

In an ever-evolving healthcare landscape, many clinical mental health counselors are looking for ways to diversify their practice. Forensic mental health evaluation is an interesting, impactful, and lucrative option for counselors who wish to branch out into new areas of expertise. Whether you want to practice exclusively in the specialty area of forensic mental health, want to do a little bit of it on the side, or are just curious and want to learn more, this training could be a helpful introduction into the field.

5:30 – 6:30 [Legislative Update](#) Julie Terry

Friday, April 9

8:00 – 9:00 Keynote

Nerves of Steel - Dr. Kevin Elko

This program addresses life-changing concepts by explaining the step-by-step process necessary to guide you. Dr. Elko teaches you how to be mentally tough when times call for it, and how to stay focused on the things that are truly important.

Although there has been much energy given to stress and how to handle it, the challenges of the stressful environment remain. Today's workplace, be it an athletic field, a business office, or our home, is more stressful than ever and people report being less able to handle their environment now than any time in history. In his approach, Dr. Elko discusses the strategy necessary to develop Nerves of Steel. He points out the importance of intrinsic motivation and how to keep those motivators in front of you at all times. Dr. Elko discusses how to focus using specific self-talk and how to identify your internal Voice of Judgment (V.O.J.) and how to internally respond to it. Finally, to retain the information taught in this program, Dr. Elko explains how to give away the very thing you need...your "68".

There is very little evidence that I.Q. alone is responsible for the success that an individual has in life. But one's ability to focus through adversity, be creative and maintain motivation, all factors that are referred to as having "Nerves of Steel" has been known to have a significant influence on one's success and satisfaction.

9:15 – 10:45

[Supervision through an Attachment Lens: creating safety for best learning and growth outcomes](#) -
Christie Eastman **ALPS**

Looking for a cohesive strategy for structuring your supervision sessions? Wishing your supervision hours were tight, potent, and truly formative for your supervisees? The EFT supervision parallel process provides a wonderful format for not only developing clinical skill and confidence in our supervisees, but also a safe, secure connection with their supervisor that provides the support their nervous system needs to take the necessary but risky steps of trying out new strategies in their therapy sessions. Learn the five steps to use in every supervision session that will allow your supervisees an opportunity to learn theory, see it modeled, make it fit with their own style, practice it, and consolidate their new learning before walking out the door (or leaving the zoom meeting!).

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The Language of Change in SUD Counseling and Therapy - Scott Thomspson

The use of language is a crucial factor in SUD counseling and therapy. It's how you show that you can be emotionally supportive in a professional context and in so doing to helpfully get to the core issues. The skillful utilization of humor is also invaluable and often underrated: in fact, it typically paves the way to addressing the most serious matters.

Practical Translations of Neuroscience in Practice - Eric Beeson, Lauren Brdecka, and Katie Susik

What do you think about the integration of neuroscience in counseling? Does neuroscience draw us closer or push us further away from our professional identity? Should we be enthusiastic or concerned about the integration of neuroscience in counseling? Will we have to become neuroscientists to infuse neuroscience in our practice?

Regardless of your answers to these questions, the popularity of neuroscience has surged in popular press, academic communities, and the counseling profession; however, the enthusiasm for integrating neuroscience in counseling has sometimes lacked clear theoretical and empirical guidelines leading to a myriad of ethical concerns, and many questions still exist regarding what it means to integrate neuroscience in counseling.

This workshop will unpack these questions and many more as we review the history of neuroscience research in the counseling field, explore the theoretical and empirical basis for integrating neuroscience in counseling, identify key neuroscience concepts that can be useful to all counselors, and discuss insights from our real-world practice.

Know Thyself: Counseling Through the Lens of Equity and Inclusion - Veronique Walker

Counseling 101 taught us that we were most likely only able to counsel others to the point of our own healing. Part of our personal awareness occurs through knowing our cultural lenses and how such cultivates equitable and inclusive practices - which will be explored during this session.

11:00 – 12:30

The Counseling Profession's Moral Obligation to Address Trauma - A view from the ACA's Code of Ethics - Carol Smith **Ethics**

While the United States has a robust system for responding to urgent medical needs, no such system exists for mental health needs, particularly urgent needs like trauma, addiction, and bereavement. AMHCA is uniquely positioned to help build such a system. We distinguish how mental health crises differ from expected mental health needs, and how the ACA Code of Ethics underscores the moral obligation for our profession to provide for urgent mental health needs in a systemic way. We will discuss cases and unpack them through the ACA Code of Ethics for opportunities to build a better system of care for those in mental health crises.

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How to Be More Courageous in Your Counseling - Ed Jacobs and Chris Schimmel

This workshop will focus on being more courageous in your counseling. Presenters will share their experiences and also point out moments where courage is needed but many counselors take the easier path. Examples of uncommon therapy will be presented.

Diagnostic Interviewing - Jamie Wilson and Mark Tipton

This seminar covers principles and practices of diagnostic interviewing. It describes various areas of assessment inquiry, methods to facilitate interviewing, conducting a mental status exam, and report writing tips.

Connecting the Dots: Developing and Facilitating Skill Groups for Adult Individuals with Autism Spectrum Disorder - Laura Viars

This presentation will help guide practitioners to develop thoughtful, yet effective, skill building groups for adults on the Autism Spectrum. The Cambridge dictionary defines facilitation as, "the act of helping other people to deal with a process or reach an agreement or solution without getting directly involved in the process, discussion, etc. yourself." This aspect is essential in helping adults on the Autism Spectrum develop the skills necessary to pursue a life of quality while in a group setting.

1:30 – 3:30 (2 hr. session)

Psychological Disaster Preparedness for First Responder and Military Populations - Kari Mika-Lude
Veterans

This presentation will provide a conceptualization of first responder and military cultures and their challenges in the face of disasters such as the COVID-19 pandemic as well as suggestions for approaching psychological disaster preparation from an existential perspective. Multicultural intersectionality will also be discussed, as it is crucial for mental health professionals to understand how first responder and military cultures differ from the general public and how that layer of cultural identity can impact beliefs about help-seeking.

2:00 – 3:30

The COVID Pandemic Emotional Impact: Treating the Treaters - Thomas Miller

This interactive seminar will address the vicarious trauma inflicted on First Responders and Care Professionals related to their work during the COVID Pandemic. Attendees will get a "firsthand" review and overview of some of the situations and scenarios faced by these professionals with a goal of broadening the understanding of the toll that the pandemic has taken on the care providers on the front line of the COVID response. Key information about how to effectively engage, support, and treat these populations will be shared.

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Affairs: Healing Couples with an Attachment-Based Approach - Christie Eastman

As clinicians, we can become overwhelmed with the intense gridlock and pain of couples who are suffering in the aftermath of infidelity. Having a roadmap is essential. This workshop will provide an attachment-based framework of understanding what is happening in the room, how to connect with each partner's experience, and how to guide them effectively toward relational repair. The workshop will also provide clear guidelines for discerning whether conjoint therapy is the appropriate intervention.

Emotional Processing Theory and Posttraumatic Stress Disorder - Michael David Clay

Exploration of Emotional Processes and Emotional Processing Theory in treatment of Posttraumatic Stress Disorder.

3:45 – 5:15

Technological Therapy in Tough Times - Susan Meyerle

Ethics

Telemental health services exploded in 2020 catching many mental health counselors ill-prepared to transition from in-office sessions quickly and effectively. In an environment where health insurers expanded reimbursement of counseling services provided electronically, mental health counselors needed to learn how to provide these services promptly and ethically.

Executive orders, as compiled by The Council of State Governments ("COVID-19 Resources for State Leaders, 2020), paved the way for telemental health services across state lines in many areas of the country hardest hit early in the pandemic. Not only did mental health counselors need to learn the nuances of providing electronic services, they also needed to stay on top of the current policies governing their practice.

A summary of state statutes and regulations will also be reviewed. Some states have written clear regulations specifically addressing telemental health services while others have not. This presentation will look at the implications of the state regulations.

Add in the complexity of how mental health counselors themselves were affected, and we end up with many challenges. The question many are now asking: What does the future hold for telemental health services? This presentation will review the challenges and opportunities facing the provision of telemental health services.

Strategic Leadership During Times of Rapid Change - Guy Gage, Lisa Zappia, Tanya Ford, Tony Onorato

When the environment changes, adaptation is the name of the game. Regardless of whether you're the largest mental health center in the state or a relatively small private practice, thinking strategically about how to maneuver your organization, practice or career through an ever-shifting landscape is the difference between perishing, surviving or thriving. Join Guy Gage as he leads this interactive discussion with Lisa Zappia, Tanya Ford and Tony Onorato.

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Marriage Counseling 101: A Primer of Basic Techniques - Don Worth

Relational counseling can be intimidating and overwhelming. This presentation offers some tools from a systems perspective to guide you in couple's counseling.

Essential Assessment Instruments Counselors Can Use That Don't Break the Bank - Andrew Burck

The use of assessment is vital to the counseling process as this helps define and goal development in the counseling process (ACA, n.d.). However, the use of assessment instruments can be expensive, and it is time consuming for counselors to review the literature to determine the effectiveness of new assessment instruments. In this presentation, the presenter will discuss free assessment instruments that focus on various mental health concerns. The presenter will provide a review of the psychometrics of the instruments. The presenter will provide information on the scoring of the instrument and relevant information to understand the function of the instruments. All attendees will obtain the PowerPoint which has the links to the assessment instruments.

*Schedule is subject to change.