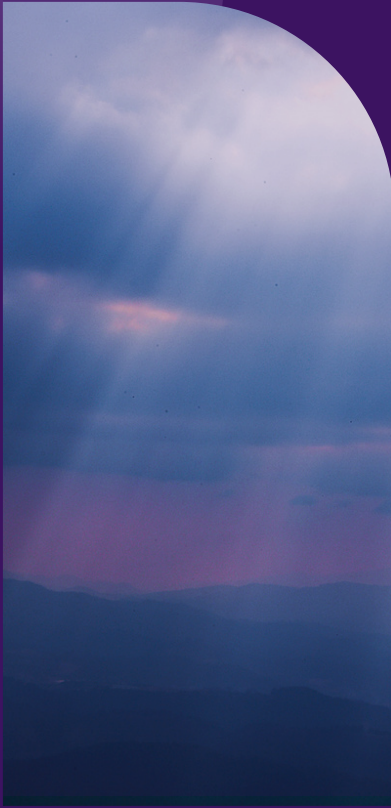




OASERVIC VIRTUAL
SPRING WORKSHOP



2022

EXPERIENCE, UNCERTAINTY, AND THE UNKNOWN:

Honoring Client Values in Counseling

Applied for 3 Ethics CEUs

**APRIL 3RD 2022
1 PM - 4:30 PM**

VIA ZOOM

REGISTRATION:

OHIOCOUNSELING.ORG

\$15 - OASERVIC MEMBER
\$30 - OCA MEMBER
\$20 - OCA STUDENT
\$35 - NON-MEMBER
\$45 - DAY-OF EVENT

Email us at OhioASERVIC@gmail.com

Join the Ohio Association For Spiritual, Ethical, and Religious Values In Counseling (OASERVIC)'s Spring Workshop, offering three engaging, professional education sessions exploring:

- The Meaning of Suffering: Addressing Distress Tolerance for the Religious and Spiritually Diverse.
- Navigating the Socioemotional Development of Values and Values-Based Conflict in Clinical Practice.
- Creative Practices to Enhance Well-Being.



1

The Meaning of Suffering: Addressing Distress Tolerance for the Religious and Spiritually Diverse

Presenters: Michael Desposito, M.A., LPCC, DBTC, Katie Gamby, PhD, LPCC, CWC

Counseling has historically focused on changing distressing experiences while accepting and tolerating distress has often been left to religious or spiritual communities (Linehan, 2015). Major religions have understandings for human suffering (Bowker, 1970), providing clients great meaning and resilience from their religious or spiritual (R/S) identities (Sperry, 2012). The American Counseling Association (ACA) Code of Ethics (2014) holds counselors to respect the multicultural diversity of clients and avoid imposing values upon their clients' meaning-making processes (ACA, 2014, Standards A.4.a.; A.4.b.; C.5.). This experiential presentation integrates distress tolerance skills and multicultural competencies to better tailor treatment for clients with R/S identities (Cashwell & Watts, 2010; Ratts et al., 2016).

2

Navigating the Socioemotional Development of Values and Values-Based Conflict in Clinical Practice

Presenters: Stephanie Durham, M.A., LPCC, Dominique D. Burns, PhD, LPC, NCC

This presentation will review the foundations of values and the influence of lifespan development while referencing the Theory of Basic Values (Schwartz, 2012), the 40 Developmental Assets (Search Institute, 1997), Freud's psychosexual stages (Corey, 2013; Gazzaniga, Heatherton, & Halpern, 2016), Erikson's psychosocial stages (Corey, 2013; Gazzaniga et al., 2016), and Piaget's stages of cognitive development (Gazzaniga et al., 2016). Ethical and multicultural considerations will be addressed. Attendees will leave with specific values-based interventions to use while exploring and implementing values as well as resolving value-behavior incongruence and values-based interpersonal conflict throughout the therapeutic process.

3

Creative Practices to Enhance Well-Being

Presenters: Fawn Gordon, Ph.D., LPC, Dinisha Paul, MS, Eds, LPC, NCC

Research within positive psychology has demonstrated that decreasing negative experiences is not enough in itself to enhance the positive (Prochaska & Norcross, 2018). To enhance client growth, factors that contribute to well-being must also be considered (Diener et al., 2017). Seligman (2013) conceptualizes well-being as a construct which contains five elements including positive emotion, engagement, relationships, meaning and purpose, and accomplishment (PERMA). Specifically, creative practices including arts-based interventions may be beneficial as art can help individuals create connections and find meaning while allowing for expression beyond words (Moon, 2016). Attendees will learn about the use of creative practices that promote well-being in those they serve. Discussion will also be provided on the application, implementation, and ethics-related considerations of creative wellness-based strategies with culturally diverse populations in various settings.

WORKSHOP SCHEDULE

12:40 PM - 1:00 PM
1:00 PM - 2:00 PM
2:00 PM - 2:10 PM
2:10 PM - 3:10 PM
3:10 PM - 3:20 PM
3:20 PM - 4:20 PM

REGISTRATION
SESSION #1
AWARDS & BREAK
SESSION #2
AWARDS & BREAK
SESSION #3