



2024 VIRTUAL SPRING CONFERENCE

Shaping the Future of Counseling: Trends and Insights for Tomorrow

April 25-27, 2024

EVENT PROGRAM

The OCA Spring Conference brings together Counselors from across Ohio to teach, learn, and collaborate on a variety of topics. Join us to work on your general, ethics, and supervision credits for licensure.

**ALL PROGRAMMING IS APPROVED FOR CSWMFT CE CREDIT
FOR COUNSELORS, SOCIAL WORKERS, AND MFTS
(UNLESS OTHERWISE NOTED)**

For more information, contact ocaexec@gmail.com or (216) 438-1994.

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PRESIDENT'S WELCOME



SHERDENE SIMPSON
2023-2024 OCA PRESIDENT

Welcome, everyone!

I am excited about OCA's Virtual Spring Conference, "Shaping the Future of Counseling: Trends and Insights for Tomorrow." Most importantly, I am elated that you are attending, as we have great preconference and conference sessions. Special thanks to everyone who assisted in organizing and facilitating the success of the conference. I appreciate your commitment and dedication to OCA. Moreover, I am excited about our keynote speaker, Dr. Casey Barrio Minton. She will present insights and trends that are likely to impact the regulation and practice of professional counseling. I am looking forward to meeting New Professionals and First Timers at the virtual Meet and Greet. On Saturday morning, please log on for a virtual coffee hour.

I am hopeful that the conference will leave you inspired about the future of the counseling profession. Your feedback is valuable, so please be sure to complete the session and conference evaluations to allow us to continue to enhance our spring conference event.

I look forward to seeing you throughout the conference. Enjoy!

Warmly,
Dr. Sherdene Simpson, LMHC, LPCC-S, MFT, CHT
2023-2024 OCA President

KEYNOTE SPEAKER

Shaping the Future of Counseling: Trends and Insights for Tomorrow A Presentation by Dr. Casey A. Barrio Minton

FRIDAY, APRIL 26 FROM 9:00 TO 10:30 AM

1.5 General CEs



Casey A. Barrio Minton, PhD, NCC

Dr. Barrio Minton is a Professor of Counselor Education and the Interim Head of the Department of Educational Psychology and Counseling at the University of Tennessee, Knoxville. Her scholarly work focuses on crisis intervention, clinical mental health issues, and professionalization through teaching and leadership. Dr. Barrio Minton is author or editor of books including *Practical Approaches to Applied Research and Program Evaluation for Helping Professionals*, the *DSM-5-TR Learning Companion for Counselors*, *Professional Counseling Excellence through Leadership and Advocacy* (now in 2nd edition), and *Critical Incidents in Counselor Education*. Founding editor of the *Journal of Counselor Leadership and Advocacy*, Dr. Barrio Minton is a Past-President of Chi Sigma Iota International, the Association for Assessment and Research in Counseling, the Southern Association for Counselor Education and Supervision, and the Association for Counselor Education and Supervision. She is a Fellow of the American Counseling Association.

About the Presentation

This presentation will focus on insights and trends that are likely to impact the regulation and practice of professional counseling. The presentation will open with a review of the history of the counseling profession and regulatory practice. The presenter will discuss areas of progress including the counseling compact and recognition as Medicare providers alongside potential risks that come with the counseling compact, rise of alternate accrediting bodies, and splintering of the profession. We will then attend to broader trends in school counseling identity and regulation.

Next, the presenter will explore how the current sociopolitical context has the potential to shape mental health and wellbeing for the schools and communities we serve, regulation of counseling practice, and preparation of professional counselors. The first two sections will conclude with an overview of resources for professional and legislative advocacy.

Most substantially, the presenter will focus on areas of practice in need of increased attention in the future of counseling. These include integration of evidence-based practice and professional counseling identity, engagement in integrated behavioral health, attention to neuroscience, development of skills for working with older adults and people with disabilities under Medicare, telehealth, and possible influences of technology and AI.

The presentation will conclude with a 10-15 minute period of audience engagement including Q&A.

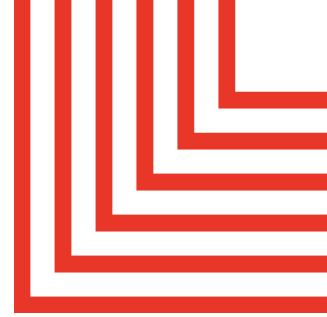
By engaging in these explorations, professional counselors will identify opportunities for professional and client advocacy alongside areas in which they may focus engagement in continuing education.

All are welcome!

You do not need to be registered for Spring Conference to attend this presentation.

Zoom Link: <https://us02web.zoom.us/j/87048946291?pwd=emhUTUxLaFlmU3dJRkg1ZzBtUUtaQT09>

PRE-CONFERENCE SESSIONS



Pre-Conference #1

The Revision of the 2011 ACES Best Practices in Clinical Supervision

THURSDAY, APRIL 25 FROM 9:00 AM TO 12:00 PM

3 Supervision CEs (Counselors and Social Workers only)

About the Presentation

The ACES leadership has tasked the Supervision Committee, comprised of experienced, credentialed supervisors from across the US appointed by the ACES Governing Council, with a revision of the 2011 Best Practices in Clinical Supervision. Join committee members for a panel discussion about the past year working on this incredible project. The committee will guide a structured discussion focused on refining the plan, which is currently in the final stages of development prior to publication. Particular attention will be given to the restructuring of the document into three sections: The Goal of Supervision, the Supervisory Relationship, and the Process of Supervision. The committee will also discuss the current literature that was used to inform the revision process. Attendees will be given the opportunity to contribute their knowledge and experience in clinical supervision, across multiple supervisory roles, to the working document. The panel will conclude with discussion around the application and utility of the best practices, intentional integration of DEIB processes, and how ACES members can participate in finalization of the best practices document.

Presenters

Dr. Joe Charette – LPC (PA), PhD Counselor Education & Supervision, NCC

Dr. Amy Fortney-Parks – LPC (VA), Approved Clinical Supervisor, PhD Educational Psychology

Dr. Sherdene Simpson – MFT (OH), LPCC-S (OH), LMHC (FL), PhD Counselor Education & Supervision

Dr. Rachel Heffield – LPC (OR), LPCC-S (OH), PhD Counselor Education & Supervision

Pre-Conference #2

Ethics: Diversity Equity and Inclusion and Professionalism in the Profession of Counseling

THURSDAY, APRIL 25 FROM 9:00 AM TO 12:00 PM

3 Ethics CEs

About the Presentation

This session will cover a review of information related to Codes of Ethics and the importance of incorporating DEI concepts when processing ethical dilemmas. From a consultation and clinical counseling supervision perspective, taking note of considerations highlighting DEI issues when considering gatekeeping when staffing cases and managing counselor education roles in efforts to protect the counseling profession and future clients. Presenters will also discuss ethics and the importance of its role in mentor relationships. The definition of professionalism will be discussed and how mentors can help guide counselors and counselor educators in Counselor Educators in higher education and administrative leadership environments. Career advancement, access to leadership roles and ethics management related to enforcing professionalism will be reviewed. Two guest speakers will briefly discuss personal experiences of career mentoring and identify supports they used for career advancement.

Presenters

Dr. Patrice Callery – LPCC-S (KY), LPC-S (OH), Ed.D. Counselor Education & Supervision

Dr. James E. Hightower – Ed.D., LPC

Ildico H Osei Twerefour – Graduate Student, Clinical Mental Health Counseling Intern, OSU Counseling and Consultation Services

Carmella Hill – M.Ed., LPCC-S

THURSDAY, 9:00 AM-12:00
PRE-CONFERENCES

Title	Presenter(s)	Day/Time/CEs
The Revision of the 2011 ACES Best Practices in Clinical Supervision	Dr. Joe Charette Dr. Amy Fortney-Parks Dr. Sherdene Simpson Dr. Rachel Heffield	Pre-Con 1 THURSDAY 9am-12pm 3 Supervision CEs* *CSW only
Ethics: Diversity, Equity, and Inclusion and Professionalism in the Profession of Counseling	Dr. Patrice Callery Dr. James E. Hightower Ildico H. Osei Twerefour Carmella Hill	Pre-Con 2 THURSDAY 9am-12pm 3 Ethics CEs

THURSDAY, 12:00-1:00 PM
LUNCH BREAK & BREAKOUT SESSIONS
NO CE CREDIT

Chapter/Division/Committee	Leaders	Zoom Link
Meet & Greet New Members/New Professionals/First-Time Participants	Sherdene Simpson	https://us02web.zoom.us/j/88420359470?pwd=eExiS3BpUjR6SFUvUi9ZTTZtbmFSZz09
OACES Ohio Association for Counselor Education & Supervision	Tamarine Foreman	https://us02web.zoom.us/j/84551359687?pwd=QzVSREFqajhtUkZtK1NuMFBTSHpFdzo9

THURSDAY, 1:00-2:00 PM		
Title	Presenters	Day/Time/CEs
Cultivating Reflection to Personal Resiliencies in the Face of Stressors: A Creative Counseling Intervention	Rebecca D. Miller Diana T. Wallace Monica C. Brown	Session 1 THURSDAY 1:00-2:00 pm 1 General CE
Integration of Polyvagal Theory into Creative Counseling Practice	Areka Foster Katherine Jackson Fawn Gordon	Session 2 THURSDAY 1:00-2:00 pm 1 General CE
THURSDAY, 2:15-3:15 PM		
Title	Presenters	Day/Time/CEs
Fostering Counseling Leaders Through Intentional Mentorship	Andrew Kirsop Stephanie Maccombs-Hunter	Session 3 THURSDAY 2:15-3:15 pm 1 General CE
Mirror, Mirror...Knowing, Building, and Staying Ahead of College-Aged Individuals' Needs	Phil Hughes	Session 4 THURSDAY 2:15-3:15 pm 1 General CE
THURSDAY, 3:30-4:30 PM		
Title	Presenters	Day/Time/CEs
Every Patronus is Unique: Finding Where You Fit in Counseling	Elisa Gambill	Session 5 THURSDAY 3:30-4:30 pm 1 General CE
The Art of Not Knowing: Promoting Supervision Best Practices through Mindfulness	Michael Desposito Katie Gamby	Session 6 THURSDAY 3:30-4:30 pm 1 Supervision CE (CSW) / 1 General CE (MFT)

THURSDAY, 4:45-5:45 PM

Title	Presenters	Day/Time/CEs
Ecotherapy: Healing Through (Re)Connection	Andrew Kirsop	Session 7 THURSDAY 4:45-5:45 pm 1 General CE
Beyond the Stages of Grief: Contemporary Theoretical Perspectives on Bereavement	Kailey Bradley	Session 8 THURSDAY 4:45-5:45 pm 1 General CE

THURSDAY, 6:00-7:00 PM BREAKOUT SESSIONS NO CE CREDIT

Chapter/Division/Committee	Leaders	Zoom Link
TBA	TBA	
TBA	TBA	

THANK YOU FOR ATTENDING!

PLEASE FILL OUT AN EVALUATION FORM FOR EACH SESSION YOU ATTEND:

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FRIDAY, 8:00-8:45 AM BREAKOUT SESSIONS NO CE CREDIT		
Chapter/Division/Committee	Leader(s)	Zoom Link
MPRM / OCA Ambassador Program Media, Public Relations, and Membership Committee	Chase Morgan-Swaney	https://us02web.zoom.us/j/86243506449?pwd=Zm1hNEg2OXh4QjJVUVBueXU5K0lEQTO9
TBA	TBA	
FRIDAY, 9:00-10:30 AM		
Title	Presenter	Day/Time/CEs
Keynote Presentation: Shaping the Future of Counseling: Trends and Insights for Tomorrow	Dr. Casey Barrio Minton	FRIDAY 9:00-10:30 am 1.5 General CEs
FRIDAY, 10:45-11:45 AM		
Title	Presenters	Day/Time/CEs
Suicide, Supervision, and Supervisees	Emily Ribnik	Session 9 FRIDAY 10:45-11:45 am 1 Supervision CE (CSW) / 1 General CE (MFT)
EMDR Therapy with Pregnant Clients: Contraindicated or Beneficial?	Lindsey Brown McCormick	Session 10 FRIDAY 10:45-11:45 am 1 General CE

FRIDAY, 12:00-1:00 PM
LUNCH BREAK & BREAKOUT SESSIONS
NO CE CREDIT

Chapter/Division/Committee	Leaders	Zoom Link
SEOCA Southeast Ohio Counseling Association	SEOCA Executive Committee	https://us02web.zoom.us/j/86470085938?pwd=ZFpQRfVraytYcDZ0bmNtck1YK3M1dz09
OCSJ Ohio Counselors for Social Justice	OCSJ Executive Board Members	https://us02web.zoom.us/j/82814998475?pwd=RjNGVndEZk9MT092VGZ3U1lWOUhqZz09

FRIDAY, 1:15-2:15 PM

Title	Presenters	Day/Time/CEs
Nurturing the Nurturers: The Transformative Power of Self-Compassion in Supervision	Colleen Trhlik Amanda Shuluga-Strogin	Session 11 FRIDAY 1:15-2:15 pm 1 Supervision CE (CSW) / 1 General CE (MFT)
Effect of a Mindfulness-Based Intervention on the Multicultural Counseling Competence of Counselors-in-Training	Sunder Singhani Olajumoke Olawale Kristin Chamberlain	Session 12 FRIDAY 1:15-2:15 pm 1 General CE

FRIDAY, 2:30-3:30 PM

Title	Presenters	Day/Time/CEs
How Counselor Supervisors Experience Client Suicide	Emily Ribnik	Session 13 FRIDAY 2:30-3:30 pm 1 Supervision CE (CSW) / 1 General CE (MFT)
The Neuroscience of Play Therapy: How Play Changes the Brain	Machen Champion	Session 14 FRIDAY 2:30-3:30 pm 1 General CE

FRIDAY, 3:45-4:45 PM

Title	Presenters	Day/Time/CEs
Getting to the Root: Addressing Trauma from a Transdiagnostic Framework	Michael Desposito Katie Gamby	Session 15 FRIDAY 3:45-4:45 pm 1 General CE
Tailoring Mindfulness-Based Approaches for Working with Children and Adolescents	Fawn Gordon Momoko Takeda	Session 16 FRIDAY 3:45-4:45 pm 1 General CE

FRIDAY, 5:00-6:00 PM

Title	Presenters	Day/Time/CEs
An Approach to Social Justice Supervision with Doctoral Students	Dantavious Hicks Rumbidzai Mushunje Emeka Obinnakwelu	Session 17 FRIDAY 5:00-6:00 pm 1 Supervision CE (CSW) / 1 General CE (MFT)
Home Safe: Improving the Transition from Hospital to Community	Gail McPeake	Session 18 FRIDAY 5:00-6:00 pm 1 General CE

THANK YOU FOR ATTENDING!

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SATURDAY, 8:00-8:30 AM
BREAKOUT SESSION
NO CE CREDIT

Chapter/Division/Committee	Leaders	Zoom Link
OCA President Virtual Coffee Talk	Sherdene Simpson	https://us02web.zoom.us/j/84352678913?pwd=UoNUb3UoRINjk1VNcWZIR2V2UkxQZz09

SATURDAY, 8:45-9:45 AM

Title	Presenters	Day/Time/CEs
Treatment Recommendations for Gay Men Who Have Experienced Homophobic Social Media	Jared Rose Bret Williamson	Session 19 SATURDAY 8:45-9:45 am 1 General CE
Strategies for Student Remediation Planning	Patricia Stewart-Hopkins	Session 20 SATURDAY 8:45-9:45 am 1 General CE

SATURDAY, 10:00-11:00 AM

Title	Presenters	Day/Time/CEs
Counseling Children via Telehealth: A Practical Guide for Clinicians	Amanda Cole	Session 21 SATURDAY 10:00-11:00 am 1 General CE
Natural Freedom's BREATHE Program: Combining Mindfulness with Equine-Based and Nature-Based Therapy for Adolescents	Sunder Singhani Pamela Jeffers	Session 22 SATURDAY 10:00-11:00 am 1 General CE

SATURDAY, 11:15 AM-12:15 PM

Title	Presenters	Day/Time/CEs
Counselors as Catalysts: Innovating Suicide Prevention in Rural Landscapes	Kaitlyn Bruns	Session 23 SATURDAY 11:15-12:15 pm 1 General CE
Collaborative Approaches to Address Social Injustice within School Settings	Delila Owens Fawn Gordon	Session 24 SATURDAY 11:15-12:15 pm 1 General CE

SATURDAY, 12:30-1:30 PM LUNCH BREAK & BREAKOUT SESSIONS NO CE CREDIT

Chapter/Division/Committee	Leaders	Zoom Link
GSC Graduate Student Committee Panel	Graduate Student Committee	https://us02web.zoom.us/j/86157798454?pwd=cHIHSUVyRmNFRodDcDJVMoZ4UFIZQT09

SATURDAY, 1:45-2:45 PM

Title	Presenters	Day/Time/CEs
Let's Talk About Sex: The Need for Human Sexuality Competency in Counseling	Natalie Noyes	Session 25 SATURDAY 1:45-2:45 pm 1 General CE
Achieving Success: Including Parents in Treatment	Mariah Couser	Session 26 SATURDAY 1:45-2:45 pm 1 General CE

SATURDAY, 3:00-4:00 PM

Title	Presenters	Day/Time/CEs
A Supervisor's Guide to Ethically Integrating Supervisees into Telehealth Group Work	Amanda Cole Carrie VanMeter Kaitlyn Peterson Kelly Smith	Session 27 SATURDAY 3:00-4:00 pm 1 Supervision CE (CSW) / 1 General CE (MFT)
The Shadow Side of Wellness Culture: Creating Equitable Solutions	Kailey Bradley Kristin Chamberlain	Session 28 SATURDAY 3:00-4:00 pm 1 General CE

SATURDAY, 4:15-5:15 PM

Title	Presenters	Day/Time/CEs
Geeking In: Using Fandoms to Improve Mental Health	Elisa Gambill	Session 29 SATURDAY 4:15-5:15 pm 1 General CE
Navigating the Countryside of Mental Health: Challenges and Preparedness for Rural Practice	Kaitlyn Bruns	Session 30 SATURDAY 4:15-5:15 pm 1 General CE

THANK YOU FOR ATTENDING!

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PRESENTATION DETAILS

Thursday, April 25

In order of presentation

THURSDAY 1:00-2:00 PM

Session 1

Cultivating Reflection to Personal Resiliencies in the Face of Stressors: A Creative Counseling Intervention

Rebecca D. Miller, Ph.D., LPC, ATR-BC, ATCS of Ursuline College

Diana T. Wallace, LPCC-S, ATR-BC of Ursuline College

Monica C. Brown, M.A., Master's Student at Ursuline College

Research has shown that an overload of stress and anxiety can negatively impede an individual's optimal functioning in areas of everyday decision-making, problem-solving, self-esteem, and general wellbeing. However, intentional reflection to one's personal resiliencies may improve coping and problem-solving skills in times of acute stress. Following a brief review of research on negative impacts of stress and anxiety, a basic resiliency model will be introduced that can be easily used to encourage consideration of personal resiliencies in counseling work with a wide spectrum of clients. Next, a creative collage intervention will be shared that encourages client reflection to both stressors and resiliencies within a shared visual frame. The presenters will describe how the visual juxtaposition of stressors and resiliencies together can be a metaphorical representation of their complex interrelationships, encouraging more realistic coping and problem-solving processes, while also decreasing self-blame. Both the intervention process and product can also be used as a tool to encourage further contemplation to cultivate skills of resiliency reflection, particularly in times of great stress when reminders may be most needed. Examples of the completed intervention created by participants from a group training workshop will be shared. Finally, session participants will be encouraged to consider how the intervention can be used or modified to be most effective with their own clients and/or supervisees, as well as will also be prompted to reflect on personal resiliencies of their own that they may need to call up in managing the demands of counseling work or other professional stressors. (1 General CE)

Session 2

Integration of Polyvagal Theory into Creative Counseling Practice

Areka Foster, LPCC-S, ATR-BC, SEP of Ursuline College

Katherine Jackson, Ph.D., ATR-BC of Ursuline College

Fawn Gordon, Ph.D., LPCC of Ursuline College

Due to the pervasiveness of traumatic experiences, the effects of trauma and ways to combat related symptoms continue to be a focus in research and clinical practice. Much of the focus has brought awareness to the neurobiological effects of trauma, including the effects on the nervous system. Ongoing dysregulation of the nervous system may reduce the effectiveness of top-down processing interventions centered on cognition. To address this, consideration should be given to bottom-up approaches that acknowledge the intersection between the autonomic nervous system and supporting regulation. The aim of this educational and experiential session is to offer strategies for integrating polyvagal theory into creative counseling practice, offering a multidimensional approach to address trauma. (1 General CE)

THURSDAY 2:15-3:15 PM

Session 3

Fostering Counseling Leaders Through Intentional Mentorship

Andrew Kirsop, LPCC, LICDC, Doctoral Student at Ohio University

Stephanie Maccombs-Hunter, Ph.D., LPCC-S, LICDC, CRC of Ohio University

Effective leadership is essential to the success and advancement of the counseling profession (Chang & Barrio Minton, 2022), and mentoring is one measure for promoting counselor leadership identity development (Meany-Walen et al., 2013). Mentoring is a dyadic developmental relationship between a mentor and mentee that is focused on the learning, goal attainment, and personal growth of a mentee and where the mentor facilitates the induction of the mentee into the culture of an institution or profession (Hastings & Kane, 2018). By helping mentees understand the values of the counseling profession, mentors promote the mentee's effective engagement in the professional counseling leadership, and thus the betterment of the profession as a whole and the wellbeing of clients (Chang & Barrio Minton, 2022). To ensure mentorship and leadership development is effective for all, there are additional considerations to make when working with mentees from marginalized populations (Pérez & Carney, 2018). In addition to receiving effective and culturally informed mentorship alone, involvement in professional organizations, particularly at the chapter and state-levels, can provide mentees with the opportunity to develop their foundational leadership skills (Luke, 2022). As a result of attending this presentation, participants will develop an understanding of the process of mentorship as it relates to leadership development, benefits to the mentor and mentee, and benefits to the counseling profession. Participants will also explore considerations for mentorship of aspiring counseling leaders from marginalized populations. Moreover, participants will learn practical strategies for getting involved with mentorship through professional counseling associations. (1 General CE)

PRESENTATION DETAILS



Thursday, April 25

In order of presentation

THURSDAY 2:15-3:15 PM

Session 4

Mirror, Mirror...Knowing, Building, and Staying Ahead of College-Aged Individuals' Needs

Phil Hughes, LPCC-S of Bowling Green State University

Participants of the session will learn current trends in college counseling. Over the years, student mental health has grown increasingly worse and was exacerbated by the COVID-19 pandemic and other global/societal events, murders, etc. Identifying the best ways to connect with this population given their specific Gen Z culture, creating interventions and programming that promote progress towards their mental health in fun and innovative ways, and staying knowledgeable of the sociopolitical issues that are impacting them i.e. gun violence, war, social issues, etc are all necessary to helping this population. (1 General CE)

THURSDAY 3:30-4:30 PM

Session 5

Every Patronus is Unique: Finding Where You Fit in Counseling

Elisa Gambill, LPCC-S of Madison Plains Local Schools

Every counselor is unique but many entry level clinicians often struggle with finding their niche within the field. This presentation will focus on building and expanding individual professional identity while utilizing a positive psychology and strength based approach. The presenter will cover the importance of professional identity along with an overview of strengths and virtues in positive psychology. The combination of using the clinicians strengths along with personal interests can increase the level of professional identity the counselor will possess. This will directly influence the ability for the counselor to find and develop their own niche within the profession. The foundation of professional identity along with invested personal strengths and interests can directly impact job satisfaction and performance. (1 General CE)

Session 6

The Art of Not Knowing: Promoting Supervision Best Practices Through Mindfulness

Michael Desposito, M.A., LPCC-S, DBTC of The Wellife, LLC

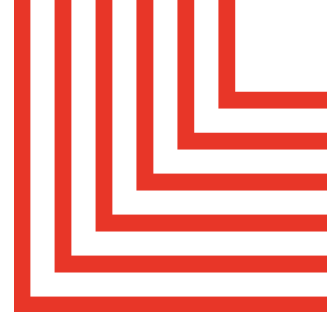
Katie R. Gamby, Ph.D., LPCC-S, CWC of The Wellife, LLC

The supervisory relationship is often defined as a more experienced practitioner providing support and development to a younger professional in the field (Bernard & Goodyear, 2019). While this process is the universal consensus, supervision is also highly evaluative and can create a hierarchical structure by nature of the inherent power dynamic that can limit supervisee development and support. Additionally, counselors-in-training (CITs) often struggle during the initial stages of development with performance anxiety, being present with clients, and being able to understand clients to conceptualize and support clients with their therapeutic goals (Sturm et al., 2012). This can lead to an increased risk for counselors-in-training (CITs) when faced with compassion fatigue and vicarious trauma making the integration of wellness factors and mindfulness skills within the supervisory relationship of critical importance. Mindfulness has several benefits that can support supervisees in their development while also supporting supervisors with maintaining a "Beginner's Mind" or open-mind to exploring new and old dilemmas in session with CITs. This experiential presentation seeks to promote the spirit of collaboration by demonstrating mindful processes for attendees between presenting supervisors and presenting supervisees to support growth for all. (1 Supervision CE (CSW) / 1 General CE (MFT))

PRESENTATION DETAILS

Thursday, April 25

In order of presentation



THURSDAY 4:45-5:45 PM

Session 7

Ecotherapy: Healing Through (Re)Connection

Andrew Kirsop, LPCC, LICDC, Doctoral Student at Ohio University

This session explores how ecotherapy can address growing mental health challenges, including stress and loneliness, by fostering connections with the earth. As the pace of modern life continues to increase and the existential threat of the climate crisis looms, counselors need to be able to respond with an approach that is informed by both recent scientific learning and deep wisdom of nature to support the holistic wellness of all (Buzzell & Chalquist, 2009). To wit, an aspect missing from previous models of wellness used in counseling is EcoWellness, or “a sense of appreciation, respect for, and awe of nature that results in feelings of connectedness with the natural environment and the enhancement of holistic wellness” (Reese & Myers, 2012, p. 400). As many clients cope with the increasing pressures of society by disconnecting, it is important for counselors to have strategies to help them reconnect with the habitat which sustains them, including taking a walk with clients, assigning homework involving spending time in nature, outdoor mindfulness exercises, nature-based expressive arts, horticulture therapy, equine-assisted therapy, community restoration projects, and many more (Hinds & Jordan, 2016). These reconnecting interventions can fit with many different theoretical approaches to counseling and be adapted to the specific needs of clients. By the end of this session, participants will have knowledge of assessment strategies and instruments they can use to gauge clients’ connection to nature and guide their treatment planning to select and incorporate ecotherapy interventions in their practice, fostering holistic wellness for their clients. (1 General CE)

Session 8

Beyond the Stages of Grief: Contemporary Theoretical Perspectives on Bereavement

Kailey A. Bradley, MA, LPCC-S, NCC, FT, Doctoral Student at Ohio University, Co-Owner of Refuge Counseling LLC

General counseling theories and grief theories have attempted to make sense and order out of grief which is naturally disorderly. Nevertheless, counselors and counseling supervisors have been called on to support grieving individuals through the grieving process. Contemporary grief theories have added to traditional paradigms in an effort to better meet the needs of grieving clients. This training seeks to define how grief has been defined, how it continues to be defined and create awareness that any theoretical paradigm may be limited as it pertains to grief. (1 General CE)

PRESENTATION DETAILS



Friday, April 26

In order of presentation

FRIDAY 10:45-11:45 AM

Session 9

Suicide, Supervision, and Supervisees

Emily Ribnik, Ph.D., LPCC-S of Light After Loss

The suicide of a client can have pervasive professional and personal impact on a supervisee and even their supervisor. This presentation offers an opportunity for supervisors to widen their understanding of these possible impacts and how their supervisory relationship with a supervisee can protect the supervisee from the most distressing impacts. Supervisors will learn what the possible impact of a client suicide may be on a supervisee, how these impacts may differ between a graduate student and a licensed supervisee and learn additional suggestions to enhance their supervision to both prepare for and appropriately respond to the suicide of a client. Additionally, supervisors will learn about what they may experience after a client suicide, and how to navigate the experience. A new model of supervision and client suicide will be presented. This session would be appropriate for direct supervisors as well as administrators of agencies and practices. (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 10

EMDR Therapy with Pregnant Clients: Contraindicated or Beneficial?

Lindsey Brown McCormick, Ph.D., LPCC-S, NCC, CCMHC, ACS, BC-TMH, PMH-C, CLC of The Chicago School

Among trained EMDR therapists, there has been a question in supervision and consultation regarding the use of EMDR therapy with pregnant clients. Many clinicians have heard “through the grapevine” that they should not be utilizing EMDR therapy as an intervention when clients are pregnant. This presentation will “de-bunk” the myth that EMDR therapy is contraindicated for pregnant clients and discuss the ways in which the benefits of EMDR therapy can help clients experiencing traumatic stress during their pregnancies. (1 General CE)

FRIDAY 1:15-2:15 PM

Session 11

Nurturing the Nurturers: The Transformative Power of Self-Compassion in Supervision

Colleen Trhlik, M.Ed., LPCC-S, LICDC, Doctoral Student at Kent State University

Amanda Shuluga-Strogin, MA, LPC, Doctoral Student at Kent State University

Clinical supervision plays a pivotal role in the professional development of counselors (Rønnestad & Skovholt, 2003). Our responsibility as clinical supervisors is twofold: to nurture the growth of our supervisees (F.8.c. Self-Growth Experiences, ACA Code of Ethics, 2014) and to ensure they are equipped to deliver optimal care to their clients (F.1.a. Client Welfare, ACA Code of Ethics, 2014). The support and feedback supervisors provide is especially valuable for counselors-in-training and those navigating the early stages of their careers (Rønnestad & Skovholt, 2003). (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 12

Effect of a Mindfulness-Based Intervention on the Multicultural Counseling Competence of Counselors-in-Training

Sunder Singhani, LPC, Doctoral Student at Ohio University

Olajumoke Olawale, LPCC, Doctoral Student at Ohio University

Kristin Chamberlain, Ph.D., LPC, LSC, RN, RYT of Ohio University

Multicultural counseling competence (MCC) is critical for establishing a strong therapeutic alliance with clients from diverse cultures. Mindfulness is a powerful tool to help counselors to become aware of their biases, attitudes, beliefs, privileges, and power status toward clients of diverse cultures. This presentation will discuss the findings and implications of a mixed methods study that used a mindfulness-based intervention for counselors-in-training in a multicultural counseling course to improve their MCC. (1 General CE)

PRESENTATION DETAILS

Friday, April 26

In order of presentation

FRIDAY 2:30-3:30 PM

Session 13

How Counselor Supervisors Experience Client Suicide

Emily Ribnik, Ph.D., LPCC-S of Light After Loss

This presentation will focus on the first research done to understand what counselor supervisors experience with a supervisee's client dies by suicide. The content will focus on not only the emotional and cognitive reactions of supervisors, but also what actions they took within supervision and the challenges faced by both them and their supervisees. Systemic challenges for supervisors after a client completes suicide will be explored. Recommendations for advocacy and a brief overview of a model of supervision for after a client suicide will also be presented. (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 14

The Neuroscience of Play Therapy: How Play Changes the Brain

Machen Champion, MA, LPCC-S, RPT-S™, Certified Synergetic Play Therapist, Doctoral Student at the University of Cincinnati

As an evidence-based approach, play therapy is an effective therapeutic modality to help children express themselves and make sense of their worlds in a way that comes naturally to them - through play! Research into neuroscience and interpersonal neurobiology has transformed our understanding of what makes play and play therapy such a powerful force for healing. In this brief workshop, participants will be introduced to the neurobiology of how and why play works. (1 General CE)

FRIDAY 3:45-4:45 PM

Session 15

Getting to the Root: Addressing Trauma from a Transdiagnostic Framework

Michael Desposito, M.A., LPCC-S, DBTC of The Wellife, LLC

Katie R. Gamby, Ph.D., LPCC-S, CWC of The Wellife, LLC

There is a growing consensus within the mental health field that current diagnostic categories may not fit effectively for the purposes of classifying and treating mental and emotional disorders (Dalgleish et al., 2020), often leading to counselors to pull from several theoretical orientations and interventions to address clients with overlapping comorbid diagnoses and needs without a solid guiding formulation (Frank & Davidson, 2014). Trauma is a unique example where the symptoms are often diagnosed versus the root transdiagnostic condition. Transdiagnostic therapies can benefit counselors as these types of treatments apply universal therapeutic principles to address multiple diagnostic categories at once (Sauer-Zavala et al., 2017) while also honoring client contexts including multicultural and social justice considerations (Riquino et al., 2021). This experiential presentation will describe trauma from a transdiagnostic lens and select transdiagnostic interventions to effectively inform trauma care. (1 General CE)

Session 16

Tailoring Mindfulness-Based Approaches for Working With Children and Adolescents

Fawn Gordon, Ph.D., LPCC of Ursuline College

Momoko Takeda, Ph.D., LMFT of Alliant International University

Children and adolescents continue to be one of the largest groups receiving mental health services. Generally, these services center around "talk therapy," where most things are done verbally. Despite youth accessing care, Watson and colleagues (2022) found they often have negative experiences of psychotherapy. Specifically, 40% of participants indicated that they did not understand the treatment; and negative experiences such as increased stress, unpleasant memories, decreased self-esteem, and perception that their problem would not improve were rarely reported to the provider. Without tailored interventions, these services may continue to be inaccessible for youth. As one potential alternative or integrative approach to talk therapy, mindfulness has shown its effectiveness across different age groups, cultural backgrounds, and presenting concerns; with ongoing research supporting its usefulness. However, mindfulness approaches limited to breathing and sitting still pose a challenge to many, perpetuating the lack of access to an efficacious intervention. Specifically, Vekety et al. (2022) found that while mindfulness-based programming for children 3-7 emphasize body-based mindfulness exercises, body-based approaches decrease by half for children 8-12; potentially reducing the benefits as it may no longer be developmentally appropriate. This presentation will invite participants to explore mindfulness practices for youth, highlighting the importance of body-based mindfulness practice. (1 General CE)

PRESENTATION DETAILS



Friday, April 26

In order of presentation

FRIDAY 5:00-6:00 PM

Session 17

An Approach to Social Justice Supervision with Doctoral Students

Dantavious Hicks, MS, LGPC (MD), NCC, Doctoral Student at The Ohio State University

Rumbidzai Mushunje, MA, LPC, NCC, Doctoral Student at The Ohio State University

Emeka Obinnakwelu, MA, LPC, Doctoral Student at The Ohio State University

The Multicultural and Social Justice Counseling Competencies (MSJCC; Ratts et al., 2016) have underscored the importance of counselors' social justice skill development. However, a paucity of research has examined the best practices for fostering the social justice leadership skills of doctoral students. This session will introduce an approach to promoting social justice advocacy skills in the doctoral supervision process. Presenters will provide an overview of the Social Justice Supervision Model (SJSM; Dollarhide et al., 2021) and an approach to applying model for the supervision of doctoral supervisors. Aligned with the SJSM, the presenters will discuss how to (a) examine cultural biases embedded in supervision, (b) facilitate supervisees' identity exploration, (c) model and coach social justice systems work, and (d) process social justice work with supervisees. Lastly, presenters will provide a share doctoral students' accounts with applying the SJSM to provide individual and group supervision with master-level counselors in training. Implications for practice and teaching will be discussed. (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 18

Home Safe: Improving the Transition from Hospital to Community

Gail McPeake, RN, BSN, Retired / Teaching DODD Medication Classes

The Harvard Review of Psychiatry 2019 noted that the risk of a suicide attempt after discharge from a behavioral healthcare unit is about one for every 46 discharges, and the success rate one in every 415. This is an important fact for healthcare providers to be aware of when creating safety plans since people with serious mental illness are such a vulnerable population. Who is responsible for the successful transition from hospital to community mental healthcare? (1 General CE)

PRESENTATION DETAILS

Saturday, April 27

In order of presentation

SATURDAY 8:45-9:45 AM

Session 19

Treatment Recommendations for Gay Men Who Have Experienced Homophobic Social Media

Jared Rose, Ph.D., LPCC-S, NCC, EMDRC of Bowling Green State University

Bret Williamson, MA, LPC, LCDCIII of Ohio Guidestone and Walden University

This engaging presentation explores the psychological impact, clinical implications, and treatment recommendations for gay men who have experienced homophobic social media. Attendees will learn how prevalent homophobic social media is and how it negatively impacts gay men's emotional and mental wellbeing. Participants will develop an understanding of the need for proactive treatment which targets the impact of homophobic social media. Attendees will then learn effective treatment techniques and interventions that they can begin incorporating immediately into their clinical practices. Resources for deepening knowledge about, and providing support to, the needs of gay men will also be provided. (1 General CE)

Session 20

Strategies for Student Remediation Planning

Patricia Stewart-Hopkins, Ed.D., LPCC-S of Lindsey Wilson College

What will you do when you are certain you have to do something to allow for remediation? After swearing, stalling, and lamenting, turn to the code of ethics for support and begin drafting the plan of action. What will you do? What will the supervisee do? What is the desired outcome? How will these activities be documented? What's plan B? Case examples, strategies for remediation, and a template for documentation will be shared. (1 General CE)

SATURDAY 10:00-11:00 AM

Session 21

Counseling Children via Telehealth: A Practical Guide for Clinicians

Amanda Cole, MA, LPCC-S, Doctoral Student at Kent State University

This presentation will explore the components of effective best practice for counseling children via telehealth. The presenter will highlight unique opportunities that telehealth provides and demonstrate several techniques to utilize with clients in this unique virtual conference setting. This presentation will also feature ethical considerations and Multicultural and Social Justice Counseling Competencies. Attendees will be provided with practical recommendations, interventions, and ready-to-use resources to implement with diverse client populations. (1 General CE)

Session 22

Natural Freedom's BREATHE Program: Combining Mindfulness with Equine-Based and Nature-Based Therapy for Adolescents

Sunder Singhani, LPC, Doctoral Student at Ohio University

Pamela Jeffers, Professional Association of Therapeutic Horsemanship (PATH) Certified Equine Specialist of Natural Freedom Wellness Center

The evidence-based experiential Learning to BREATHE program to teach mindfulness skills to adolescents was modified, and elements of equine-based psychotherapy and nature-based therapy were included in a new group called Natural Freedom's BREATHE program. The enhancements to the original program targeted adolescents under treatment at a community mental health agency. This 8-week group was conducted for the first time in the summer of 2022 and has been offered every summer since then. This presentation will cover the specific activities of the group each week and findings from a basic program evaluation perspective. (1 General CE)

PRESENTATION DETAILS



Saturday, April 27

In order of presentation

SATURDAY 11:15 AM-12:15 PM

Session 23

Counselors as Catalysts: Innovating Suicide Prevention in Rural Landscapes

Kaitlyn Bruns, Ph.D., LPCC-S, NCC of The University of Cincinnati

This presentation describes how counselors can be agents of change in rural settings, as they utilize skills and training to expand knowledge among the community. As rural areas experience significant mental health professional shortages, we provide approaches to close the gap and increase mental wellness among rural communities. Counselors and mental health professionals can contribute beyond their traditional clinical roles and utilize their potential impact as trainers and mentors for community gatekeepers. By doing so, counselors can extend their influence into the community, increase suicide prevention efforts, and provide meaningful knowledge and training to the community. By bridging the gap between professional counselors and community gatekeepers, our presentation empowers attendees with versatile tools to reshape the future of mental health counseling, particularly in areas where the demand for supportive resources is pronounced. (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 24

Collaborative Approaches to Address Social Injustice within School Settings

Delila Owens, Ph.D., LPC, LSC of The University of Akron

Fawn Gordon, Ph.D., LPCC of Ursuline College

School counselors play a crucial role in supporting the development of students. The presenters identified significant social justice issues in schools by using a national sample of school counselors. The results will be presented. Following the findings, there will be a discussion about school-community partnerships. This talk is an extension of our OCA Spring 2023 presentation. (1 General CE)

SATURDAY 1:45-2:45 PM

Session 25

Let's Talk About Sex: The Need for Human Sexuality Competency in Counseling

Natalie Noyes, LPC, NCC, JD, Doctoral Student at Widener University, Behavioral Health Specialist at Fairfield County Juvenile Court

Most master's programs provide human sexuality as a single class and often as an elective. This presentation seeks to encourage further study of human sexuality and how it interacts with every facet of client identity. All counselors, even those who will never provide sex therapy, can benefit from further learning about the LGBTQIA+ community, varying gender identities, and varying relational structures. Throughout the presentation, attendees will learn some basics of human sexuality and how it can further their practice. (1 General CE)

Session 26

Achieving Success: Including Parents in Treatment

Mariah Couser, M.A., LPCC-S of Cincinnati Therapy Center, Doctoral Student at Liberty University

As a provider working with children, there is a responsibility for collaboration and correspondence with the child's parents. When seeing their child, working with parents can be intimidating, challenging, and inefficient. However, this does not have to be the case. Research shows that when providers incorporate parents into their child's treatment, the child makes more progress toward their goals than if their parent was not involved. So, how can parents be involved effectively? Through this presentation, the presenter will provide the audience with ways to collaborate with parents through interventions, psychoeducation, and cooperation in private practice and school settings. (1 General CE)

PRESENTATION DETAILS

Saturday, April 27

In order of presentation

SATURDAY 3:00-4:00 PM

Session 27

A Supervisor's Guide to Ethically Integrating Supervisees into Telehealth Group Work

Amanda Cole, LPCC-S, Doctoral Student at Kent State University

Carrie VanMeter, Ph.D., LPCC, LSC of Capella University

Kaitlyn Peterson, MA, LPC, BC-TMH of Premier Behavioral Health Services

Kelly Smith, MA, LPC of Premier Behavioral Health Services

The utilization of telehealth has increased for both group work and supervision in the past several years. It has become increasingly important for supervisors to be knowledgeable of ethical best practices to ensure supervisees are trained in telehealth groups in a manner that promotes optimal client care. Participants will review their understanding of ethical supervision and will learn creative approaches to working with supervisees in telehealth group settings. Additionally, participants will gain awareness of appropriate technology and other practical considerations to introduce to supervisees when conducting group work via telehealth. (1 Supervision CE (CSW) / 1 General CE (MFT))

Session 28

The Shadow Side of Wellness Culture: Creating Equitable Solutions

Kailey A. Bradley, MA, LPCC-S, NCC, FT, Doctoral Student at Ohio University, Co-Owner of Refuge Counseling LLC

Kristin Chamberlain, Ph.D., LPC, LSC, RN, RYT of Ohio University

Wellness is a prominent component of the counseling profession and a cornerstone of what it means to cultivate a professional counseling identity. Nevertheless, wellness in its current iteration is a difficult concept to define and has regrettably neglected marginalized folx, resulting in exclusion. Consequently, this presentation seeks to generate conversation on who gets left out when we talk about wellness as well as providing some concrete solutions and suggestions for mental health professionals moving forward. (1 General CE)

SATURDAY 4:15-5:15 PM

Session 29

Geeking In: Using Fandoms to Improve Mental Health

Elisa Gambill, LPCC-S of Madison Plains Local Schools

Utilizing fandoms and pop culture figures in a client's journey provides counselors with an avenue to increase engagement, interest, and autonomy. This presentation will focus on promoting the use of fandoms in the mental health field with focus on parasocial relationships and social surrogacy, as well as promoting multiple strengths, increasing level of engagement, and assisting clients in identifying their own struggles within the safety of the counseling journey. It will also enhance the knowledge base of utilizing fandoms to promote further research and focus on it in the future. (1 General CE)

Session 30

Navigating the Countryside of Mental Health: Challenges and Preparedness for Rural Practice

Kaitlyn Bruns, Ph.D., LPCC-S, NCC of The University of Cincinnati

This presentation will explore the complex landscape of mental health challenges in rural communities and gain insights into strategies that effectively prepare professionals for the unique demands of rural practice. We will review approaches and strategies to prepare professionals working with rural populations, by investigating the benefits of innovative service delivery models, fostering collaboration and partnerships, community engagement, and cultural competence. This presentation aims to empower professionals with the knowledge and tools to effectively navigate and thrive in rural mental health practice. (1 General CE)

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSIONS 8, 28

Kailey A. Bradley, MA, LPCC-S, NCC, FT has a background in hospice work and feels that companioning and advocating for griever is her life's passion. She is a licensed professional counselor, nationally certified counselor, and Fellow in Thanatology. Currently, Kailey is an adjunct professor at Ashland Theological Seminary where she teaches grief counseling courses and Marian University where she teaches courses on Childhood Bereavement and Pediatric Hospice Care. Kailey is also currently a doctoral student at Ohio University and co-owns Refuge Counseling, LLC a private practice specializing in the intersections of grief, sexuality, chronic illness and spirituality.



SESSION 1

Monica C. Brown, M.A. is a graduate student at Ursuline College, pursuing a Master's in Counseling and Art Therapy, and is a Graduate Assistant within the program department. She has a B.A. in Information Systems Management and a Master's in Photography. She spent much of her childhood in Germany and later lived and worked there. She is interested in using creativity to help cultivate mindfulness, self-compassion, and self-care, and believes that playfulness and movement play a significant role in the process.



SESSION 10

Lindsey Brown McCormick, Ph.D., LPCC-S, NCC, CCMHC, ACS, BC-TMH, PMH-C, CLC is Department Faculty at The Chicago School of Professional Psychology – Online Campus. She is a Certified Therapist with the EMDR International Association and a Certified Perinatal Mental Health Provider (PMH-C) with Postpartum Support International. Her research and clinical interests include traumatic birthing and lactation experiences, women's mental health, and Feminist therapy and supervision.



SESSIONS 23, 30

Kaitlyn Bruns, Ph.D., LPCC-S, NCC currently engages in clinical counseling within a hospital outpatient setting. Additionally, she oversees an academic-community partnership that operates a tele-mental health clinic catering to the mental health needs of rural youth. She has a background in psychiatry clinical research, psychopathology/clinical work, and counselor education and supervision. Kaitlyn emphasizes collaborative and multidisciplinary efforts to increase the mental health and wellness of youth and young adults. Her clinical interests include working with clients who are experiencing severe mood disorders, anxiety disorders, interpersonal challenges, rural mental health challenges, and preventing gun violence.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSIONS 12, 28

Kristin Chamberlain, Ph.D., LPC, LSC, RN, RYT is an Assistant Professor of Instruction at Ohio University in the Counselor Education and Supervision program. She holds a Ph.D. in Counselor Education and Supervision and an MEd in school counseling and clinical mental health. She is also a certified yoga instructor leading community yoga classes since 2018. She utilizes mindfulness in the classroom setting, as well as in her counseling practice, yoga offerings, and her personal life.



SESSION 14

Machen Champion, LPCC-S, RPT-S™ is a Certified Synergetic Play Therapist, Level 1 Theraplay Trained, and is a current Doctorate Student at the University of Cincinnati studying Counselor Education & Supervision. She is the owner of Wired to Bloom Therapy & Consulting LLC, a small private practice in Cincinnati, Ohio that specializes in Play Therapy for children and families. As a self-proclaimed neuroscience-nerd, sharing her love and knowledge of child development, the brain, and play therapy with others is her passion. Machen frequently presents on these topics to school districts, as well as mental health professionals at various state and local conferences. She currently serves as the Vice President of the Ohio Association for Play Therapy and is President Elect for Upsilon Chi Chi, the CSI chapter at the University of Cincinnati.



SESSIONS 21, 27

Amanda Cole, M.A., LPCC-S is a fourth-year doctoral student in the Counselor Education and Supervision program at Kent State University. She has over 10 years of clinical counseling experience across diverse settings and has been a licensed supervisor for the past 6 years. She is also an assistant lecturer in the School of Counseling at the University of Akron. Amanda is actively involved in committee, division, and chapter work with the Ohio Counseling Association and she serves as the current president for the Ohio Association for Specialists in Group Work.



SESSION 26

Mariah Couser, M.A., LPCC-S is a Licensed Professional Clinical Counselor and Supervisor who has been practicing in private practice for the past four years, serving Ohio's children, adolescents, and adults. She received her Master's in Clinical Health Counseling and a Child and Adolescents and Parent-Child Interaction Therapy (PCIT) certification from Richmond Graduate University. She is pursuing her Doctorate at Liberty University in Counseling Education and Supervision. Mariah is currently involved in her regional CSI Rho Eta Nu Gamma and serves as the assistant editor of the ASERVIC newsletter. She has received the NBCC Minority Doctoral Fellowship, where she continues to advocate for the minority population of children in the clinical mental health field through presentations and research.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSIONS 6, 15

Michael Desposito, M.A., LPCC-S, DBTC is a Licensed Professional Clinical Counselor with Supervisory Designation (LPCC-S) in the state of Ohio, certified Dialectical Behavior Therapist (DBTC), and adjunct professor at a local university in Canton, Ohio. He has worked and served in the mental health field for the past ten years and co-owns his own private practice The Wellife, LLC, has presented over 30+ presentations, and is published on Affirmative Therapy and Wellness. He has held several executive professional counseling organizations such as president of the EOCA (2023-2024), OASERVIC (2019-2020), and SAIGEO, formerly ALGBTCO (2016-2017). He has been awarded the Charles “Chuck” Weaver state award of Ohio for distinguished service and was an emerging leader of SAIGE national from 2017-2018.



SESSION 2

Areka Foster, LPCC-S, ATR-BC, SEP is a board-certified art therapist and licensed clinical counselor with over 25 years of experience in trauma and grief counseling. She incorporates polyvagal theory into her trauma-focused private practice. Areka has advanced training in EMDR, Neuroaffective Relational Model (NARM), and has completed a three-year training and certification in Somatic Experiencing. She is a doctoral student in Counseling Education and Supervision. She has presented on Polyvagal and Somatic theories at state and national peer-reviewed conferences.



SESSIONS 5, 29

Elisa Gambill, M.Ed., LPCC-S has been in the counseling field since 2016. Her specialty areas include how to infuse creativity into your counseling practice along with supervision practices. She has worked in both community based mental health and school based services. She is currently working on dissertation for her Ph.D. in Counseling Education and Supervision.



SESSIONS 6, 15

Katie Gamby, Ph.D., LPCC is a Licensed Professional Clinical Counselor with Supervisory Designation and Certified Wellness Counselor in the state of Ohio. She has worked as a Counselor Educator since 2016 and is currently the co-owner and founder since 2013 of The Wellife, LLC private practice. Kate has over 30+ presentations and is published in the field on wellness and various counseling related topics. She has served in many leadership roles including President Alpha Omega chapter of CSI, secretary and member at large for NWOCA, President-Elect of the Michigan ACES, and President of OASERVIC. She was awarded the Professional Leadership Award of the Ohio Counseling Association (2019).

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSIONS 2, 16, 24

Fawn Gordon, Ph.D., LPC is an Assistant Professor at Ursuline College in the Counseling and Art Therapy Department. She has worked clinically in a variety of settings including school-based, outpatient, and private practice serving children, adolescents, and families. Her theoretical approach is humanistic, integrating wellness-based strategies including mindfulness.



SESSION 17

Dantavious Hicks, LGPC, NCC is a doctoral student in Counselor Education and Graduate Teaching Associate - Clinical Supervisor at The Ohio State University. He earned his Master of Science in Counseling from Johns Hopkins and has a range of experience counseling individuals across the lifespan in school-based and outpatient settings. In Spring of 2020 Dantavious earned the Johns Hopkins University School of Education's Student Excellence Award for his research, service, and scholarship. Hicks's research interests include broaching, multicultural orientation, social justice, and anti-racism in counselor education. His professional and scholarly endeavors have also resulted in graduate teaching positions and publications in The Journal of Counseling and Development and other counseling texts.



SESSION 4

Phil Hughes, LPCC-S is a licensed professional clinical counselor with his supervisory designation in Ohio and works full-time as the Outreach Director at Bowling Green State University's Counseling Center. In addition to his full-time job, he runs a small private practice on the side. He is currently the clinical lead on the Garrett Lee Smith Suicide Prevention grant through SAMSHA at BGSU. Over the years, Phil has made contributions to multiple OCA committees including OCCA, NWOCA, OASERVIC, and SAIGE. He also has served on the Ohio College Health Association executive board, is part of the Research and Assessment subcommittee for the Association for University College Counseling Center Outreach, and Mental Health Conference Selection Committee for NASPA. Phil recently presented topics surrounded outreach and suicide prevention at the Ohio Program for Campus Safety & Mental Health Conference and the Dennis H. May Diversity Conference at the University of Illinois Champaign-Urbana.



SESSION 2

Katherine Jackson, Licensed Creative Arts Therapist, is an Associate Professor in the Counseling and Art Therapy Department at Ursuline College. She is the director of the service-learning program as well as coordinator of thesis research at Ursuline College. Dr. Jackson has a private practice in Beachwood, Ohio where she practices holistic and integrative therapy approaches with teens, families, couples and adults.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 22

Pamela Jeffers, Professional Association of Therapeutic Horsemanship (PATH) Certified Equine Specialist, of Natural Freedom Wellness Center is the founder and co-owner of Natural Freedom Wellness Center. She holds a Bachelor of Science in Therapeutic Recreation and a Master of Science in Recreation Management, both from Ohio University. She is a Professional Association of Therapeutic Horsemanship (PATH) certified Equine Specialist in Mental Health and Learning (ESMHL) and Therapeutic Riding Instructor with additional training in Trauma-Focused Equine-Assisted Psychotherapy. She combines her years of equine experience and educational background with an interest in exploring the mind, body, and spirit connection with the horse when developing the trauma-sensitive “C” Within Model of Practice for equine-assisted learning services. She is an award-winning author, presenter, and curriculum writer.



SESSIONS 3, 7

Andrew Kirsop, LPCC, LICDC holds a Master of Arts in Clinical Mental Health Counseling. He is a Licensed Professional Clinical Counselor and Licensed Independent Chemical Dependency Counselor. Andrew is currently enrolled in a doctoral Counselor Education and Supervision program and is working as a graduate assistant at a university counseling center. He is passionate about leadership and has been providing education and experiential training on the topic since he was a teenager. As a developing leader in the counseling profession, Andrew is involved in several state and national organizations. He plans to continue mentoring, supervising, and teaching from the role of a servant leader.



SESSION 3

Stephanie Maccombs-Hunter, Ph.D., LPCC-S, LICDC, CRC holds a Doctor of Philosophy degree in Counselor Education and Supervision, and a Master of Education degree in Clinical Mental Health and Rehabilitation Counseling. She is a Licensed Professional Clinical Counselor with training supervision designation, Licensed Independent Chemical Dependency Counselor, and Certified Rehabilitation Counselor. Stephanie is employed at a university counseling center, involved in clinical training. She teaches as an adjunct instructor and has served as a supervisor for doctoral students in the areas of teaching and leadership. Stephanie is passionate about leadership, evidenced by her long-standing commitment to various state and national counseling associations. She has also presented at the state and national level and published works in professional counseling journals, including the Journal of Counselor Leadership and Advocacy on the topic of mentorship.



SESSION 18

Gail McPeake, RN, BSN is a registered nurse who worked mainly in the field of developmental disabilities during her career. At the same time she maneuvered through the mental healthcare system as an advocate for her son with schizophrenia, only to end up grieving his loss to suicide just 48 hours after a month long hospitalization. Gail wrote the book Home Safe as a cautionary tale healthcare providers and families in hopes of preventing the same tragedy in others' lives. She is trying to spread the message about the high risk of suicide during the month after a mental health crisis, with possible solutions. Gail can be contacted at remeika.mcpeake@gmail.com.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 1

Rebecca D. Miller, Ph.D., LPC, ATR-BC, ATCS is an Assistant Professor and the Program Director of the Counseling and Art Therapy program at Ursuline College. She earned her PhD in Counselor Education and Supervision at the University of Missouri and her MA in Art Therapy from New York University. She has nearly 20 years' experience working in a wide range of settings, including hospitals, schools, mental health clinics, and private practice. Her research activities pertain to creativity and expressive arts approaches within art therapy, counseling, and education; professional issues, including supervision and self-care of the practitioner; and women's issues and empowerment. She enjoys creative endeavors of all kinds, documentary films, puzzling, and spending time with her witty spouse, spunky two children, several cats, one pampered dog, and hamster.



SESSION 17

Rumbidzai Mushunje, MA, LPC, NCC is a doctoral student and Graduate Teaching Associate of Clinical Mental Health Counseling Supervision at The Ohio State University with a passion for developing culturally adaptive treatment modalities for marginalized populations and in promoting multicultural practice through advocacy. Rumbidzai has experience serving different populations of clientele and is currently providing services to the geriatric population. She has presented at local, state, regional and national conferences. One of her main research interests includes cross cultural counseling practices and the use of social justice within supervision.



SESSION 25

Natalie Noyes, LPC, NCC, JD came to the counseling field after a successful legal career. Currently they work within the Juvenile Justice system, helping to connect youth and families with community resources, and maintain a small private practice, offering counseling and consultation in sex therapy. Natalie is also a doctoral student at Widener University in Human Sexuality. Their passions include body liberation, sex therapy, and supporting queer youth and adults.



SESSION 17

Emeka Obinnakwelu, Jr., MA, LPC is a Counselor Education and Supervision Ph.D. student at The Ohio State University. He also serves as a Graduate Research Associate at The Ohio State University. Emeka is a graduate of The University of Akron where he received his master's degree in Clinical Mental Health Counseling. He practiced as a behavioral health therapist at a community mental health agency in Akron, Ohio prior to beginning his Ph.D. studies at The Ohio State University.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 12

Olajumoke Olawale, LPCC is a third-year doctoral student and professional clinical counselor (LPCC) with over 10 years of experience providing counseling services to children and adults struggling with depression, anxiety, and trauma-related issues. She holds a Master's Degree in Counseling Ministries. She is also the owner of a counseling group practice that has been serving her local community since 2015.



SESSION 24

Delila Owens, Ph.D., LPC, LSC is a professor in the School of Counseling, College of Health and Human Sciences at The University of Akron. In 20 years of teaching in higher education, she has collaborated with colleagues and school counselors in several school districts. Dr. Owens is a past president of NCACES and Counselors for Social Justice.



SESSION 27

Kaitlyn Peterson, MA, LPC, BC-TMH is a Licensed Professional Counselor who graduated with her Master's in Clinical Mental Health Counseling from Ashland Theological Seminary in 2022. She currently works as a facilitator for the Adolescent Mental Health DBT-IOP at Premier Behavioral Health Services in Mentor, OH. In addition to seeing individual adolescent and adult clients, her clinical experience has been heavily geared toward working with teens in a group setting. She is also the president-elect for the Ohio Association for Specialists in Group Work.



SESSIONS 9, 13

Emily "Em" Ribnik, Ph.D., LPCC-S has been working in the mental health field of Ohio for 18 years. Currently, she is the Director of the Criminal Justice Coordinating Center of Excellence and focuses her work on assisting mental health, crisis response, and criminal justice systems across Ohio improve interactions and outcomes for those with mental illness. She is also the Training, CE and Certification Coordinator for Light After Loss, a non-profit focused on providing support to those that have lost someone to death by suicide. Her dissertation, How Counselor Supervisors Experience Client Suicide, was published in December 2023 upon earning her doctorate. She has presented at local, state, national and international conferences about crisis work, suicide, suicide loss, being a suicide loss survivor, law enforcement response, and supervision.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 19

Jared Rose, Ph.D., LPCC-S, NCC, EMDRC is an Ohio licensed professional counselor and supervisor, a national certified counselor, and an EMDR certified therapist. He is an Associate Professor and Program Coordinator for Bowling Green State University's Clinical Mental Health and School Counseling Programs and owner of a private practice. In public health and clinical mental health arenas, he has over 30 years of experience as a helping professional. His areas of clinical practice, research, and teaching include LGBTQ+ and Trans/Gender Expansive; sex and sexual health; human trafficking; HIV/AIDS; and advocacy and social justice in the counseling profession.



SESSION 11

Amanda Shuluga-Strogin, M.A., LPC is currently working on her doctorate in Counselor Education and Supervision at Kent State University. She is a Licensed Professional Counselor (LPC) in Ohio and has experience working with adolescents and young adults in individual and group settings. She also has experience teaching both psychology and counseling-related courses.



SESSIONS 12, 22

Sunder Singhani, LPC is a third-year doctoral student at Ohio University in the Counselor Education and Supervision program. He holds an MEd in clinical mental health counseling and a Master of Liberal Arts degree in clinical psychology. He is a qualified Mindfulness-Based Stress Reduction (MBSR) teacher since 2018 and the Founder/President of the Mindfulness-Based Living student club at his university.



SESSION 27

Kelly Smith, MA, LPC works at Premier Behavioral Health Services in Mentor, Ohio. She works with adolescents and adults and co-facilitates an Adolescent DBT focused IOP. She is passionate about creating supportive spaces for clients to achieve therapy goals. She is a current Emerging Leader for the Ohio Association for Specialists in Group Work. Prior to her career in counseling, she worked in theater and holds an MFA in Acting.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 20

Patricia Stewart-Hopkins, Ph.D., Ed.D., LPCC-S is an educator, clinician, and supervisor. She works as an Assistant Professor and Resident Faculty Supervisor in the School of Professional Counseling at Lindsey Wilson College. Past presentations have focused on counselor supervision, trauma-informed care, trauma-informed schools, and self-care. She is a member of ACA, ACES, KCA, KACES, OCA, and ACCA.



SESSION 16

Momoko Takeda, Ph.D., LMFT is an assistant professor at Alliant International University and has a strong mindfulness practice as a registered yoga teacher, as well as a Buddhist. She has experience working with youth and their family for over 10 years in Japan and the U.S.



SESSION 11

Colleen Trhlik, M.Ed., LPCC-S, LICDC is a second-year doctoral student in Kent State University's counselor education and supervision program. She received her Master's degree from Kent State University in 2014. She worked as an intensive outpatient group counselor for eight years. Having served as an Intensive Outpatient (IOP) counselor at a community-based corrections program, Colleen played a crucial role in helping individuals navigate the challenges of reintegration into the community. In addition to her work in the corrections program, Colleen has also contributed to the healthcare sector as an IOP counselor in a hospital setting. Colleen recently returned to school due to her strong desire to teach and mentor the next generation of professional counselors.



SESSION 27

Carrie VanMeter, Ph.D., LPCC, LSC has been a counselor educator since 2010 and currently is a core faculty at Capella University. She earned her Master's degree in Community Counseling from Heidelberg University and Ph.D. in Counselor Education and Supervision and School Counseling Certificate from The University of Toledo. She is a licensed Professional Clinical Counselor (LPCC) and a licensed Professional School Counselor (LSC) in the state of Ohio.

SPEAKER PHOTOS & BIOS

in alpha order/last name



SESSION 1

Diana T. Wallace, LPCC-S, ATR-BC is a Supervising Licensed Professional Counselor (LPCC-S) and Board-Certified Registered Art Therapist (ATR-BC) currently pursuing a PhD in Counselor Education and Supervision. Diana is a full-time faculty instructor at Ursuline College teaching in the graduate Counseling and Art Therapy program. Diana has over 10 years of clinical experience and 6 years of clinical supervisory experience providing art therapy and individual, group, and family psychotherapy emphasizing the competent treatment of diverse, marginalized populations. Diana's primary clinical focus has been the treatment of children and adolescents in urban settings who have experienced trauma and primary research focus has been on effective application of multicultural supervision practices.



SESSION 19

Bret Williamson, MA, LPC, LCDC III is a Walden University counselor education & supervision doctoral student and Ohio licensed professional counselor, with numerous years of experience in the mental health and substance use field. His primary research focus is on clinical treatment for the LGBTQIA+ population and are actively engaged in promoting diversity and multiculturalism in a community health setting.

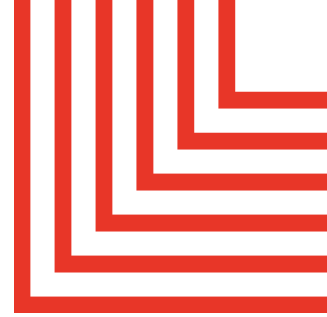
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