

# ALABAMA COUNSELING ASSOCIATION



## Celebrating Counselors

**LEADERSHIP • ADVOCACY  
COLLABORATION • COMMITMENT**

52nd Annual Conference  
November 14-16, 2018



Birmingham-Jefferson Convention Complex  
Sheraton Birmingham Hotel & The Forum  
Birmingham, Alabama





# ALABAMA COUNSELING ASSOCIATION

52nd Annual Conference  
November 14 - 16, 2018  
Birmingham, Alabama

“Celebrating Counselors:  
Leadership, Advocacy, Collaboration, Commitment”

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# ALABAMA COUNSELING ASSOCIATION



“Celebrating Counselors:  
Leadership, Advocacy, Collaboration, Commitment”

Founded in 1954  
(1966 became a part of the American Counseling Association)

ALCA has enjoyed remarkable growth  
and success in its long history.

Today it has a membership of approximately 2200 members  
comprised of nine Chapters and thirteen Divisions.

Let’s celebrate the dedication of our members statewide  
in our schools, colleges, agencies, institutions, and communities.

Our members are among the finest counselors in Alabama.

They are School Counselors... College Counselors...  
Marriage and Family Counselors....  
Educators and Supervisors.... Career Counselors...  
Mental Health Counselors... Groupwork Specialists...  
Rehabilitation Counselors...  
Addictions and Offenders Counselors...  
and Counselors in Private Practice.

They share one Vision of caregiving regardless of the specific nature of their work, location or  
specialty ~ they are all Counselors!



# MESSAGE FROM THE ALCA PRESIDENT

## MONICA MACK



Welcome to the 52nd annual conference of the Alabama Counseling Association! It is an honor to serve as your President for this year. During the conference, I hope you will take this opportunity to engage, reflect and connect with your colleagues. Our conference is filled with energetic speakers that I hope will motivate you and inspire you to continue your good works in this field.

This year's theme is "Celebrating Counselors: Leadership, Advocacy, Collaboration, and Commitment". As counselors, we serve as leaders in our professional organizations, the community and our workplace. We advocate for our students and clients as well as the field of counseling. We collaborate with other counselors and organizations as we remain committed to our purpose. I feel this theme focuses on these areas and incorporates all that we do. While you are attending the conference, I encourage you to take time to reflect on all that you do as counselors. Take this opportunity to share the wonderful things that you are doing in your schools and communities. Continue to be committed and passionate about your profession and your professional organization.

I would like to thank the executive board for your leadership and support this year. I would like to give a special thanks to my conference co-chairs, as well as everyone who offered support this year. I truly appreciate your willingness to serve and your encouragement throughout this journey. To the membership, thank you for allowing me to serve you as your president this year. It has been a wonderful learning experience and has allowed me the opportunity to connect with other counselors. I would like to thank my students for reminding me of why I chose this profession. Most of all, I would like to thank my family for sharing in this experience with me. They are truly my inspiration and motivation.

I "Celebrate" each of you for your continued dedication to the profession. I reward you for your leadership, advocacy and commitment. I look forward to visiting with you throughout these three days of engagement, professional development, and fellowship.

Dr. Monica P. Mack, LPC, NCC  
ALCA President

*Monica Paige Mack is the current President of the Alabama Counseling Association (ALCA) and has worked as a professional school counselor for over twenty years. She received her doctorate in counselor education from Auburn University and is a Licensed Professional Counselor (LPC) and National Certified Counselor (NCC). Within ALCA, she has served as secretary of ALCA, president, secretary and historian of the Alabama Association for Multicultural Counseling & Development, president and secretary of the Alabama School Counselor Association and president and secretary of Chapter VII. In addition to these roles, she has served as chair of various committees within these organizations.*

*On a personal note, she enjoys reading, traveling and spending time with her husband and two daughters.*

# ALABAMA COUNSELING ASSOCIATION

## History and Overview



The Alabama Counseling Association had its inception in 1954 as the Alabama Guidance Association, a locally organized, autonomous group. For years this group held state conventions and generally promoted professional development for counselors.

In 1964, during the Guidance Association's state convention at the Dinkler-Tutwiler Hotel in Birmingham, the question of national affiliation was discussed. With that question as impetus, then President Wilbur Tincher appointed a committee of seven to study the possibility of affiliating with the American Personnel and Guidance Association (APGA). Following discussions with and visits from American Personnel and Guidance Association representatives Willie Dugan, Kenneth Hoyt, and C. Winfield Scott, the committee proposed affiliation on February 14, 1966.

A proposed new constitution aligning the state organization with the American Personnel and Guidance Association constitution was presented at the 1966 state meeting in Montgomery. The membership approved the new constitution and endorsed the alignment. The Alabama Guidance Association then petitioned for national affiliation with APGA. Application for formal recognition was made in the Fall of 1966. Acceptance by the Senate of the American Personnel and Guidance Association was soon forthcoming. The charter for affiliation of the Alabama group was presented at the national convention of the American Personnel and Guidance Association in Dallas, Texas, in 1967.

On November 18, 1983, the General Session of the Alabama Personnel and Guidance Association voted to change its name to the Alabama Association for Counseling and Development in compliance with the national association's change to the American Association for Counseling and Development.

In the business session at its twenty-fifth Annual Conference in Huntsville in 1992, the state organization changed its name to the Alabama Counseling Association (ALCA) following the lead of the national organization once again.

ALCA has enjoyed remarkable growth and success in its long history. Today it has a membership of approximately 2200 members comprised of nine chapters and thirteen divisions. Each year the annual conference includes nationally known keynote speakers and a variety of professional opportunities. As the Association has grown, it has continued to add services for its members.

# ALABAMA COUNELING ASSOCIATION

## Roster of Presidents

1965 - 1966	Wilbur Tincher*	1994 - 1995	Thelma Robinson
1966 - 1968	Clay Sheffield*	1995 - 1996	Margaret (Meg) Smith
1968 - 1969	Frances Davis*	1996 - 1997	Cheri Smith Fitzhugh
1969 - 1970	John Seymour*	1997 - 1998	Marcheta Evans
1970 - 1971	Reba Clark	1998 - 1999	Sherry Quan
1971 - 1972	Richard Ward	1999 - 2000	Ingie Burke Givens
1972 - 1973	Ethel Hall	2000 - 2001	Carol Turner*
1973 - 1974	Hugh Donnan	2001 - 2002	Nancy W. Cole
1974 - 1975	Leeman Joslin*	2002 - 2003	Annette P. Bohannon
1975 - 1976	Nell Oden	2003 - 2004	P. Irene McIntosh
1976 - 1977	Fannie Cooley*	2004 - 2005	Michael Lebeau
1977 - 1978	Sanford Colley	2005 - 2006	Paul F. Hard
1978 - 1979	Don Schmitz*	2006 - 2007	Shirley L. Barnes
1979 - 1980	Barbara Echols Jackson*	2007 - 2008	Jerri Lynn Morrow
1980 - 1981	Mary McKinnon Ledford*	2008 - 2009	Katharine Nichols
1981 - 1982	Jean Cecil*	2009 - 2010	Judy Childress
1982 - 1983	Don Belcher	2010 - 2011	Nancy Fox
1983 - 1984	Richard Canada	2011 - 2012	Melanie Drake Wallace
1984 - 1985	Susan Parker	2012 - 2013	Necoal Driver
1985 - 1986	Nancy Fortner	2013 - 2014	Nancy Wolfe
1986 - 1987	Linda Mahan	2014 - 2015	Donna Clark
1987 - 1988	Anne Hartline	2015 - 2016	Vincent D. Hinton
1988 - 1989	Bob Comas	2016 - 2017	Margaret Fox
1989 - 1990	Ervin (Chip) Wood	2017 - 2018	Tomeka W. McGhee
1990 - 1991	Helen McAlpine		
1991 - 1992	Paulette Pearson		
1992 - 1993	Karole Ohme		
1993 - 1994	Joe Creel		

\* DECEASED

## ALABAMA COUNSELING ASSOCIATION

### Upcoming Conferences

2019	Montgomery
2020	Birmingham

# ALCA ANNUAL CONFERENCE



## Celebrating Counselors

**LEADERSHIP • ADVOCACY  
COLLABORATION • COMMITMENT**

Pre-Conference Activities  
Tuesday, November 13, 2018

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Early Registration

3:00-5:00 PM

Sheraton Birmingham Hotel

Birmingham Ballroom Prefunction Area

Exhibit Hall Setup Begins at 1:00 PM

The ALCA Executive Council Meeting

6:00-8:00 PM

The Forum B

The ALCA President's Reception  
(For Executive Council Only)

The Forum A

8:15-9:00 PM

Sponsored by ACT

# ALCA ANNUAL CONFERENCE

## General Information

### Awards Breakfast

The ALCA Annual Conference will kick off with the Awards Breakfast on Wednesday, November 14, 8:00 - 9:30 AM, in the Birmingham Ballroom XI & XII. The breakfast is sponsored by the Home Builders Association of Alabama. Join us in honoring our volunteers, leaders and workers, and those who have distinguished themselves during the past year.

### Celebration Dance

The Celebration Dance will be held on Thursday night in the Birmingham Ballroom and will feature “JAMM” and lots of door prizes. Come! Enjoy!

### Professional Development Hours Available



The Alabama Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2001. Programs that do not qualify for NBCC credit are clearly identified. The Alabama Counseling Association is solely responsible for all aspects of this program.

The procedure for requesting NBCC contact hours for the 2018 ALCA Annual Conference is as follows: The professional development request form is included in this 2018 ALCA Annual Conference Program Book. The deadline for receipt of professional development requests is January 31, 2019. Certificates for Annual Conference attendance will be mailed no later than March 31, 2019. Requests submitted after January 31, 2019, will cost \$10. Replacement certificates will cost \$10.

You must be registered for the conference to claim professional development (NBCC contact hours) credit. NBCC contact hours credit documentation will not be issued until applicant's check clears bank. You may earn as many as 14 NBCC contact hours for the total conference. Presenters may not receive professional development credit for their own presentations. The professional development request form is included in the back of this program booklet. Complete this form in its entirety according to the directions printed on the form. Return the form along with a check for \$5.00 (\$20 for non-members) made payable to ALCA to:

Dr. M. Carolyn Thomas

ACEP Program Coordinator | P O Box 640454 | Pike Road, AL 36064-0454

NOTE: This conference is also approved to provide credit for social worker hours. Please check statement on the form indicating intent to submit certificate to the Alabama State Board of Social Work Examiners.

### Certificate of Attendance

Certificates for Annual Conference attendance (not NBCC-related) may be requested in writing from the ALCA State Office. Please mail your request to ALCA, PO Box 131425, Birmingham, AL 35213-1425.

### Colleagues with Disabilities

ALCA and its leaders and members are committed to ensuring you enjoy, benefit, and totally participate in the ALCA conference. Please let the members of our Conference Team know if you have special needs or if someone you know needs special assistance during the conference. ALCA is committed to your full participation in our conference, and we will respond to your needs as fully as possible. Contact Dr. Necoal Driver (334.324.8512), Andrew Sparks (205.934.4205) or Dr. Nancy Fox (205.423.5989).

## **Division Luncheons**

Reservations for division luncheons will be made directly with division leadership. There generally is an additional fee for these.

## **Cellular Phones & Pagers**

Out of courtesy and respect, and for everyone's benefit and enjoyment during the content sessions and other meetings, please disengage cellular phones, pagers, watch alarms, and any other electronic device that might make noise. Thank you for your assistance with this request.

## **Name Tags/Admission Tickets**

Your name tag (badge) will serve as your admission to all conference programs. Please wear it at all times. You will not be allowed to enter program rooms, general sessions, or the exhibit area without your badge. Please acquire it in advance at the registration table.

## **Exhibits**

Exhibits will be located in the Birmingham Ballroom I, V, and IX. The exhibits will offer materials to fill many counseling needs including audio visual aids, printed and other resource materials, college selection aids, books and career information. The exhibits will be open:

Wednesday, November 14, 8:45 A.M. - 5:00 P.M.

Thursday, November 15, 8:00 A.M. - 4:00 P.M.

Please look for the list of the exhibitors in the back of this program booklet and take time to thank them during the conference.

## **Complimentary Breakfasts**

Thanks to the generosity of our sponsors, attendees to the ALCA Annual Conference can enjoy free breakfasts during the conference. You are invited to join us for these breakfast events:

Wednesday, November 14, 8:00 AM / Birmingham Ballroom XI & XII / Sponsor: Home Builders Association of Alabama (Awards Ceremony). Serving of food will stop once program begins.

Thursday, November 15, 7:00 AM / Birmingham Ballroom XI & XII / Sponsor: Auburn University and The University of Alabama

Friday, November 16, 7:30 AM / Birmingham Ballroom Pre-Function Area / Amridge University

## **Internet Access**

The Sheraton Hotel has internet access in all guest rooms. There is a fee. It also has a first floor internet cafe and business center available. Wi-Fi is available but there is a fee for use anywhere else.

## **Charging Stations**

Phone charging stations will be available at no charge in the Sheraton Hotel Exhibit area as well as on the first floor of the Medical Forum.



## **School Counselor Roundup**

The School Counselor Round-Up is scheduled for Wednesday, November 14, 2018 from 1:30-4:15 p.m. in the Birmingham Ballroom III, IV, VII, and VIII. This special session is open for all school counselors from novice to experienced. Counselors from across the curriculum will share their programs and ideas. Please feel free to come and go. The different times for each presentation are listed in the content sessions area.

## **New School Counselor Academy**

This session has been designated as one of the professional development opportunities to meet state certificate requirements as a new Alabama School Counselor (less than three years of experience). Experienced school counselors and state department personnel will review the most recent state standards, ethics for school counselors, and provide new counselors with resources which will assist them in providing a quality school based counseling program. If you are a new counselor, this session is for you. This session is scheduled for Thursday, November 15, from 1:30 pm - 4:15 pm in the Birmingham Ballroom.

## **LPC Roundup**

An LPC Roundup is launched this year for Licensed Professional Counselors (LPCs) on Thursday, November 15, 1:30 - 2:45 pm in Medical Forum C. Welcome LPCs!

## **A Note about Our Exhibitors and Sponsors**

Please remember that our exhibitors and sponsors spend a great deal of money (often thousands) providing food and drinks for breaks, meals, receptions, and giveaway items. They and their organizations do not owe us this generosity. Rather they do it to support us. Remember your manners. Don't get more than your fair share. If they run out of an item, understand. Don't be mad! Be appreciative that they did what they could. Your actions reflect on all of us - the ALCA, the counseling profession, as well as you, the professional counselor.

## **Consent to Use of Photographic Images**

The registration and attendance at or participation in ALCA meetings and other activities constitutes an agreement by the registrant to ALCA's use and potential distribution of the registrant or attendee's image in photographs, videos, social media formats and electronic reproductions of such events and activities.

## **Tax Deduction of Expenses**

An income tax deduction may be allowed for expenses of education (including registration fee, travel, meals, and lodging) undertaken to maintain and improve professional skills and paid personally. Keep your records and consult your tax professional.

## **The Good Neighbor Plan - A Word to Our Out-of-State Colleagues**

The Alabama Counseling Association has a reciprocal agreement with the other state branches of ACA, AMHCA, and ASCA in the Southern Region. If you are from Florida, Georgia, Tennessee, Mississippi, or Louisiana, you may take advantage of our discounted member's rate for the conference if you send proof of your current membership in your own state's professional counseling association. Proof of membership may be current membership card with date, a letter of confirmation from your state's association, or some other form of verification. Those registering on-site must bring similar proof. We are glad to extend this courtesy to our colleagues from other states in the Southern Region of ACA!



YOU ARE INVITED TO THE

Alabama Counseling Association's  
Celebration Dance  
Luau Theme

Thursday, November 15  
8:30 pm - 11:00 pm

Birmingham Ballrooms  
Music by "JAMM"

**Legal Liability Issues for Counselors in Alabama -- \$20.00**

To Order, Submit Written Request and Check to:

Dr. Nancy Fox  
ALCA Executive Director  
P. O. Box 131425  
Birmingham, AL 35213-1425

**ALCA Graduate Student Reception  
& Graduate Student Poster Session**

**Reception – Thursday, November 15, 2018 | 11:45 am – 1:00 pm**  
**Poster Session – Thursday, November 15, 2018 | 1:30 pm – 3:30 pm**



**SPONSOR: BRADFORD HEALTH SERVICES**

THANK YOU TO BRADFORD HEALTH SERVICES FOR SUPPORTING THE GRADUATE STUDENT POSTER SESSION

*For questions about the poster session, contact Vincent D. Hinton at [vincentdhinton@yahoo.com](mailto:vincentdhinton@yahoo.com)*



# 2018 ALCA ANNUAL CONFERENCE

## Conference in Brief

### **Tuesday, November 13, 2018**

1:00 pm	Exhibit setup begins
3:00-5:00 pm	Conference Registration
6:00-8:00 pm	ALCA Executive Council Meeting
8:15-9:00 pm	President's Reception for Executive Council - Sponsored by ACT

### **Wednesday, November 14, 2018**

8:00-9:30 am	Awards Breakfast - Sponsored by Alabama Home Builders Association
7:30 am-4:00 pm	Conference Registration
8:45 am-5:00 pm	Exhibits
10:00 am-Noon	OPENING GENERAL SESSION - Keynote: Jeff Yalden
1:30-4:30 pm	School Counselor Roundup
1:45-3:00 pm	CONTENT SESSIONS
3:00-3:15 pm	Break
3:15-4:30 pm	CONTENT SESSIONS
4:30-4:45 pm	Break
4:45-5:30 pm	Division Meetings
5:45-6:30 pm	First Timers Reception
5:45-6:30 pm	Chapter/Division Presidents and President-Elects Meeting
6:30-7:30 pm	School Counselor Reception
	Sponsored by Bryant-Jordan Scholarship Program

### **Thursday, November 15, 2018**

7:00-8:15 am	Auburn/Alabama Breakfast
7:30 am-3:00 pm	Conference Registration
8:00 am-5:00 pm	Exhibits
8:30-10:15 am	GENERAL SESSION - Keynote: S. Kent Butler, Jr.
10:15-10:30 am	Break
10:30-11:30 am	Reception for Past ALCA State Presidents
10:30-11:45 am	CONTENT SESSIONS
11:45 am-1:00 pm	Graduate Student Reception
11:45 am-1:15 pm	Division Luncheons
1:30-3:30 pm	Graduate Student Poster Session
1:30-4:15 pm	New School Counselor Academy
1:30-2:45 pm	LPC Roundup
1:30-2:45 pm	CONTENT SESSIONS
2:45-3:00 pm	Break
3:00-4:15 pm	CONTENT SESSIONS
4:15-4:30 pm	Break
4:30-5:45 pm	CONTENT SESSIONS
4:30-5:45 pm	Retired Counselors' Reception
5:45-6:30 pm	Chapter Meetings/Socials
8:30-11:00 pm	Dance (Luau Theme)

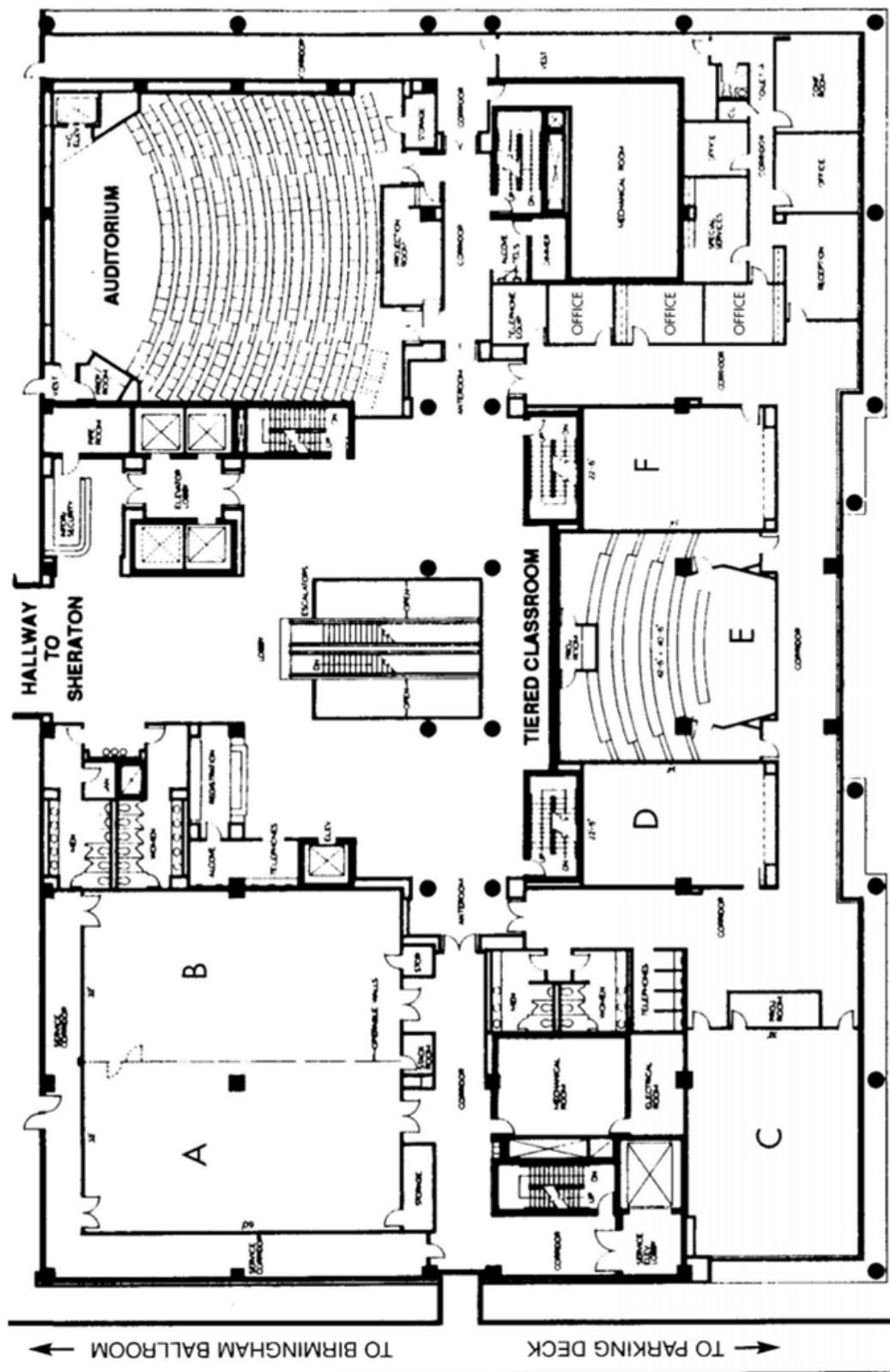
### **Friday, November 16, 2018**

7:30-8:15 am	Biscuit Breakfast
	Sponsored by Amridge University
8:30-10:15 am	BUSINESS & GENERAL SESSION - Keynote: Renee A. Middleton
10:30-11:45 am	CONTENT SESSIONS
Noon-1:00 pm	Conference Committee Meeting

# CONFERENCE SITE MAP AND PLANS

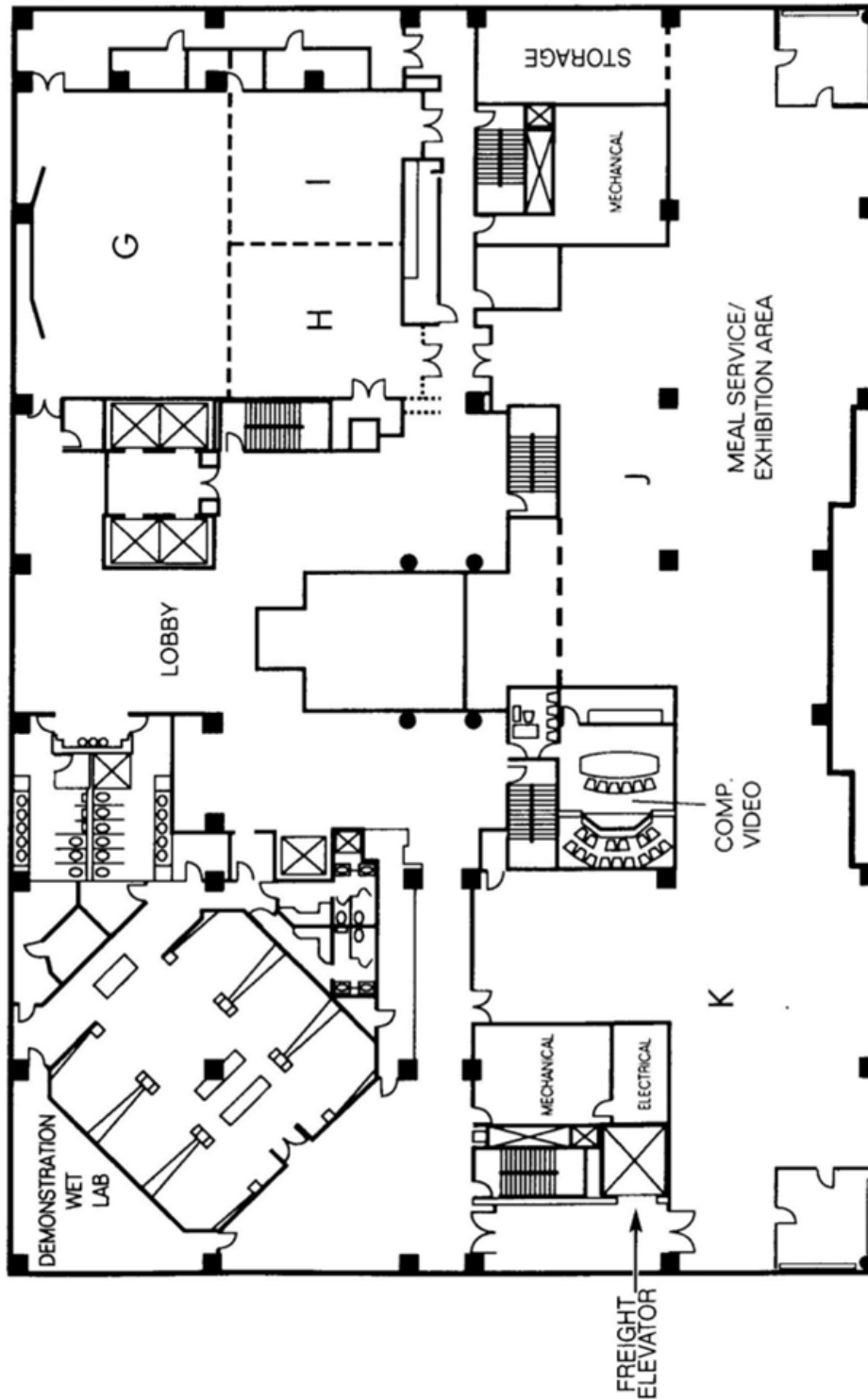
## The Forum Conference Center

### Second Floor



### Locations of Rooms A, B, C, D, E, F and Auditorium

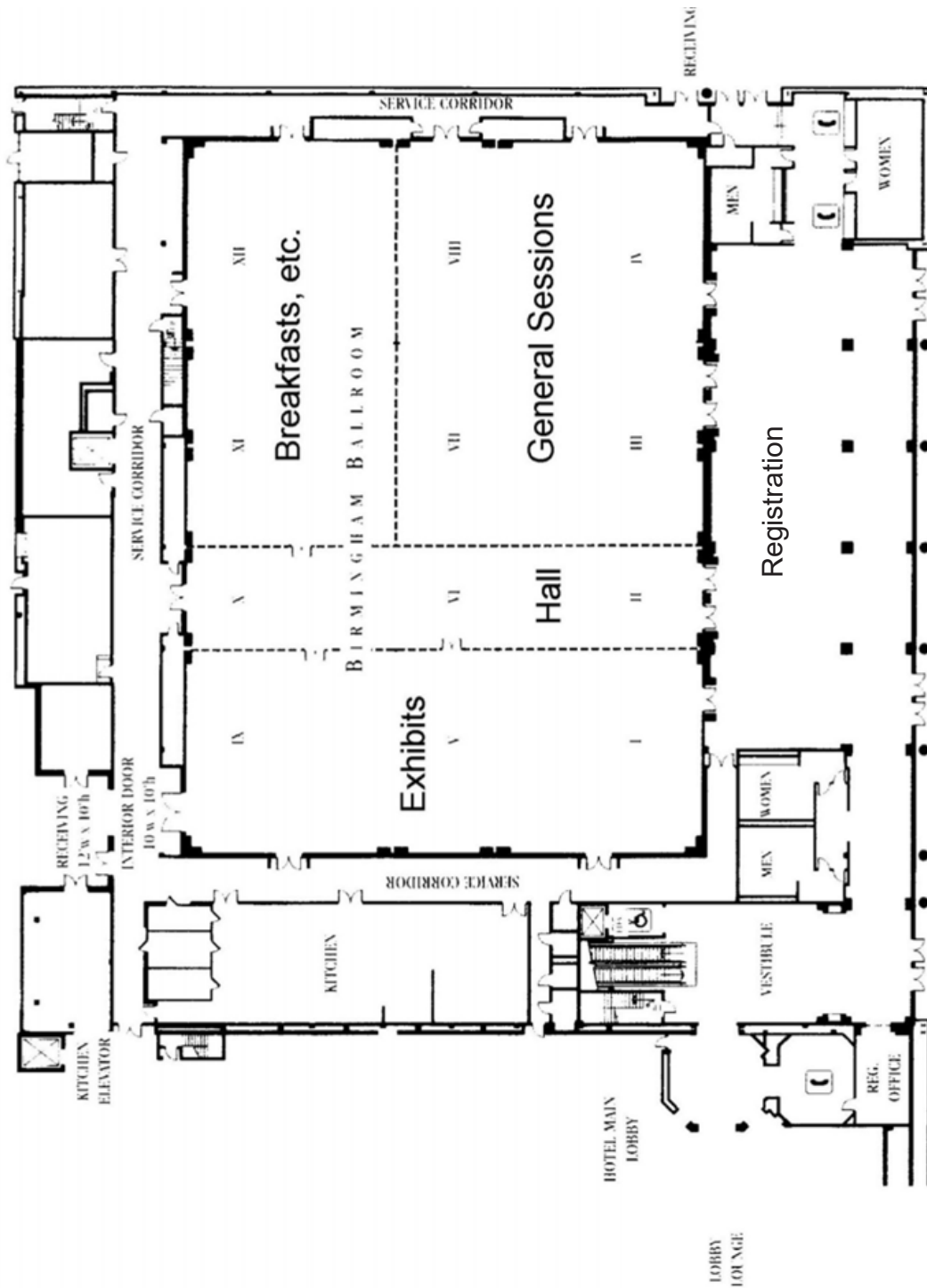
**CONFERENCE SITE MAP AND PLANS**  
**The Forum Conference Center**  
**Third Floor**



**Locations of Rooms G, H, I, J-K**

# CONFERENCE SITE MAP AND PLANS

## Birmingham Ballroom



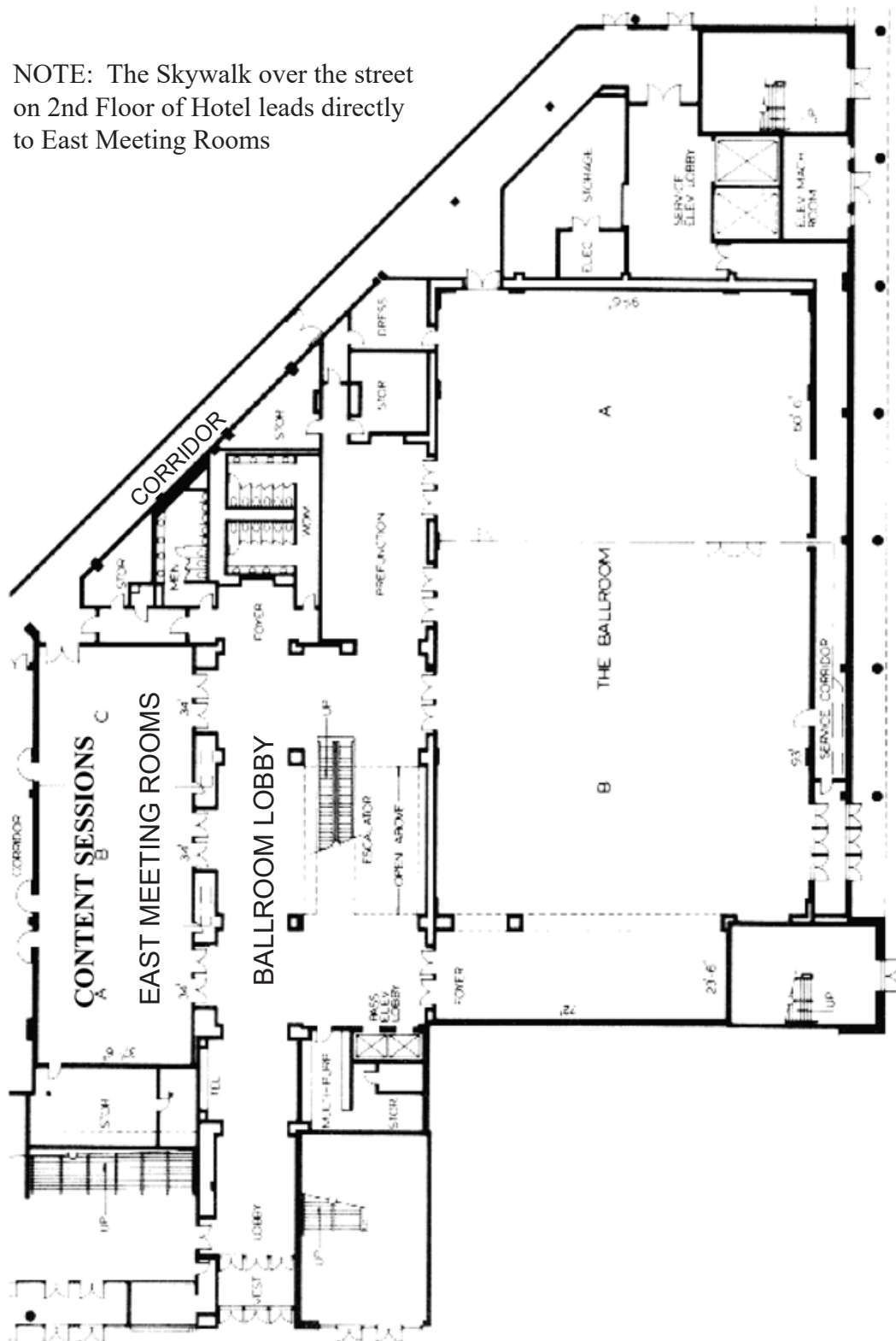
Location of All Sheraton Birmingham Ballroom Venues

# CONFERENCE SITE MAP AND PLANS

## Birmingham-Jefferson Civic Center

### First Floor

NOTE: The Skywalk over the street on 2nd Floor of Hotel leads directly to East Meeting Rooms



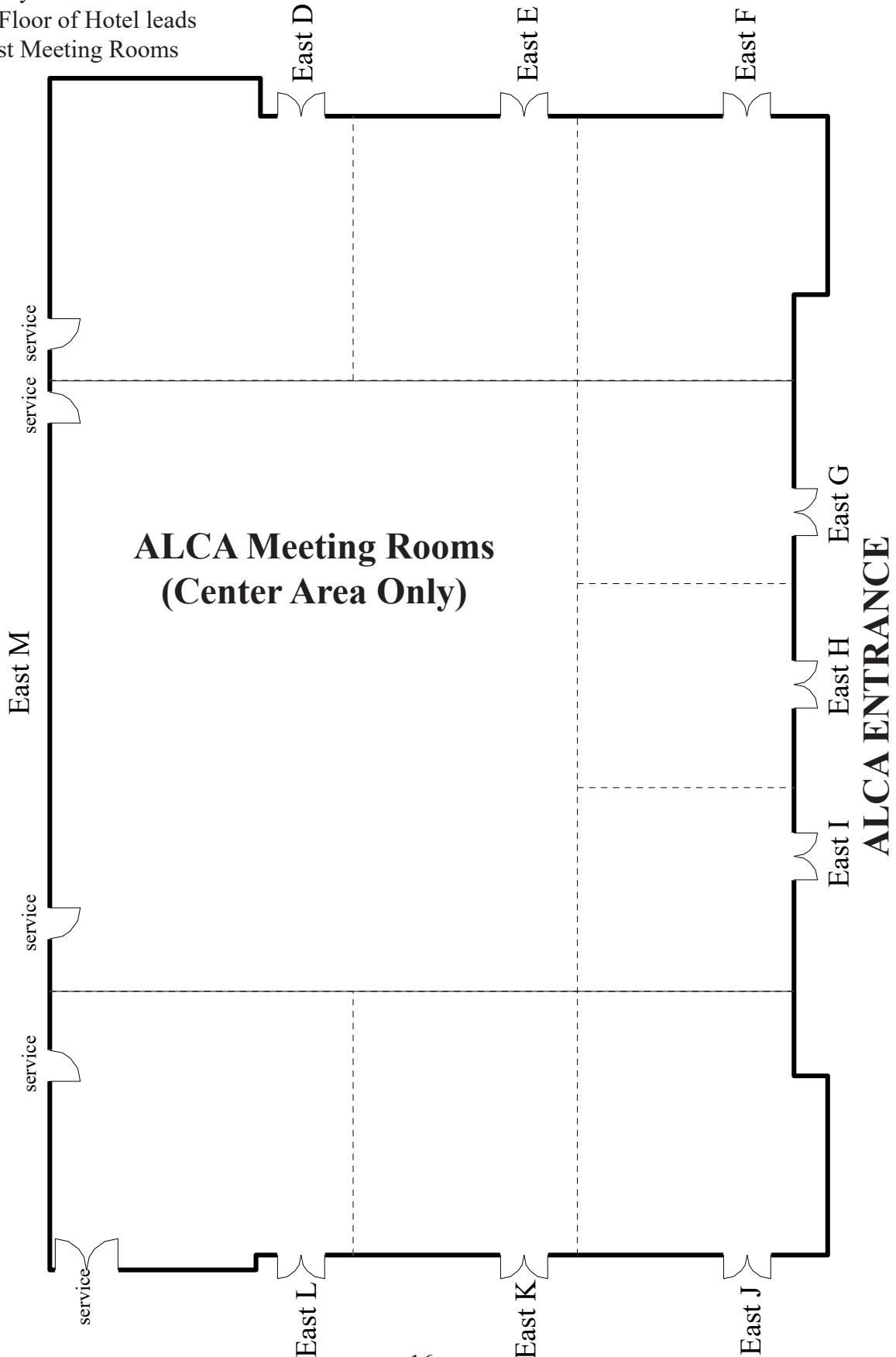
**Location of East Meeting Rooms A, B, C  
in BJCC**

# CONFERENCE SITE MAP AND PLANS

## Birmingham-Jefferson Civic Center

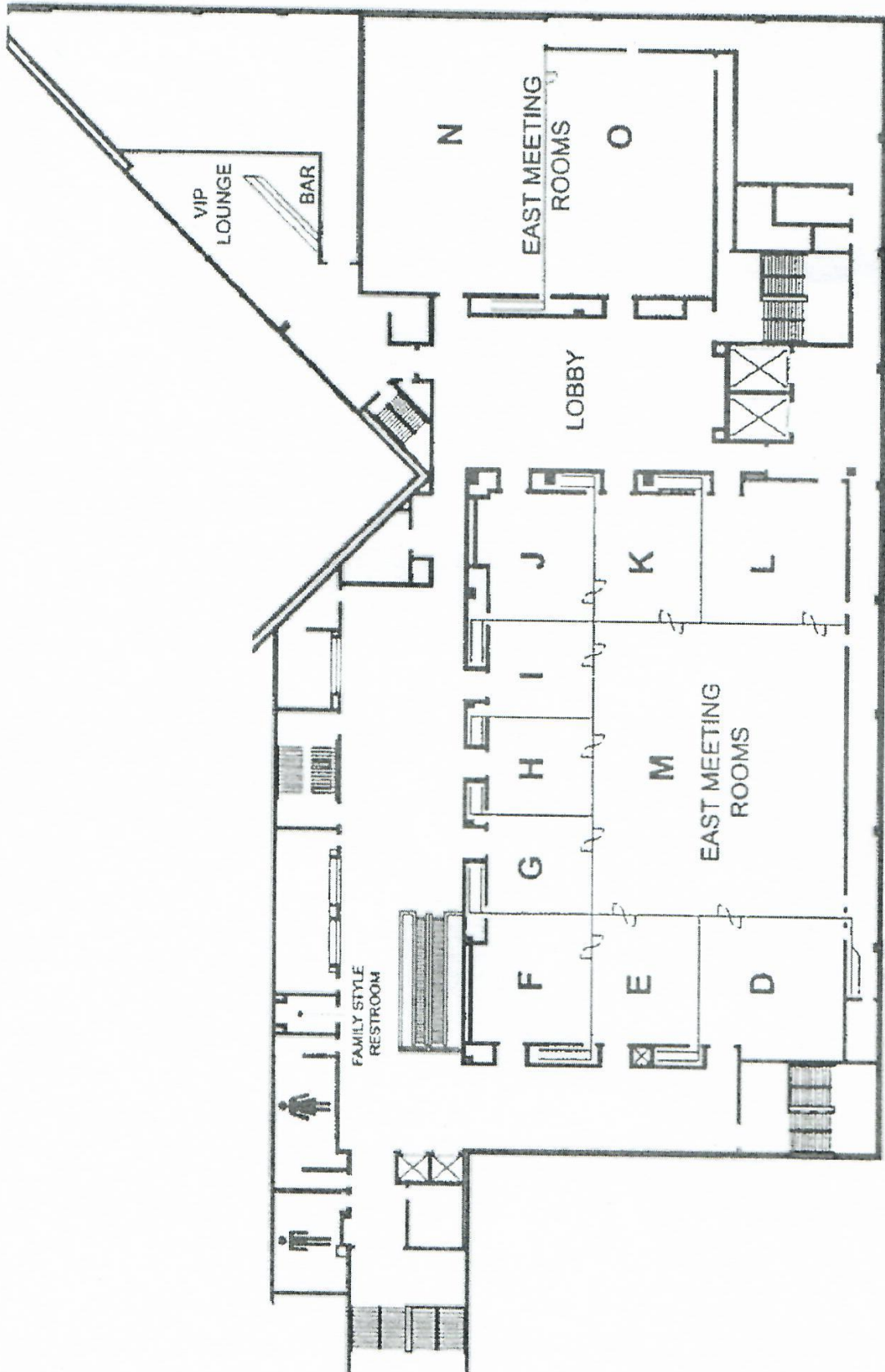
### East Rooms (Downstairs)

NOTE: The Skywalk over the street on 2nd Floor of Hotel leads directly to East Meeting Rooms





**CONFERENCE SITE MAP AND PLANS**  
**Birmingham-Jefferson Civic Center**  
**East Rooms (Upstairs)**



## KEYNOTE SPEAKER

**Jeff Yalden**



Jeff Yalden is an expert consultant in the area of technology and how it relates to mental health. He works with teens, educators, mental health professionals, and school communities. Jeff speaks at conferences, colleges and universities - addressing students, parents, educators, professional school counselors, mental health professionals, therapists, doctors, and psychotherapists about the on-line world and how technology can best be used for optimal well-being. He is also a leading Suicide Crisis Intervention expert and Suicide Prevention trainer; he has worked with hundreds of communities worldwide.

His recent book, BOOM! One Word to Inspire Action, Deliver Rewards, and Positively Affect Your Life Every Day, has joined his other three books as an Amazon best seller. His Mental Health & Motivation: The Unlikely Life Coach podcast attracts thousands of subscribers each month, due in large part to his hard-hitting and from-the-heart approach to motivation and self-improvement as well as his straight talk to families, teens, and those interested in making real changes in their lives.

From 2005-2011, Jeff was featured as a Celebrity Teen and Family Life Coach on MTV's long-running reality show MADE, and he has appeared in numerous print, radio, and television interviews nationwide on stations such as FOX, CBS, NBC, SPIKETV, A&E, and The Oprah Network.

He is a Gulf War Veteran and a two-time Marine-of-the-Year recipient. Jeff was Mr. New Hampshire Male America in 1990.



## KEYNOTE SPEAKER

**Dr. S. Kent Butler, Jr.**



S. Kent Butler, Jr. holds a Ph.D. in Educational Psychology, with a concentration in Counseling Psychology, from the University of Connecticut. Dr. Butler is a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC), and Nationally Certified School Counselor (NCSC). He currently serves as the faculty advisor to CHI SIGMA IOTA International Honor Society. Dr. Butler also serves as the Principal Investigator, for The High-Risk Delinquent and Dependent Child Educational Research Project: Situational Environmental Circumstances Mentoring Program (SEC), which is a partnership between the University of Central Florida and several Florida universities.

On the national level, Dr. Butler has served the Association for Multicultural Counseling and Development (AMCD) as the 2011 - 2012 President and American Counseling Association (ACA) Governing Council Representative (2015 – 2018). He is honored to be a member of AMCD's Multicultural Counseling Competencies Revisions Committee (2014 – 2015) which produced the newly endorsed Multicultural Social Justice Counseling Competencies (MSJCC). Dr. Butler was bestowed with an ACA Fellow Award in April of 2016. His research and academic interests lie in the areas of Multicultural Counseling, Social Justice, Mentoring, Counseling work as it relates specifically to African American males, Group Counseling, School Counseling, and Multicultural Supervision.

## **KEYNOTE SPEAKER**

### **Dr. Renée A. Middleton**



Renée A. Middleton, dean of The Gladys W. and David H. Patton College of Education at Ohio University, serves on the board of directors of the National Board for Professional Teaching Standards, a nonprofit organization dedicated to elevating the voice of accomplished teachers in shaping a true profession and raising student achievement. She also serves on numerous boards, including the American Association of Colleges for Teacher Education, where she serves as Chair, and the Coalition of Rural and Appalachian Schools. She received her bachelor's degree in Speech and Hearing with a minor in Behavioral Sciences from Andrews University in 1981. She received her master's degree in Clinical Audiology with a minor in Speech Pathology and Behavioral Sciences from The University of Tennessee in 1983. She received her doctoral degree from Auburn University in 1990, with a focus on Rehabilitation Administration and a minor in Rehabilitation Counseling and Education.

Dean Middleton is a distinguished educator with a strong commitment to transforming teaching and learning in our schools. She has spent her career ensuring equity and excellence in education (P-20) and is a tireless advocate for ensuring that every student in America has the chance to learn and grow under teachers whose knowledge and skills have been verified through a peer-reviewed, performance-based process. The Dean has 21 years of experience with consulting, working with issues like public school strategic planning for diversity and rehabilitation counseling and multicultural diversity, within the Office of Special Education and Rehabilitation Services, the National Institute for Disability and Rehabilitation Research, the Food & Drug Administration: Center for Devices & Radiological Health and the Alabama Board of Examiners in Counseling working on Ethics/Consumer Protection.

# 2018 ANNUAL CONFERENCE

## Sessions Schedule with Locations

### Tuesday, November 13, 2018

1:00 PM	Exhibit setup begins	Birmingham Ballrooms I, V, IX
3:00 PM - 5:00 PM	Conference Registration	Birmingham Ballroom Prefunction Area
6:00 PM - 8:00 PM	ALCA Executive Council Meeting	Forum B
8:15 PM - 9:00 PM	President's Reception for Executive Council Sponsored by ACT	Forum A

### Wednesday, November 14, 2018

8:00 AM - 9:30 AM	Awards Breakfast Sponsor: Home Builders Association of Alabama Kory Boling, Representative Presiding: Dr. Lynnn Boyd and Dr. Laura Hodges ALCA Awards Co-Chairs	Birmingham Ballroom XI & XII
7:30 AM - 4:00 PM	Conference Registration	Birmingham Ballroom Prefunction Area
8:45AM - 5:00 PM	Exhibits	Birmingham Ballrooms I, V, IX
10:00AM - Noon	OPENING GENERAL SESSION  Presiding: Dr. Monica P. Mack, ALCA President Pledge of Allegiance: Teneshia Sanford, Chapter VII President Introduction of 2018-2019 Officers: Dr. Monica P. Mack, ALCA President Recognition of Chapters: Dr. Monica P. Mack, ALCA President Recognition of Sponsors: Dr. Monica P. Mack, ALCA President Introduction of Keynote Speaker: Pam Tippitt, Chapter II President Keynote Speaker: Jeff Yalden	Birmingham Ballrooms III, IV, VII, VIII
1:30 PM - 4:30 PM	School Counselor Roundup: Presenters: Sean Stevens, Terrance Sykes, Sheryl Smith, Mindi Amberson	Birmingham Ballroom XI & XII
1:45 PM - 3:00 PM	CONTENT SESSIONS	The Forum/East Mtg. Rooms
3:00 PM - 3:15 PM	Break Sponsor: Sheraton Hotel	Prefunction Area
3:15 PM - 4:30 PM	CONTENT SESSIONS	The Forum / East Meeting Rooms
4:30 PM - 4:45 PM	Break	

4:45 PM - 5:30 PM	ALCA Division Meetings	
	ALAADA	Forum E
	ALAAOC	Forum B
	ALACES	Forum C
	ALAMCD	Forum G
	ALAMFC	East G
	ALASERVIC	East I
	ALASGW	Forum F
	ALCCA	Forum A
	ALCDA	Forum H
	ALDARCA	Forum D
	ALGBTICAL	Forum I
	ALMHCA	East M
	ALSCA	Forum J-K
5:45 PM - 6:30 PM	Chapter/Division Presidents & Presidents-Elect Meeting (from hotel lobby, take escalator, then elevator to 4th floor, turn left, room on left)	Sheraton Dogwood Room
5:45 PM - 6:30 PM	First Timers Reception (from hotel lobby, take escalator, take elevator to 4th floor, turn left, room on left)	Sheraton Chamomile Room
6:30 PM - 7:30 PM	School Counselor Reception Sponsor: Bryant-Jordan Scholarship Program	Alabama Sports Hall of Fame

### **Thursday, November 15, 2018**

7:00 AM - 8:15 AM	Alabama/Auburn Breakfast	Birmingham Ballroom XI & XII
7:30 AM - 3:00 PM	Conference Registration	Birmingham Ballroom Prefunction Area
8:00 AM - 5:00 PM	Exhibits	Birmingham Ballrooms I, V, IX
8:30 AM - 10:15 AM	GENERAL SESSION  Presiding: Dr. Monica P. Mack, ALCA President Recognition of Divisions: Dr. Monica P. Mack, ALCA President Recognition of ALCA Past Presidents: Dr. Monica P. Mack, ALCA President Introduction of Keynote Speaker: Claudia Calder, ALAMCD President Keynote Speaker: Dr. S. Kent Butler, Jr.	Birmingham Ballrooms III, IV, VII, VIII
10:15 AM - 10:30 AM	Break Sponsors: ALCA Chapters and Divisions	Birmingham Ballroom Prefunction Area
10:30 AM - 11:30 AM	ALCA Past Presidents' Reception	President's Suite at the Sheraton #1703
10:30 AM - 11:45 AM	CONTENT SESSIONS	The Forum/East Mtg. Rooms
11:45 AM - 1:00 PM	Graduate Student Reception (from hotel lobby, take escalator, take elevator to 4th floor, turn left, room on left)	Sheraton Chamomile Room

11:45 AM - 1:15 PM	Division Luncheons ALSCA ALCA Multi-Division Luncheon	Medical Form J-K Birmingham Ballroom XI and XII
1:30 PM - 3:30 PM	Graduate Student Poster Session Sponsor: Bradford Health Services	Birmingham Ballroom Prefunction Area
1:30 PM - 2:45 PM	CONTENT SESSIONS	The Forum/East Mtg. Rooms
1:30 PM - 2:45 PM	LPC Roundup Presenters: Jane Sweeney, Dana Hampson, Veronica Davis	Medical Forum C
1:30 PM - 4:15 PM	New School Counselor Academy Presenters: Lyle Cooper, Jan Gay, Shalandra Whaley, Karen Pinion, Wanda T. Langley	Birmingham Ballroom III, IV, VII, and VIII
2:45 PM - 3:00 PM	Break Sponsors: ALCA Chapters and Divisions	Prefunction Area
3:00 PM - 4:15 PM	CONTENT SESSIONS	The Forum/East Mtg. Rooms
4:15 PM - 4:30 PM	Break	
4:30 PM - 5:45 PM	CONTENT SESSIONS	The Forum/East Mtg. Rooms
4:30 PM - 5:45 PM	Retired Counselors' Reception	President's Suite at the Sheraton #1703
5:45 PM - 6:30 PM	Chapter Meetings/Receptions/Socials	
	Chapter I	Forum E
	Chapter II	Forum G
	Chapter III	Forum F
	Chapter IV	Forum A
	Chapter V	Forum C
	Chapter VI	Forum I
	Chapter VII	Forum B
	Chapter VIII	Forum H
	Chapter IX	Forum D
7:00 PM - Until	Dinner on Your Own	
8:30 PM - 11:00 PM	Celebration Dance (Luau Theme) Music: JAMM Sponsored by Jacksonville State University Door prizes donated by ALCA Chapters/Divisions and Exhibitors	Birmingham Ballrooms III & IV

## Friday, November 16, 2018

7:30 AM - 8:15 AM	Biscuit Breakfast Sponsor: Amridge University	Birmingham Ballroom Prefunction Area
8:30 AM - 10:15 AM	BUSINESS & GENERAL SESSION  Presiding: Dr. Monica P. Mack, ALCA President Business Meeting Introduction of Speaker: Vincent D. Hinton, ALCA Chapter & Division Leadership Co-Chair & Graduate Student Chair Keynote Speaker: Dr. Renee A. Middleton What's Coming in 2019: Leslie N. Weaver-Martin, ALCA President-Elect Closing Comments: Dr. Monica P. Mack, ALCA President	Birmingham Ballroom I, V, VII, IX
10:30 AM - 11:45 AM	CONTENT SESSIONS	The Forum
Noon - 1:00 PM	Conference Committee Meeting	

# 2018 ALCA ANNUAL CONFERENCE

## Your Conference Planner

TIME	WEDNESDAY November 14	THURSDAY November 15	FRIDAY November 16
7:00 AM		Breakfast 7:00 - 8:15 am	Breakfast 7:30 - 8:15 am
7:30 AM			
8:00 AM	AWARDS  BREAKFAST 8:00 - 9:30 AM		
8:30 AM		GENERAL SESSION 8:30 AM KEYNOTE SPEAKER: S. KENT BUTLER, JR.	BUSINESS & GENERAL SESSION 8:30 AM KEYNOTE SPEAKER: RENEE MIDDLETON
9:00 AM			
9:30 AM			
10:00 AM	OPENING GENERAL SESSION 10:00 AM KEYNOTE SPEAKER: JEFF YALDEN		
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM	DIVISION MEETINGS 4:45 - 5:30 PM		
5:00 PM			
5:30 PM	FIRST TIMERS RECEPTION 5:45 - 6:30 PM	CHAPTER MEETINGS 5:45 PM	
6:00 PM			
6:30 PM			
	SCHOOL COUNSELOR RECEPTION 6:30 - 7:30 PM		
8:30 PM		DANCE	
11:00 PM			



## **ALCA COUNSELOR LOCATOR SERVICE**

The Counselor Locator Service is designed to match clients who need services with qualified counselors by location and areas of practice through the use of a simple database search system.

The Alabama Counselor Locator Service is a client focused service. The service is contained in a database located on the ALCA website. It allows anyone to go into the database and locate the counseling service needed and then to determine the Alabama counselor who can provide this service. The program helps clients find the services needed and helps our counselors identify clients. It has been well received statewide.

The target audience is the prospective client. It is a service designed solely to help the person in need to identify someone reasonably close who is qualified to help with the perceived problem. A byproduct is that LPCs and others have a mechanism from ALCA which helps them identify prospective clients.

Evaluation has been made primarily with feedback from participants. Counselors are steadily requesting to be added to the Service. Feedback comes in the form of comments from these people stating how pleased they are with the service and what a wonderful concept it is. There are several obvious benefits. Probably the greatest is the ability for a client to locate the service needed easily and quickly. From the counselor standpoint it is an opportunity to promote awareness. The professionalism of delivery has also enhanced the counseling image.

To view the Counselor Locator Service go to [www.alabamacounseling.org](http://www.alabamacounseling.org) and click on “Counselor Locator Service.”

### **ALCA Members**

If you would like to be added to the Counselor Locator Service as a provider, email your information to Dr. Nancy Fox at [alca@alabamacounseling.org](mailto:alca@alabamacounseling.org).



## **ALCA Endowment Fund**

If you want to honor someone, send a memorial,  
or just make a contribution,  
the ALCA Endowment Fund is perfect for you.

Through your contribution, you contribute  
to activities that support counseling.

As a service to our Endowment Fund contributors,  
we will send the appropriate acknowledgements.

Contact Dr. Nancy Fox at (205) 423-5989 or [alca@alabamacounseling.org](mailto:alca@alabamacounseling.org)

## **ALCA Activities Calendar**

ALCA maintains a comprehensive schedule of its activities and professional development opportunities on its website. Go to [www.alabamacounseling.org](http://www.alabamacounseling.org) and click on "Activities Calendar" to see what is happening in Alabama counseling.

## **ALCA Professional Liability Insurance**

In today's professional setting, perhaps nothing is more important than  
making sure you are protected in the event a client sues you.  
You need professional liability insurance.

ALCA and the Healthcare Providers Service Organization (HPSO) offer an excellent national  
insurance policy to our ALCA members.

Contact

Dr. Nancy Fox  
(205) 423-5989  
[alca@alabamacounseling.org](mailto:alca@alabamacounseling.org)

## Program/Content Session Selection Procedures

Each year comments like these are made: “Why don’t we have more content sessions for \_\_\_\_\_ division?” or “Why do school counselors have so many sessions?” By learning the selection process for session proposals, those who wonder “Why?” will have their questions answered.

20% of the available content session slots are assigned to ALCA. By recognizing that the membership of ALCA share common interests in addition to the specifics of their division memberships, the opportunity exists for developing ALCA membership identity. This year ALCA has two additional content sessions due to one of the keynote speakers presenting two content sessions in the ballroom area.

80% of the available content session slots are assigned to divisions as determined by the following formula: the total number of slots assigned to divisions multiplied by the percent of the total ALCA membership for that division equals the number of programs selected for that division. Any program slots not used by a division are reassigned to the ALCA allotment.

The Program Committee selects content sessions at a meeting convened by the ALCA Program Chair (President-Elect). A quorum is comprised of members present at the meeting. The Program Committee is composed of the ALCA Program Chair, the ALCA Fall Conference Chair and a representative from each division. Each division representative is appointed by the division president. Look at the percentages below and you will understand how this works.

### Percentages and Number of Slots for Selecting Annual Conference Content Sessions (2018)

Total # of slots is 99 (based on rooms available)  
ALCA (General Interest) gets 20% = 19 slots

This leaves 80 slots to be assigned based on division percentages.

ALCCA	7%	6 slots
ALACES	6%	5 slots
ALAMCD	5%	4 slots
ALSCA	32%	25 slots
ALCDA	4%	3 slots
ALMHCA	16%	13 slots
ALGBTICAL	6%	5 slots
ALASGW	2%	2 slots
ALASERVIC	5%	4 slots
ALDARCA	3%	2 slots
ALAMFC	5%	4 slots
ALAAOC	6%	5 slots
ALAADA	3%	2 slots
		80 slots

$$80 + 19 = 99$$

Notice that content sessions of possible interest to other divisions are an additional listing following the sponsored division.

## **Content Sessions**

Wednesday, November 14, 2018- 1:45-3:00 pm

- 1. Recognizing Mental Illness in Children and Adolescents**
- 2. Distance Counseling: Fiction or Future**
- 3. Meeting Youth Where They Are**
- 4. Stop Telling Our Business: The Fabulous World of Family Therapy**
- 5. Neuroscience in Counseling: The Power of Sand Tray in Schools and Private Practice**
- 6. Food Addiction, Seriously?**
- 7. The Importance of Self-Regulation: Assisting Students with Sensory Processing Issues**
- 8. Enabling Students' Career Success: ACT WorkKeys Curriculum, ACT WorkKeys, and the ACT National Career Readiness Certificate (NCRC)**
- 9. Trauma in the Classroom**
- 10. Ethical Considerations in Counseling**
- 11. Mandalas in Counseling: A Mindfulness-Based Practice**
- 12. What Awaits Us: Therapeutic Approaches for Older Adults**
- 13. The Magic of Group Work: Skill Building for Facilitators**
- 14. Ethical Considerations and Competencies in Working with Transgender Clients**
- 15. Yoga - What is it? How Can it help?**

## 1. Recognizing Mental Illness in Children and Adolescents

Presenter(s): **Jamie Hill**, M.Ed., LPC

[hillj2807@gmail.com](mailto:hillj2807@gmail.com)

Location: Medical Forum H

Sponsor(s): ALCCA, ALAMFC, ALSCA

This program will be a basic review of child/adolescent psycho-social development, a review of common child/adolescent mental health diagnoses and ways to identify behaviors or symptoms suggestive of mental illness.

## 2. Distance Counseling: Fiction or Future

Presenter(s): **Debbie Ann Rose**, Ph.D., LPC, LPC-S, DCC, NCC, CRC, ACS

[ddean@uwa.edu](mailto:ddean@uwa.edu)

Mary Ann Hollingsworth, Ph.D., LPC-S, DCC, NCC, BCC, ACS

Location: Medical Forum A

Sponsor(s): ALACES, ALMHCA, ALASERVIC, ALCCA

The purpose of this session is to introduce the participants to the practice of distance counseling. Participants will gain knowledge and understanding about the concepts of distance counseling, understand the different technological platforms available, certification standards, cost involved, and theories and techniques adaptable to a distance counseling format. A discussion of ethical and legal consideration will conclude the session.

## 3. Meeting Youth Where They Are

Presenter(s): **Allison Faircloth**, BS

[allison@thrivewayconsulting.com](mailto:allison@thrivewayconsulting.com)

Location: East Meeting Room B

Sponsor(s): ALSCA, ALAMCD

During this session attendees will explore the various social, emotional and behavioral issues which youth face today. The session will also address the comprehensive approach for peer support for K-12 students provided through Peer Helpers.

#### **4. Stop Telling Our Business: The Fabulous World of Family Therapy**

Presenter(s): **Michelle Crumbly**, LPC, NCC

[michelle@michellecrumblylpc.com](mailto:michelle@michellecrumblylpc.com)

Location: East Meeting Room H

Sponsor(s): ALMHCA, ALAMFC, ALCCA

The purpose of this session is to explore the significance of family therapy and the components of it. Counseling techniques will also be given to use in sessions when working with families and couples.

#### **5. Neuroscience in Counseling: The Power of Sand Tray in Schools and Private Practice**

Presenter(s): **Celeste C. Neil**, Ph.D., LPC-S, NCC, NCSC, ACS, DCC, RPT-S

[celestecneil@gmail.com](mailto:celestecneil@gmail.com)

Tamara Oliver- Jackson, Ed.S, LPC

Location: Medical Forum I

Sponsor(s): ALSCA

Sand tray in schools and private practice provides right/left brain stimulation to promote healing and integration. An introduction to resources, as well as individual and group activities will be shared for children, adolescents and adults.

#### **6. Food Addiction, Seriously?**

Presenter(s): **Whitney Knox McDaniel**, MS, LPC, CHC

[whitney@whitneyknoxmcdaniel.com](mailto:whitney@whitneyknoxmcdaniel.com)

Location: Medical Forum F

Sponsor(s): ALAAOC, ALMHCA

We will compare/contrast the DSM-V criteria for binge eating disorder and food addiction; identify the benefits of addressing binge eating disorder with a holistic approach similar to addiction treatment; discuss the concept of hyperpalatable food and how it impacts the development of FA and/or binge eating disorder; review treatment options/levels of care for treating binge ED/FA; discuss problems/challenges with treatment options such as OA/FA Anonymous.

## **7. The Importance of Self-Regulation: Assisting Students with Sensory Processing Issues**

Presenter(s): **Debbie Grant**, Ph.D., LPCS, CRC, NCC

[dgrant@hoover.k12.al.us](mailto:dgrant@hoover.k12.al.us)

Location: Medical Forum G

Sponsor(s): ALSCA, ALDARCA

This session will focus on self-regulation issues in students and explore sensory processing problems which are often faced within the school setting. The session will offer suggestions for making school a more welcoming place for students who struggle with sensory issues and poor self-regulation.

## **8. Enabling Students' Career Success: ACT WorkKeys Curriculum, ACT WorkKeys, and the ACT National Career Readiness Certificate (NCRC)**

Presenter(s): **Gennine Holley**, MA

[Gennine.holley@act.org](mailto:Gennine.holley@act.org)

Location: Medical Forum B

Sponsor(s): ALCDA, ALSCA

Join us for an overview of the ACT WorkKeys program and learn how it can be used to help your students prepare for career success. The session will also highlight the ways examinees can use their ACT WorkKeys scores and how the ACT National Career Readiness Certificate (NCRC) brings value to your students' future careers in AL and nationwide.

## **9. Trauma in the Classroom**

Presenter(s): **Michelle Pruett**, M.Ed., Ed.S., LPC

[pcandc@bellsouth.net](mailto:pcandc@bellsouth.net)

Location: East Meeting Room M

Sponsor(s): ALSCA

The children and teens who most need help are often the most difficult to connect with. Understand trauma's impact on brains, emotions, and behavior. Learn proven approaches for reaching the children who need us most.

## 10. Ethical Considerations in Counseling

Presenter(s): **Holly Walker**, LPC-S, NCC

[holly@thebalancedlifellc.com](mailto:holly@thebalancedlifellc.com)

Location: East Meeting Room A

Sponsor(s): ALMHCA, ALMHCA, ALSCA, ALCCA

Participants will engage in ethical considerations related to the assessment process, including clients' personal and cultural contexts and to relationships with colleagues within and outside the field of counseling.

## 11. Mandalas in Counseling: A Mindfulness-Based Practice

Presenter(s): **Chippewa M. Thomas**, Ph.D.

[thoma07@auburn.edu](mailto:thoma07@auburn.edu)

Location: Medical Forum D

Sponsor(s): ALASERVIC, ALAMCD

Session includes an overview and suggested use of mandalas in counseling for mindfulness-based practice. Representative of the circle/center and wholeness -- mandalas as can be used to process, promote insight, self-discovery, and enhance counseling engagement.

## 12. What Awaits Us: Therapeutic Approaches for Older Adults

Presenter(s): **Priscilla G. Wilson**, Ph.D., LPC

[pgwilson@jsu.edu](mailto:pgwilson@jsu.edu)

Location: East Meeting Room G

Sponsor(s): ALAADA

Americans age 65+ comprise 16.2% of the U.S. population, and will surpass 20% by 2030. We will review various aspects of aging and counseling skills needed to provide proficient services to clients and their caregivers.

### **13. The Magic of Group Work: Skill Building for Facilitators**

Presenter(s): **Doris C. Vaughans**, Ph.D., LPC, NCC

[dorisvaughans@yahoo.com](mailto:dorisvaughans@yahoo.com)

Location: East Meeting Room C

Sponsor(s): ALASGW

Effective group facilitation can create magic for group participants. This session provides skill building that is applicable to understand and counseling strategies for use in working with resistant clients.

### **14. Ethical Considerations and Competencies in Working with Transgender Clients**

Presenter(s): **Patrick K. Faircloth**, Ph.D., LPC-S (AL), LPC (MI)

[fair20074@gmail.com](mailto:fair20074@gmail.com)

Location: Medical Forum C

Sponsor(s): ALGBTICAL, ALMHCA, ALAMCD

Attendees will learn Transgender Identity development models, competencies, specific and general ethics that need to be observed when working with this population.

### **15. Yoga - What is it? How Can it help?**

Presenter(s): **James Elliott**, LPC, RYT

[Tranquilolc@gmail.com](mailto:Tranquilolc@gmail.com)

Location: Medical Forum J

Sponsor(s): ALCA, ALASERVIC

Historical review of the development, practice and intention of yoga. Relation to mindfulness and meditation. Practice of a few asanas (yoga poses). Treatment paradigms incorporating yoga.



## **School Counselor Roundup**

Location: Birmingham Ballroom XI & XII

Sponsor: ALSCA

1:30 - 2:45pm

**Sean Stevens**

Education Administrator, Counseling and Guidance  
Alabama State Department of Education

2:45-3:20pm

**Terrance Sykes, M.Ed.**

Wenonah High School, Birmingham City Schools

3:20-3:55pm

**Sheryl Smith, M.Ed.**

Secondary School Counselor (6th-12th), Auburn City Schools

3:55-4:30pm

**Mindi Amberson, BSW, LPC, EdS, NCC, GCDF, RPT**

Assistant Clinical Director, Garrett Counseling

ALSCA Moderator: LaWanda Edwards, Ph.D., NCC, Associate Dean, Alabama State University

- 16. Evidence-Based Practices for the Treatment of Opioid Use Disorder**
- 17. LPC Supervision in Alabama: Logistics, Liability, and Ethics**
- 18. Building Resiliency: Exploring Mindfulness Techniques to Address Childhood Trauma and Create Trauma-Sensitivity in the K-12 School Setting**
- 19. From Emmitt Till to Trayvon Martin: Practical Applications for Counseling African American Elders Who Have Been Exposed to Continued Racial Trauma**
- 20. I Didn't Know That About You: The Exposing Genogram**
- 21. Legal and Ethical Issues in School Counseling**
- 22. Serving Families of Divorce: The New Frontier for Therapists**
- 23. School Counseling Leadership - It's Not an Oxymoron**
- 24. Understanding the Homeless Education State Plan and Assisting Unaccompanied Homeless Youth**
- 25. The Janus-Face of America: A Social Justice Explanation of What May Lie Beneath**
- 26. Couples that Play Together, Stay Together: Neurobiology and Play Therapy in Couples Counseling**
- 27. Helping Clients Achieve Personal Resolution of Losses and Grief**
- 28. Leadership Development: Celebrating Counselors**
- 29. Practical Strategies for Working with Clients with Disabilities**
- 30. Could Boys Survive a Girl's Night Out? Counseling Groups of Boys and Girls in a School Settings**

## **16. Evidence-Based Practices for the Treatment of Opioid Use Disorder**

Presenter(s): **Zach Ludwig, LPC**

[zludwig@bradfordhealth.net](mailto:zludwig@bradfordhealth.net)

Location: Medical Forum A

Sponsor(s): ALAAOC, ALDARCA

Program will review the scope of the opioid abuse epidemic, clinical challenges working with opioid use disorder, treatment considerations, and definition of best practices and integration along a continuum of care.

## **17. LPC Supervision in Alabama: Logistics, Liability, and Ethics**

Presenter(s): **Paul Hard, Ph.D., LPC-S, NCC**

[pfhard@gmail.com](mailto:pfhard@gmail.com)

Mary Bartlett, Ph.D., NCC, LPC-S, CFLE  
Anna Barksdale, LPC-S

Location: East Meeting Room C

Sponsor(s): ALACES, ALGBTICAL, ALASERVIC

LPC Supervision in Alabama has its own particular challenges. Often the prospective Supervisor and ALC lack vital knowledge of the process, potential liability, ethics and logistics. This presentation provides an overview and exploration with case examples.

**18. Building Resiliency: Exploring Mindfulness Techniques to Address Childhood Trauma and Create Trauma-Sensitivity in the K-12 School Setting**

Presenter(s): **Amy W. Upton**, Ph.D., NCC, NCSC

[amyupton@southalabama.edu](mailto:amyupton@southalabama.edu)

Brittany Mistich  
Lexie Greer

Location: Medical Forum B

Sponsor(s): ALSCA, ALASERVIC

Combining research and personal recollection, we will discuss the lifelong, detrimental effects of childhood trauma and explore methods to combat these impacts, build resiliency in students, and create a trauma-sensitive school setting using mindfulness techniques.

**19. From Emmitt Till to Trayvon Martin: Practical Applications for Counseling African American Elders Who Have Been Exposed to Continued Racial Trauma**

Presenter(s): **Janelle Renee Robinson**, Ph.D., ALC

[janelle\\_carter@hotmail.com](mailto:janelle_carter@hotmail.com)

Location: Medical Forum H

Sponsor(s): ALAADA, ALAMCD

Recently, there has been comparison between experiences of African Americans today and African Americans during the Civil Rights era related to race relations. This session will focus on skills needed when counseling African American elders.

## **20. I Didn't Know That About You: The Exposing Genogram**

Presenter(s): **Michelle Crumbly**, LPC, NCC

[michelle@michellecrumblylpc.com](mailto:michelle@michellecrumblylpc.com)

Location: Medical Forum E

Sponsor(s): ALCA, ALAMFC, ALCCA

The purpose of this session is to illustrate how the genogram can be utilized in individual, couples, and family therapy. The session will also demonstrate how to gather important information from the genogram and use it in the counseling session.

## **21. Legal and Ethical Issues in School Counseling**

Presenter(s): **Meagan Weaver**, Ed.S.

[weaverme@marshallk12.org](mailto:weaverme@marshallk12.org)

Location: East Meeting Room M

Sponsor(s): ALSCA

Program's overview consists of what difficulties a school counselor has as an advocate of the student but also adhering to the ACA's code of ethics, while following the laws of the state. Discussion of court cases and court rulings are discussed.

## **22. Serving Families of Divorce: The New Frontier for Therapists**

Presenter(s): **Sara Dungan**, LMFT, ALC

[sara@sparrowcounsel.com](mailto:sara@sparrowcounsel.com)

Location: Medical Forum G

Sponsor(s): ALAMFC, ALMHCA

This session will describe different therapeutic/non-therapeutic services available to families of divorce like co-parenting counseling, parent coordination, mediation and reunification therapy. Also, practical activities therapists can use with families of divorce will be included.

## **23. School Counseling Leadership - It's Not an Oxymoron**

Presenter(s): **Brenda Fore**, Ph.D., LPC, NCC

[bfore@mcpss.com](mailto:bfore@mcpss.com)

Location: Medical Forum I

Sponsor(s): ALSCA

A new, leadership-oriented, school counselor identity is emerging. This presentation examines the benefits of a collaborative leadership paradigm between counselors and administrators to meet the ever-changing needs of the students and school community.

## **24. Understanding the Homeless Education State Plan and Assisting Unaccompanied Homeless Youth**

Presenter(s): **Jean Davis**, M.Ed., LPC

[davisjeand@gmail.com](mailto:davisjeand@gmail.com)

LaDonna R. Rudolph, Ed.S., J.D.  
Wanda Langley, M.Ed.

Location: East Meeting Room B

Sponsor(s): ALSCA

The State Plan for McKinney-Veto Homeless Education Act will be introduced and strategies for meeting the needs of Unaccompanied Home Youth will be discussed. The roles of counselors and serving UHY will be discussed.

## **25. The Janus-Face of America: A Social Justice Explanation of What May Lie Beneath**

Presenter(s): **Terissa Upchurch Butler, Ph.D., NCC**

[tlupchurchbutler@crimson.ua.edu](mailto:tlupchurchbutler@crimson.ua.edu)

Location: East Meeting Room A

Sponsor(s): ALAMCD, ALGBTICAL, ALASERVIC

This presentation uses social identity, belief in a just world, and social reproduction perspectives to help counseling professionals increase their understanding of potential underpinnings of some individuals' intolerant ideologies and patterns of discriminatory behavior.

## **26. Couples that Play Together, Stay Together: Neurobiology and Play Therapy in Couples Counseling**

Presenter(s): **Jessica Isbell, LPC, Ed.S., NCC, RPT**

[jessica@isbellcounseling.com](mailto:jessica@isbellcounseling.com)

Location: Medical Forum D

Sponsor(s): ALMHCA, ALAMFC

Presentation will include research related to neurobiology and couples therapy. Experiential play therapy and expressive interventions will be utilized to provide techniques to use with couples.

## **27. Helping Clients Achieve Personal Resolution of Losses and Grief**

Presenter(s): **Doris C. Vaughans, Ph.D., LPC, NCC**

[dorisvaughans@yahoo.com](mailto:dorisvaughans@yahoo.com)

Location: East Meeting Room H

Sponsor(s): ALCA, ALAADA

A review of dissertation research conducted by Dr. Vaughans. Counselors will gain knowledge of effective interventions for clients who have experienced the death of a loved-one.

## **28. Leadership Development: Celebrating Counselors**

Presenter(s): **Monica P. Mack**, Ph.D., LPC, NCC

[mpmack23@gmail.com](mailto:mpmack23@gmail.com)

Kenya Bledsoe, Ed.S., LPC-S, NCC, NCSC

Vincent D. Hinton, Ed.S., LPC-S, NCC

Monica Motley, Ph.D.

Starrah Huffman, Ph.D., LPC, NCC, NCSC

Location: Medical Forum F

Sponsor(s): ALCA

Are you a new member to the association? Are you interested in leadership opportunities? If you are, this session is for you! This interactive session will provide you with tips on how to get more involved with your chapter or division.

## **29. Practical Strategies for Working with Clients with Disabilities**

Presenter(s): **Melissa D. Deroche**, LPC, NCC

[mderoche@troy.edu](mailto:mderoche@troy.edu)

Mary Kathryn Fletcher, MS

Location: Medical Forum C

Sponsor(s): ALDARCA, ALAMCD

Approximately 1 in 5 Americans has a disability, making it likely counselors will encounter clients with disabilities. Participants will examine their attitudes regarding individuals with disabilities and develop knowledge and skills that promote greater competency.



**30. Could Boys Survive a Girl's Night Out? Counseling Groups of Boys and Girls in a School Setting**

Presenter(s): **Patti Gilliland**, Ed.S., LPC

[pagilliland@blountboe.net](mailto:pagilliland@blountboe.net)

Lisa Butler, Ed.S., LPC, NCC  
Stacy Hammond, M.Ed.

Location: East Meeting Room G

Sponsor(s): ALSCA

This session is designed to give school counselors some specific ideas and instructions on how they can create larger groups for boys and/or girls to talk about topics that might pertain to those particular groups.

- 31. Difficult Dialogues on Race, Ethnicity, and Culture: Moving Past the Forbidden!**
- 32. Are We Next? Trauma Informed Schools Part 1- Prevention and Mitigation**
- 33. Exploring Substance Abuse and Suicide: Shared Protective and Risk Factors**
- 34. Healthy Social Media Behaviors and Boundaries: Implications for School Counselors, Administrators, Students, and Parents**
- 35. The Perils of the Reintegration of Incarcerated African American Males**
- 36. Postvention: Healing After Suicide**
- 37. Using Chi Sigma Iota to Promote Career Development of Graduate Students**
- 38. So You Want to Be A Presenter? Consider These Tips!**
- 39. Everyone Needs a Bigger Toolbox**
- 40. I'm a School Counselor and LPC. What Hat Do I Wear Today?**
- 41. Reflective Supervision: Does It Have a Place in Clinical Supervision?**
- 42. Do as I Say and Not as I Do: Self-Care and Stress Management for Mental Health Professionals**
- 43. Multicultural Counseling: Helping Clinicians Work with Diverse Populations**
- 44. Considerations on Therapists' Competence in Evaluating Couples Plagued by (Cyber) Sex Addiction**
- 45. Combining Play Therapy and Bibliotherapy for School Related Issues**

### **31. Difficult Dialogues on Race, Ethnicity, and Culture: Moving Past the Forbidden!**

Presenter(s): **Kent Butler**, Ph.D., LPC, NCC, NCSC

[skbutler@ucf.edu](mailto:skbutler@ucf.edu)

Location: Birmingham Ballroom III, IV, VII and VIII

Sponsor(s): ALCA

With Leadership, Advocacy, Collaboration, and Commitment as the backdrop, this INTERACTIVE presentation will provide counselors with facilitation strategies that help guide culturally sensitive dialogues. The presenter will bust a few myths, discuss the historical context behind many racial disparities and systemic barriers faced by marginalized individuals, and utilize evidence based research and personal experiences to help attendees understand the complexities and challenges of race, ethnicity, and culture.

### **32. Are We Next? Trauma Informed Schools Part 1- Prevention and Mitigation**

Presenter(s): **Stephan Berry**, Ph.D. LPC

[stberry@troy.edu](mailto:stberry@troy.edu)

Maegan Vick, M.Ed., NCC, LPC  
Laura Hodges, Ph.D. LPC-S NCC ACS

Location: East Meeting Room M

Sponsor(s): ALSCA, ALAMCD, ALASERVIC

No school is immune from incidents like the Stoneman Douglas shooting. Part 1 of this presentation will look at the trauma's effect on schools and how school counselors can prepare themselves and their schools.

### **33. Exploring Substance Abuse and Suicide: Shared Protective and Risk Factors**

Presenter(s): **Zach Ludwig**, LPC

[zludwig@bradfordhealth.net](mailto:zludwig@bradfordhealth.net)

Location: Medical Forum I

Sponsor(s): ALCA, ALDARCA, ALCCA

Program explores the prevalence of suicide, the scope of the challenge facing practitioners and communities, correlates of suicide and substance use disorder, including shared risk/protective factors, and identification of interventions skills.

### **34. Healthy Social Media Behaviors and Boundaries: Implications for School Counselors, Administrators, Students, and Parents**

Presenter(s): **Jessica Tyler, Ph.D., NCC**

[jim0001@auburn.edu](mailto:jim0001@auburn.edu)

Virginia Lacy, Ph.D., NCC

Location: Medical Forum B

Sponsor(s): ALAMFC, ALSCA

This program addresses how social media influences social & psychological outcomes. Once seen as just a hobby, social networking is changing the culture in many ways; how can we be proactive in implementing healthy approaches?

### **35. The Perils of the Reintegration of Incarcerated African American Males**

Presenter(s): **Dwayne White, MS, APC, NCC, CCMHC**

[dmw0050@tigermail.auburn.edu](mailto:dmw0050@tigermail.auburn.edu)

Shanel Robinson, MS, APC, NCC, CCMHC

Location: Medical Forum H

Sponsor(s): ALAMCD, ALDARCA, ALAAOC

This presentation will examine the effects of race-based trauma on the reintegration of incarcerated African American males who committed non-violent crimes.

### **36. Postvention: Healing After Suicide**

Presenter(s): **Mary Bartlett, Ph.D., NCC, LPC-SC, CFLE**

[contact@drmarybartlett.com](mailto:contact@drmarybartlett.com)

Location: East Meeting Room H

Sponsor(s): ALMHCA, ALAMFC, ALASERVIC

Nationally, suicides are increasing among adults and school aged populations. Postvention is the actions counselors can take to help survivors of suicide rebuild their individual lives and communities, following a loss to suicide.

### **37. Using Chi Sigma Iota to Promote Career Development of Graduate Students**

Presenter(s): **Abigail M. Holder**, M.Ed., NCC

[abigailmholder@gmail.com](mailto:abigailmholder@gmail.com)

Lindsay Stokes Harrell, M.S., ALC, NCC  
Malti Tuttle, Ph.D., LPC, NCC

Location: Medical Forum D

Sponsor(s): ALCA

Presentation of Chi Sigma Iota events that our chapter has held and the impact we hope to make on the members' career development. Preliminary findings of professional identity development through career events will be discussed.

### **38. So You Want to Be A Presenter? Consider These Tips!**

Presenter(s): **Leslie N. Weaver-Martin**, LPC-S, NCC

[lnweaver77@gmail.com](mailto:lnweaver77@gmail.com)

Location: Medical Forum E

Sponsor(s): ALCA

ALCA sponsored presentation to provide tips for those considering presenting at ALCA and/or other conferences.

### **39. Everyone Needs a Bigger Toolbox**

Presenter(s): **Brent Cosby**, MS

[counselor1012003@yahoo.com](mailto:counselor1012003@yahoo.com)

Location: East Meeting Room A

Sponsor(s): ALCCA

This program is designed to assist professionals with specific counseling techniques that will assist in more successful sessions.

#### **40. I'm a School Counselor and LPC. What Hat Do I Wear Today?**

Presenter(s): **Lisa Butler**, Ed.S., LPCS, NCC

[lbutler@blountboe.net](mailto:lbutler@blountboe.net)

Patti Gilliland, Ed.S., LPC

Location: East Meeting Room G

Sponsor(s): ALSCA

School Counselors who are also Licensed Professional Counselors are left wondering which hat to wear each day. Discussion on how to be both an LPC and School Counselor while ensuring all ethical codes are followed.

#### **41. Reflective Supervision: Does It Have a Place in Clinical Supervision?**

Presenter(s): **Dallas Rabig**, LPC, IMH-E ®

[dallas.aclr@gmail.com](mailto:dallas.aclr@gmail.com)

Location: Medical Forum F

Sponsor(s): ALACES, ALAMCD

Reflective supervision and consultation is a collaborative process that enhances professional growth and improves program quality through authentic interaction around strengths, vulnerabilities, and the intrinsic problems of practice.

#### **42. Do as I Say and Not as I Do: Self-Care and Stress Management for Mental Health Professionals**

Presenter(s): **Penny Baker**, MA, LPC-S, NCC

[pbaker@pinnacleprograms.com](mailto:pbaker@pinnacleprograms.com)

Jane Baker, LCSW, PIP

Location: East Meeting Room C

Sponsor(s): ALMHCA, ALASERVIC, ALSCA

This workshop demonstrates hands on techniques to assist professionals in understanding, monitoring, and managing their stress. Techniques will focus on reducing daily work stress, compassion fatigue, and secondary trauma symptoms.

#### **43. Multicultural Counseling: Helping Clinicians Work with Diverse Populations**

Presenter(s): **Tarmen Siaway**, Ph.D., LPC, BCC

[tarmensiaway@yahoo.com](mailto:tarmensiaway@yahoo.com)

Location: Medical Forum G

Sponsor(s): ALGBTICAL, ALCCA

This presentation will help clinicians gain a deeper understanding of the importance of cultural competence within the counseling profession with a focus on best practices for diverse populations.

#### **44. Considerations on Therapists' Competence in Evaluating Couples Plagued by (Cyber) Sex Addiction**

Presenter(s): **Simona A. Niculaes**, LPC, MFTA, CSAT-C

[san0015@tigermail.auburn.edu](mailto:san0015@tigermail.auburn.edu)

Location: Medical Forum C

Sponsor(s): ALCA, ALAMFC

It is our mandate to draw attention to the rapid spread of pornography addiction, and to the need for the development of competency standards among clinicians vis-à-vis assessing couples plagued by cybersex addiction.

#### **45. Combining Play Therapy and Bibliotherapy for School Related Issues**

Presenter(s): **Heather Hardeman**, MA, LPC, RPT, TBRI® Practitioner, Certified TF-CBT

[hhardeman@alabamafamilytherapy.com](mailto:hhardeman@alabamafamilytherapy.com)

Vaneshia Jenkins, MA, LPC

Location: East Meeting Room B

Sponsor(s): ALCA

This fun interactive session will provide a brief overview of bibliotherapy. Then, we will look at specific books and corresponding play therapy directives that can be used with common presenting issues in elementary school aged children.

- 46. Are We Next? Trauma Informed Schools Part 2 - Response and Recovery**
- 47. CollegeCovered: The Newest College Planning Resource**
- 48. The Importance of a Mindful Lifestyle**
- 49. Professional and Ethical Responsibility in Private Practice**
- 50. How to be Successful in Graduate Education - Considering Doctoral and Master's Degree Programs in Counselor Education**
- 51. "No Boring Board Games!" Modifying Board Games for Therapy with Children**
- 52. Codependency and the Impact on Family Systems**
- 53. Ethical Considerations with the Use of Technology with Clients. How Counselors Can Incorporate Technology into Their Practice**
- 54. Helping First in Family Students Develop a College Roadmap**
- 55. Counseling and Counselor Education in Cape Coast, Ghana: An Engagement Initiative**
- 56. Communication Skills - Keys to Improving Any Relationship (Couples, Family & School)**
- 57. Counseling African Americans: Culturally Adaptive CBT and CRT**
- 58. Applying Positive Psychology in Therapy**
- 59. Affirmations & Vision Boards: A Synergistic Intervention for Building Client Self-Efficacy**



## **46. Are We Next? Trauma Informed Schools Part 2 - Response and Recovery**

Presenter(s): **Stephan Berry**, Ph.D. LPC

[stberry@troy.edu](mailto:stberry@troy.edu)

Maegan Vick, M.Ed., NCC, LPC  
Laura Hodges, Ph.D. LPC-S NCC ACS

Location: East Meeting Room M

Sponsor(s): ALSCA, ALAMCD, ALASERVIC

Part 2 of this presentation will look at how school counselors should respond to traumatic incidents in their schools. Evidenced-based interventions and best practices in trauma response will be discussed.

## **47. CollegeCovered: The Newest College Planning Resource**

Presenter(s): **Robert Sevret**

[robertsevret@discover.com](mailto:robertsevret@discover.com)

Location: East Meeting Room B

Sponsor(s): ALSCA, ALCDA

This session will provide an overview of CollegeCovered.com and what resources and advice are easily available for you and your students on planning and paying for college. Plus, learn about the Counselors Corner – a special section with articles and information just for you.

## **48. The Importance of a Mindful Lifestyle**

Presenter(s): **Jason Watson**, LPC, NCC, CCMHC

[jason@fandwcounseling.com](mailto:jason@fandwcounseling.com)

Location: East Meeting Room I

Sponsor(s): ALASERVIC, ALCCA

A presentation to help individuals understand the importance of mindfulness, the benefits mindfulness can provide, and gain techniques to incorporate mindfulness with clients.

#### **49. Professional and Ethical Responsibility in Private Practice**

Presenter(s): **Nieshia M. Brown**, Ed.S., LPC

[nieshia2@yahoo.com](mailto:nieshia2@yahoo.com)

Location: Medical Forum F

Sponsor(s): ALMHCA

Overview of the best professional and ethical practices to ensure quality care and reduce professional liability.

#### **50. How to be Successful in Graduate Education - Considering Doctoral and Master Degree Programs in Counselor Education**

Presenter(s): **Brandee M. Appling**, Ph.D., NCC

[bma0027@auburn.edu](mailto:bma0027@auburn.edu)

Lindsay Portela, M.Ed., NCC, ALC

Jamie Carney, Ph.D., NCC

Sarah Flint, M.Ed., NCC, LPC

Ashley Brown, M.Ed., NCC

Location: Medical Forum E

Sponsor(s): ALCA

The session focuses on strategies for applying, considering programs, being successful in graduate school, how to use graduate school to prepare you for fields in counseling and Counselor Education.

#### **51. “No Boring Board Games!” Modifying Board Games for Therapy with Children**

Presenter(s): **Korinne H. Babel**, Ph.D., LPC-CPCS (GA), NCC, RPT

[khbabelPh.D.@gmail.com](mailto:khbabelPh.D.@gmail.com)

Heather Hardeman, MA, LPC, RPT, TBRI® Practitioner

Location: Medical Forum H

Sponsor(s): ALMHCA, ALSCA

Board games such as Candyland, Chutes and Ladders, Jenga and others have a place in the counselor’s office. Learn to modify board games for therapeutic use with children ranging from 4-104.

## **52. Codependency and the Impact on Family Systems**

Presenter(s): **Richard Yoakum, LPC-S**

[ryoakum@samford.edu](mailto:ryoakum@samford.edu)

Location: East Meeting Room G

Sponsor(s): ALAAOC, ALMHCA, ALAMFC, ALAMCD

We will explore how addiction and disorders impact a family system. What does codependency look like within an addictive family system? Let's talk about some ways to effectively treat the family.

## **53. Ethical Considerations with the Use of Technology with Clients. How Counselors Can Incorporate Technology into Their Practice**

Presenter(s): **Jeffrey Moore, Ph.D., LPC-S, BC-TMH**

[jrmooresassociates@gmail.com](mailto:jrmooresassociates@gmail.com)

Matt McKenzie, M.A. LPC

Location: East Meeting Room C

Sponsor(s): ALMHCA, ALASERVIC, ALCCA

Ethical considerations with the Use of Technology with clients. Exploring all the considerations of using technology and increasing revenue in your practice.

## **54. Helping First in Family Students Develop a College Roadmap**

Presenter(s): **Kelly Savoie, Director Business Development**

[kelly.q.savoie@salliemae.com](mailto:kelly.q.savoie@salliemae.com)

Location: Medical Forum B

Sponsor(s): ALSCA, ALCA

Session will review background and challenges these students face. Planning and preparing for college timeline. Tools and resources to help families develop a roadmap allowing them to attend and pay for college.

## **55. Counseling and Counselor Education in Cape Coast, Ghana: An Engagement Initiative**

Presenter(s): **Chippewa M. Thomas, Ph.D.**

[thoma07@auburn.edu](mailto:thoma07@auburn.edu)

Godwin Awabil, Ph.D.

Erik Nyarko-Sampson, Ph.D.

Evelyn Esi Brenya, MS

Elizabeth I. Essamuah-Quansah, Ph.D., MBA

Location: East Meeting Room H

Sponsor(s): ALCA, ALAMCD

Session includes an overview of counseling services provided in Cape Coast, Ghana; the university counselor education program components; and a dual-phased collaboration that aims to advance the professional discourse around counseling profession advocacy in Ghana.

## **56. Communication Skills - Keys to Improving Any Relationship (Couples, Family & School)**

Presenter(s): **Timothy Birt, MS, LPC, LMFT**

[birt@counseling-therapy-services.com](mailto:birt@counseling-therapy-services.com)

Location: East Meeting Room A

Sponsor(s): ALAMFC

Practical tools to improve any relationship thru use of practical communication and conflict resolution skills. A hands-on workshop to learn and practice skills essential to relationship development. Helpful for couples, family, and school counseling.

## **57. Counseling African Americans: Culturally Adaptive CBT and CRT**

Presenter(s): **Ashley Brown**, M.Ed., NCC

[abb0010@auburn.edu](mailto:abb0010@auburn.edu)

Claudia Calder, MA

Location: Medical Forum G

Sponsor(s): ALAMCD, ALASERVIC

Clients of color may use mental health services more when their values and beliefs align with interventions provided (Flaskerud & Nyamanthi, 2000). CRT and CBT could be adapted to assist diverse clients in counseling.

## **58. Applying Positive Psychology in Therapy**

Presenter(s): **Brandon Browning**, Ph.D., LPC

[browning@southalabama.edu](mailto:browning@southalabama.edu)

Location: Medical Forum I

Sponsor(s): ALCA, ALCCA

Focusing solely on problems with clients ignores areas of strength and healing available to clients. This session will identify ways in which counselors can bring positive psychology into their practice.

## **59. Affirmations & Vision Boards: A Synergistic Intervention for Building Client Self-Efficacy**

Presenter(s): **Elisabeth Claytor**, NCC

[elisabethclaytor@gmail.com](mailto:elisabethclaytor@gmail.com)

Location: Medical Forum D

Sponsor(s): ALCA, ALCCA

This presentation will describe the rationale for combining affirmations with vision boards as a creative intervention for various populations and will provide an opportunity for attendees to create a personal vision board.

## **LPC Roundup**

Location: Medical Forum C

Sponsor: ALCA

1:30-1:50 pm

**Jane Sweeney, LPC-S, NCC**  
Insurance Panels- Perils and Pros

1:50-2:10 pm

**Dana Hampson, LPC-S, MBA**  
Expanding Your Practice

2:10-2:30 pm

**Veronica Davis, LPC-S**  
Isolation, Staffing- The Need for Support

2:30-2:45 pm

Panel Discussion  
LPC Issued Q&A

Moderator: Lisa Patterson, LPC-S, LMHC-S, RPT-S

Please join us for the first ever LPC Roundup! This special session is open to all Licensed Professional Counselors (LPCs) and will provide an opportunity for LPCs to hear from LPC Supervisors (LPC-S), network with other LPCs, and discuss relevant practice-related topics.

## **New School Counselor Academy**

**Presenters:** Lyle Cooper, Professional School Counselor, Baldwin County Schools  
Jan Gay, Professional School Counselor, Baldwin County Schools  
Shalandra Whaley, School Social Worker, Cullman County Schools  
Karen Pinion, Counseling Coordinator, Cullman County Schools  
Wanda T. Langley, Education Specialist, Alabama State Department of Education

**Moderator:** Sean Stevens, ALSDE Education Administrator, Counseling and Guidance

**Location:** Birmingham Ballroom III, IV, VII, and VIII

**Sponsor:** ALSCA and the Alabama State Department of Education (ALSDE)

Professional School Counselors new to the profession often question what they need to know during their first few years on the job. Every new school counselor should feel confident they understand their roles and are equipped with best practices regarding full implementation of the comprehensive school counseling and guidance program. This session has been designated as one of the professional development opportunities to meet state certification requirements for new Alabama School Counselors (less than three years of experience).

- 60. Practical Treatment of Anxiety and Depression Syndromes**
- 61. Hospital to School: Creating a Successful Transition**
- 62. Understanding the Criminal Mind**
- 63. University and Elementary School Counselors' Partnerships to Ensure Student Success**
- 64. The Use of Virtual Avatar Laboratory Technology to Enhance Group Supervision and Teaching**
- 65. ACT Updates: Resources for College and Career Success**
- 66. Navigating & Facilitating TeleMental Health Counseling**
- 67. It's not your TRAUMA, But It's YOUR Trauma - A Guide for Secondary Trauma Exposure**
- 68. Child Abuse Mandated Reporting: Recognition and Ethics for School & Clinical Practice**
- 69. Integration of Person and Profession with Codes of Ethics**
- 70. Student Anxiety and the School Counselor**
- 71. Mindfulness Multiplied: Practical Techniques to Use in Individual, Couples, & Family Therapy**
- 72. The Alabama School Counseling Program of Distinction Award: What Is It and How Do I Apply?**
- 73. De-Escalation as a Means of Empowerment**
- 74. Integrated Care in the Rehabilitation Setting**



## **60. Practical Treatment of Anxiety and Depression Syndromes**

Presenter(s): **Richard Yoakum, LPC-S**

[ryoakum@samford.edu](mailto:ryoakum@samford.edu)

Location: Medical Forum I

Sponsor(s): ALCCA

Let's come up with some practical ways in understanding and treating anxiety and depressed symptoms. Maybe we can have some fun during the session too.

## **61. Hospital to School: Creating a Successful Transition**

Presenter(s): **Lawrence E. Tyson, Ph.D.**

[ltyson@uab.edu](mailto:ltyson@uab.edu)

Shannon N. McCarthy, Ph.D.

Location: Medical Forum D

Sponsor(s): ALSCA, ALDARCA

“What are the transition needs of students re-entering school from in-patient care?” The presenters will share information acquired from a workshop presented by Children’s Hospital, the presenters, and School Counseling Directors.

## **62. Understanding the Criminal Mind**

Presenter(s): **Meagan Weaver, Ed.S.**

[weaverme@marshallk12.org](mailto:weaverme@marshallk12.org)

Location: East Meeting Room H

Sponsor(s): ALAAOC, ALDARCA

Understanding the Criminal Mind evaluates the processes of a criminal and how their mind works before and after a crime. Discussion of case studies will evaluate what therapy was used and if it was helpful in the recidivism rate. Review of some previous research is evaluated to depict some misconceptions of how criminals consider their behavior acceptable.

### **63. University and Elementary School Counselors' Partnerships to Ensure Student Success**

Presenter(s): **LaWanda Edwards, Ph.D., NCC**

[ledwards@alasu.edu](mailto:ledwards@alasu.edu)

Clarissa Reese, Ed.D., NBCT

Hope English, Ed.D., NBCT

Kathy Cook, Ed.D.

Patricia Marbury, M.Ed.

Location: East Meeting Room B

Sponsor(s): ALSCA, ALCCA

This session will focus on counselor educators collaborating with school counselors in elementary schools, leading to students being successful in all parts of their lives, including academics, personal/social, and career development.

### **64. The Use of Virtual Avatar Laboratory Technology to Enhance Group Supervision and Teaching**

Presenter(s): **Carrie D. Hemmings, Ph.D., NCC**

[chemmin1@aum.edu](mailto:chemmin1@aum.edu)

Christie P. Garner

Heather Dorough, M.A., NCC

Tela Sanders

Christie Hall, NCC

Location: Medical Forum F

Sponsor(s): ALASGW, ALAMCD

The use of a Virtual Avatar Laboratory (VAL) in supervision and teaching is an exciting new technology! The VAL sessions are customized to include either individual or group avatars of different ages in various settings. An overview and recorded demonstration will be included.

## **65. ACT Updates: Resources for College and Career Success**

Presenter(s): **Gennine Holley, MA**

[Gennine.holley@act.org](mailto:Gennine.holley@act.org)

Location: Medical Forum B

Sponsor(s): ALCDA, ALSCA

Join us to review the latest ACT research on preparing students for college and career success. We will also review the 2018 ACT data for AL students and share the many resources available to prepare your students for success on the ACT and ACT WorkKeys.

## **66. Navigating & Facilitating TeleMental Health Counseling**

Presenter(s): **Alicia Winkle, LPC, BC-TMH**

[aliciawinklecounselingllc@gmail.com](mailto:aliciawinklecounselingllc@gmail.com)

Location: Medical Forum G

Sponsor(s): ALMHCA, ALCCA

This presentation will assist licensed professionals on practical tips and guidance on how to facilitate TeleMental Health counseling and share what has been found to work and not work on an online platform.

## **67. It's not your TRAUMA, But It's YOUR Trauma - A Guide for Secondary Trauma Exposure**

Presenter(s): **Brent Cosby, MS**

[counselor1012003@yahoo.com](mailto:counselor1012003@yahoo.com)

Location: East Meeting Room A

Sponsor(s): ALCCA, ALASERVIC

This program is designed to assist professionals with Secondary Trauma Exposure.

## **68. Child Abuse Mandated Reporting: Recognition and Ethics for School & Clinical Practice**

Presenter(s): **Timothy Birt**, MS, LPC, LMFT

[birt@counseling-therapy-services.com](mailto:birt@counseling-therapy-services.com)

Location: Medical Forum C

Sponsor(s): ALCA, ALASERVIC, ALSCA

Ethical considerations and skills needed to recognize and report child abuse as a school, agency, or private practice counselor as a mandated reporter. Skills built in ID sexual, physical abuse and neglect. Meets ethics requirements.

## **69. Integration of Person and Profession with Codes of Ethics**

Presenter(s): **Mary Ann Hollingsworth**, Ph.D., LPC-S, DCC, NCC, BCC, ACS

[ahollingsworth@uwa.edu](mailto:ahollingsworth@uwa.edu)

Location: Medical Forum H

Sponsor(s): ALASERVIC

This presentation explores integration of personal codes of ethics from belief systems and life development trajectory with professional codes of ethics. Both anecdotal and empirical research is shared and participant inventory provided.

## **70. Student Anxiety and the School Counselor**

Presenter(s): **Jan Gay**, LICSW-PIP, Certified School Counselor

[Jlgay@bcbe.org](mailto:Jlgay@bcbe.org)

Amy W. Upton, Ph.D., NCC, NCSC

Location: East Meeting Room C

Sponsor(s): ALSCA

Anxiety is the most commonly diagnosed mental health concern, impacting approximately 10% of adolescents. This session will examine the rising trend of students struggling with anxiety issues, and school counseling interventions will be shared.

## **71. Mindfulness Multiplied: Practical Techniques to Use in Individual, Couples, & Family Therapy**

Presenter(s): **Theresa Steele Mitchell, MS, LMFT**

[theresa.mitchell@sequelyouthservices.com](mailto:theresa.mitchell@sequelyouthservices.com)

Mahalian Boykin, Ed.D., LPC

Location: Medical Forum A

Sponsor(s): ALAMFC, ALAMCD, ALCCA

Provide participants data on benefits of mindfulness and opportunity to practice use of mindfulness techniques to use in individual, couple, and family therapy.

## **72. The Alabama School Counseling Program of Distinction Award: What Is It and How Do I Apply?**

Presenter(s): **Cindy Davis**, Chairperson of the Alabama School Counseling Program of Distinction Award, ALSCA Board

[cvdavis@madisoncity.k12.al.us](mailto:cvdavis@madisoncity.k12.al.us)

Location: East Meeting Room M

Sponsor(s): ALSCA

The Alabama School Counselor Association (ALSCA) has a new recognition program for school counselors. Attendees of this session will discover the purpose of The Alabama School Counseling Program of Distinction Award and how to apply.

### **73. De-Escalation as a Means of Empowerment**

Presenter(s): **Amy L. Moor**, LPC

[amoor@pinnacleprograms.com](mailto:amoor@pinnacleprograms.com)

Samuel Fleischman, LMSW  
Bo Wolfe

Location: East Meeting Room G

Sponsor(s): ALCA, ALCCA

This presentation will demonstrate the importance of validating the emotions of a person in crisis and to empower them to problem solve in order to regain control.

### **74. Integrated Care in the Rehabilitation Setting**

Presenter(s): **Kelley Mautz**, MPA, MS, CRC, ALC

[ekm0031@tigermail.auburn.edu](mailto:ekm0031@tigermail.auburn.edu)

Melissa Deroche, Ph.D., LPC  
Leslie Wofford, M.Ed., CRC, ALC

Location: Medical Forum E

Sponsor(s): ALDARCA, ALAADA

Integrated care approaches in counseling show promise in addressing the multi-faceted needs clients often present with. Learn how this approach can be best implemented in community and inpatient rehabilitation settings to maximize client outcomes.

- 75. Best Practices for FAFSA Success**
- 76. Ethical Considerations of Compassion Fatigue: A Look at Counselor Wellness**
- 77. Art in Counseling**
- 78. Developmentally Appropriate Support of Pre-K Children in Alabama Schools**
- 79. Play Therapy Group Activities for School and Private Practice**
- 80. University and Secondary School Counselors' Partnerships to Ensure Student Success**
- 81. Difficult Adults: Moving from Tension to Teamwork with Our Clients' Caregivers**
- 82. Self-Care: The Practice and Implementation for Clinicians, Supervisors, Clients, Counselor Educators and Students**
- 83. Infant and Early Childhood Mental Health (IECMH): How Best Practice is Influencing Policy in Alabama**
- 84. Yes, But: Effective strategies for Resistant Clients**
- 85. A 10 Step Guide to Building a Private Practice**
- 86. Oh, the Places You'll Go: Navigating the Counseling Profession**
- 87. The Forgotten Approach to Healing: Long Term Psychodynamic Psychotherapeutic Care**
- 88. Honor Walk: A Treatment Modality for Trauma**
- 89. The First Three Years: Perspectives of Emerging Mental Health Professionals in Community Mental Health**

## **75. Best Practices for FAFSA Success**

Presenter(s): **Dana Waldrop**, M.Ed., NBCT

[dwaldrop@jefcoed.com](mailto:dwaldrop@jefcoed.com)

Christopher Jones, BSE, MS  
Vanessa Stevens

Location: East Meeting Room M

Sponsor(s): ALSCA

This presentation focuses on best practice strategies to increase your FAFSA completion and improvement rate. How strategies in a large and small public high school helped with over 60% completion rates among their senior class.

## **76. Ethical Considerations of Compassion Fatigue: A Look at Counselor Wellness**

Presenter(s): **Yulanda Tyre**, Ph.D., LPC-S, NCC

[tyrereignite@gmail.com](mailto:tyrereignite@gmail.com)

Location: Medical Forum H

Sponsor(s): ALASERVIC

This session will explore the definition of compassion fatigue, its difference from burn out, symptoms, and professional impact. Participants will leave this session with an understanding of ethical considerations along with tools to help prevent and treat compassion fatigue.

## **77. Art in Counseling**

Presenter(s): **Millie Dawson-Hardy**, Ph.D., MAT

[madawsonhardy@ua.edu](mailto:madawsonhardy@ua.edu)

Location: East Meeting Room G

Sponsor(s): ALSCA

This presentation will include experiential art activities for use in counseling settings, discussion of art in counseling as well as the presenter's research about the use of art in school counseling settings. Not just for children!



## **78. Developmentally Appropriate Support of Pre-K Children in Alabama Schools**

Presenter(s): **Charlotte Daughhete**, Ph.D., M.Ed., LPC, NCC, LMFT

[daughc@montevallo.edu](mailto:daughc@montevallo.edu)

Laura Bloom, Ph.D.  
Maegan Vick, M.Ed.

Location: Medical Forum A

Sponsor(s): ALSCA

This program will examine the alignment between the ASCA model standards/competencies and the Preschool curriculum standards required by Alabama, in order to assist elementary counselors who are providing services to Pre-K classrooms.

## **79. Play Therapy Group Activities for School and Private Practice**

Presenter(s): **Celeste C. Neil**, Ph.D., LPC-S, NCC, NCSC, ACS, DCC, RPT-S

[celestecneil@gmail.com](mailto:celestecneil@gmail.com)

Location: East Meeting Room A

Sponsor(s): ALCA, ALSCA

The Past President of the Alabama Play Therapy Association will present hands-on play therapy activities for groups and review processes to become a certified Registered Play Therapist or a School Based-Registered Play Therapist (SB-RPT).

## **80. University and Secondary School Counselors' Partnerships to Ensure Student Success**

Presenter(s): **LaWanda Edwards, Ph.D., NCC**

[ledwards@alasu.edu](mailto:ledwards@alasu.edu)

Clarissa Reese, Ed.D., NBCT

Larice Manley, M.Ed.

Kimberly Sellers-Hall, M.Ed.

Cecilia Phillips, M.Ed.

Location: East Meeting Room B

Sponsor(s): ALSCA, ALCCA

This session will focus on a counselor educator collaborating with school counselors in secondary schools. This collaboration will lead to students being successful in all parts of their lives, including academics, personal/social, and career development.

## **81. Difficult Adults: Moving from Tension to Teamwork with Our Clients' Caregivers**

Presenter(s): **Michelle Pruett, M.Ed., Ed.S., LPC**

[pcandc@bellsouth.net](mailto:pcandc@bellsouth.net)

Location: East Meeting Room C

Sponsor(s): ALMHCA

Effectively helping children requires the help and cooperation of parents, foster parents, and relative caregivers. Learn strategies and techniques for building collaboration and cooperation with adults who are difficult to bring on board.

## **82. Self-Care: The Practice and Implementation for Clinicians, Supervisors, Clients, Counselor Educators and Students**

Presenter(s): **Vincent D. Hinton**, Ed.S., LPC-S (AL), LPC-CPCS (GA), NCC

[vincentdhinton@yahoo.com](mailto:vincentdhinton@yahoo.com)

Maranda Griffin, Ph.D., LPC (AL), LMHC (FL)

Location: Medical Forum B

Sponsor(s): ALCCA, ALMHCA, ALSCA, ALCA

Counselors have a professional responsibility to practice self-care to promote emotional, physical, mental, and spiritual well-being. Participants will be presented with information to benefit self, students, supervisors, and clients in assessing, integrating, and practicing self-care through lecture, discussion, and experiential activities.

## **83. Infant and Early Childhood Mental Health (IECMH): How Best Practice is Influencing Policy in Alabama**

Presenter(s): **Dallas Rabig**, LPC, IMH-E ®

[dallas.aclr@gmail.com](mailto:dallas.aclr@gmail.com)

Location: Medical Forum I

Sponsor(s): ALACES

Best practice in IECMH intervention focuses on parent-child relationships, as children's psychological functioning unfolds within the context of their cultural environment. Best practice in IECMH is influencing policy changes in Alabama.

## **84. Yes, But: Effective Strategies for Resistant Clients**

Presenter(s): **Doris C. Vaughans**, Ph.D., LPC, NCC

[dorisvaughans@yahoo.com](mailto:dorisvaughans@yahoo.com)

Location: Medical Forum G

Sponsor(s): ALAAOC, ALMHCA, ALCCA

Clients who willingly seek out counseling and clients who are mandated to receive counseling services can be very resistant. This session provides counseling strategies for use in working with resistant clients.

## **85. A 10 Step Guide to Building a Private Practice**

Presenter(s): **Heather Hardeman**, MA, LPC, RPT, TBRI® Practitioner, Certified TF-CBT  
[hhardeman@alabamafamilytherapy.com](mailto:hhardeman@alabamafamilytherapy.com)

Vaneshia Jenkins, MA, LPC

Location: Medical Forum E

Sponsor(s): ALMHCA

An informative session on how to build and grow an inclusive, thriving, private practice that addresses our society's cultural needs. This session includes a 10-step prelaunch guide to begin your own practice.

## **86. Oh, the Places You'll Go: Navigating the Counseling Profession**

Presenter(s): **Kenya G. Bledsoe**, LPC-S, NCC, NCSC  
[bledsoe.kenya@gmail.com](mailto:bledsoe.kenya@gmail.com)

Amy Davis, M.A., NCC

Location: Medical Forum F

Sponsor(s): ALCA

Making a successful transition into the workforce is crucial for novice counselors. Attendees will be provided with an overview of counseling trends, licensure and certification tips. The benefits of supervision will also be explored.

## **87. The Forgotten Approach to Healing: Long Term Psychodynamic Psychotherapeutic Care**

Presenter(s): **Patrick K. Faircloth**, Ph.D., LPC-S (AL), LPC (MI)  
[fair20074@gmail.com](mailto:fair20074@gmail.com)

Location: East Meeting Room H

Sponsor(s): ALGBTICAL

Some clients repeatedly seek therapy. For some, short term psychotherapies are a psychological bandage with no lasting change. Attendees will learn basic assessment of personality structures, defense mechanisms and psychodynamic case formation to inform treatment.

## **88. Honor Walk: A Treatment Modality for Trauma**

Presenter(s): **Penny Baker, MA, LPC-S, NCC**

[pbaker@pinnacleprograms.com](mailto:pbaker@pinnacleprograms.com)

Zara Renander, MA

Location: Medical Forum C

Sponsor(s): ALCA, ALASERVIC

Many practitioners are hesitant to address the spiritual needs of healing trauma. Session will demonstrate how an honor walk can be used as a multicultural, respectful, and universal methodology to address trauma.

## **89. The First Three Years: Perspectives of Emerging Mental Health Professionals in Community Mental Health**

Presenter(s): **Tyler McQueen, MS**

[tmcqueen@eastcentralmhc.org](mailto:tmcqueen@eastcentralmhc.org)

Candice Thompson, MS  
Tatiana R. Parker, MS

Location: Medical Forum D

Sponsor(s): ALMHCA, ALCA

Information/perspective based presentation focused on providing emerging mental health counselor graduates information/resources to navigate the first year of practice, ALC process, and Supervision. Information/clinical perspective will be provided by 1st, 2nd, & 3rd year counselors.

- 90. Harnessing the Power of Animal-Assisted Therapy**
- 91. How Pornography Hijacks a Developing Brain**
- 92. Stress Busters: Brief Techniques for Managing Anxiety and Stress**
- 93. Twix and Tweens: Using CBT Strategies for Working with Middle and High School Students**
- 94. Interdisciplinary Counselor Collaboration: Implications for Advocacy, Learning, and Developing a Strong Counselor Identity**
- 95. Self-Injury in Schools**
- 96. Women in Academia: Understanding the Career, Family, and Life Balance**
- 97. The Digital Client: Creating Therapeutic Relationships in TeleMental Health**
- 98. Connecting the Dots PreK,1,2,3...to 12: Successful Activities that Provide Supportive Transitions from Elementary to Middle to High School**
- 99. LGBTQ and Suicide Prevention in Rural Communities**

## **90. Harnessing the Power of Animal-Assisted Therapy**

Presenter(s): **Megan C. W. Bridges, MS, AADC**

[megancwbridges@outlook.com](mailto:megancwbridges@outlook.com)

Location: Medical Forum G

Sponsor(s): ALCCA, ALSCA, ALCCA

How to incorporate animal-assisted therapy into existing programs, develop treatment plans, plan activities, integrate into group and individual therapy. Case studies to demonstrate effectiveness. Live demonstration with therapy dog.

## **91. How Pornography Hijacks a Developing Brain**

Presenter(s): **Greg Oliver, BA, Certified Life Coach**

[greg@awakenrecovery.com](mailto:greg@awakenrecovery.com)

Location: Medical Forum D

Sponsor(s): ALCA, ALAMFC, ALAAOC, ALCCA

Prolonged, repeated exposure to pornography creates damaging neurological effects in developing brains, distorting/preventing a normal understanding and experience of healthy sexuality. Understanding this effect gives influential adults tools for addiction prevention or treatment.

## **92. Stress Busters: Brief Techniques for Managing Anxiety and Stress**

Presenter(s): **Quinn M. Pearson, Ph.D., LPC**

[qmpearson@una.edu](mailto:qmpearson@una.edu)

Karen M. Townsend, Ph. D., NCC  
Amy Davis, NCC  
Kevin Stoltz, Ph.D., NCC, ACS

Location: Medical Forum I

Sponsor(s): ALCA, ALASERVIC, ALCCA

Demonstration of more than a dozen brief techniques for helping adults and children manage/prevent stress and anxiety, including among others grounding, relaxation, cognitive, and mindfulness approaches. Detailed handouts provided.

### **93. Twix and Tweens: Using CBT Strategies for Working with Middle and High School Students**

Presenter(s): **Doris C. Vaughans, Ph.D., LPC, NCC**

[dorisvaughans@yahoo.com](mailto:dorisvaughans@yahoo.com)

Location: Medical Forum J

Sponsor(s): ALSCA

This session will provide Cognitive-Behavioral Therapy strategies for use in working with middle and high school aged children. The format is highly interactive and beneficial for school counselors and therapists who works with children.

### **94. Interdisciplinary Counselor Collaboration: Implications for Advocacy, Learning, and Developing a Strong Counselor Identity**

Presenter(s): **Malti Tuttle, Ph.D., NCC, LPC**

[mst0022@auburn.edu](mailto:mst0022@auburn.edu)

Jessica Tyler, Ph.D., NCC, LPC

Jill Meyer, Ph.D., LCPC, CRC

Brandee Appling, Ph.D., NCC

Location: Medical Forum E

Sponsor(s): ALCA

The counseling profession includes multiple specialty areas lending itself to provide services in various capacities. Presenters highlight the role of clinical mental health, clinical rehabilitation, and school counselors. Implications for collaboration and advocacy are discussed.

### **95. Self-Injury in Schools**

Presenter(s): **Meagan Weaver, Ed.S.**

[weaverme@marshallk12.org](mailto:weaverme@marshallk12.org)

Location: Medical Forum B

Sponsor(s): ALSCA

Self-Injurious Behavior (SIB) is defined and discussed as well as any connections to suicide risk. Trending treatments, SIB signs, and risk assessments are evaluated.



## **96. Women in Academia: Understanding the Career, Family, and Life Balance**

Presenter(s): **Joy J. Burnham**, Ph.D., LPC, NCC

[jburnham@ua.edu](mailto:jburnham@ua.edu)

Kenya G Bledsoe, LPC-S, NCC, NCSC  
Adora B. Hicks, Ph.D.  
Courtney A. Potts, M.A.  
Devon E. Romero, Ph.D., NCC

Location: Medical Forum F

Sponsor(s): ALCDA, ALGBTICAL

Women in academia need to balance career, family, and life. This session examines barriers and concerns women face and offers self-advocacy suggestions for themselves, co-workers, and future women in academia.

## **97. The Digital Client: Creating Therapeutic Relationships in TeleMental Health**

Presenter(s): **Barbara Leigh**, LPC-S, NCC

[bleigh@altapointe.org](mailto:bleigh@altapointe.org)

Location: Medical Forum H

Sponsor(s): ALACES, ALCCA

This session will help participants interested in telemental health to learn how to modify, adapt and apply clinical relationship-building skills in ways to promote a successful online client-clinician alliance.

## **98. Connecting the Dots PreK,1,2,3...to 12: Successful Activities that Provide Supportive Transitions from Elementary to Middle to High School**

Presenter(s): **Stephanie R. Howard**, Ph.D.

[Stephanie.Howard@mps.k12.al.us](mailto:Stephanie.Howard@mps.k12.al.us)

Sheryl Smith, M.Ed., NCC

Location: Medical Forum C

Sponsor(s): ALSCA

Spruce up your toolbox with lessons, activities and ideas that support your students' transition to the next educational stage: preK-elementary, elementary-middle, and middle-high school. Transition-themed ideas will be shared.

## **99. LGBTQ and Suicide Prevention in Rural Communities**

Presenter(s): **Jessica Isbell**, LPC, Ed.S., NCC, RPT

[jessica@isbellcounseling.com](mailto:jessica@isbellcounseling.com)

Location: Medical Forum A

Sponsor(s): ALGBTICAL, ALMHCA, ALAMCD, ALCCA

Barriers to seeking mental health treatment as well as risk factors in LGBTQ individuals in rural communities will be explored. Preventative factors and ways to increase family acceptance will be discussed. Resources will be provided.

# **ALABAMA COUNSELING ASSOCIATION**

## **Mission Statement**

To enhance human development throughout  
the life span and to promote public confidence  
and trust in the counseling profession



## **ALABAMA COUNSELING ASSOCIATION**

### **Benefits of ALCA Membership**

Outstanding Annual Conference  
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Ongoing Opportunities for CEU Credits  
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Chapter and Division Newsletters  
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# ALABAMA COUNSELING ASSOCIATION

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# ALABAMA COUNSELING ASSOCIATION

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Chapter VI	Autauga, Bibb, Butler, Chilton, Choctaw, Dallas, Lowndes, Marengo, Perry, Wilcox
Chapter VII	Bullock, Chambers, Clay, Coosa, Elmore, Lee, Macon, Montgomery, Randolph, Russell, Tallapoosa
Chapter VIII	Baldwin, Clarke, Conecuh, Escambia, Mobile, Monroe, Washington
Chapter IX	Barbour, Coffee, Covington, Dale, Crenshaw, Geneva, Henry, Houston, Pike

### DIVISIONS BY SPECIALTY

ALCCA	Alabama College Counseling Association
ALACES	Alabama Association for Counselor Education & Supervision
ALAMCD	Alabama Association for Multicultural Counseling & Development
ALSCA	Alabama School Counselor Association
ALCDA	Alabama Career Development Association
ALMHCA	Alabama Mental Health Counselors Association
ALASGW	Alabama Association for Specialists in Group Work
ALASERVIC	Alabama Association for Spiritual, Ethical & Religious Values in Counseling
ALDARCA	Alabama Division of the American Rehabilitation Counseling Association
ALAMFC	Alabama Association for Marriage & Family Counseling
ALAAOC	Alabama Association of Addictions & Offenders Counselors
ALAADA	Alabama Association for Adult Development and Aging
ALGBTICAL	Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling in Alabama

### MEMBERSHIP TYPES

Active Professional/Regular Membership - Open to all active ALCA members and to all persons professionally engaged in guidance, counseling, or personnel activities in educational, vocational, religious, rehabilitation, employment agencies, or other such agencies.

Regular Membership - Open to all individuals who have an interest in and support counseling as a profession.

Student Membership - Open to any graduate or undergraduate student who is not employed full time as a counselor and who is actively engaged in a program of study in counseling, guidance, or personnel (Certification by advisor is required).

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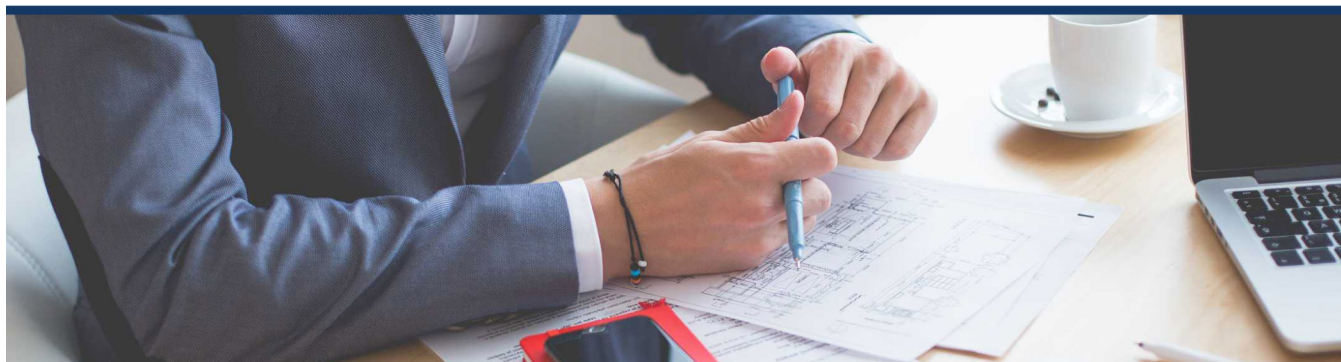
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One of the biggest challenges faced by school counselors and teachers is getting students to open up to them. That's where Peer Helpers comes in. It's a unique Pre-K through 12 school-based program designed around the idea of "students helping students." Under the supervision of adult teachers and counselors, who serve as program coordinators, students in the program are taught valuable skills that equip them to help fellow students who have a wide range of emotional, societal, behavioral and educational challenges.

At-risk students are more likely to open up to other students on such key topics as bullying, abuse, drugs and alcohol, suicide, loss and grief, parental divorce and body image. Potential problems are identified more quickly, enhancing the likelihood of positive actions, and reducing potential tragic outcomes.

Peer Helpers is proven, customizable, affordable and requires no additional school personnel or special facilities.

**Contact us today and be a part of the solution at your school.**





Kali L., Student  
Math Education. Cheerleader.



# DISCOVER YOUR INNER WARRIOR

Becoming a TROY Trojan is about more than identifying with a symbol or mascot. It's about adopting a mental attitude that will lead you to success. We call it the "warrior spirit." Everything about our public university embodies it, from the way our professors engage with their students to the intensity our athletes bring to the game. Do what you love, and be great at it. That's the Trojan Warrior Spirit, and it's alive and well at Troy University.

**TROY**  
UNIVERSITY™  
♦ Founded in 1887 ♦

Feel it at [troy.edu/spirit](http://troy.edu/spirit) or call 1-800-586-9771.

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# HELP BUILD THEIR FUTURE WITH A CAREER IN HOME BUILDING



## **BUREAU OF LABOR STATISTICS**

"Employment of construction and extraction occupations is projected to grow 10% from 2014 to 2024, faster than the average for all occupations, increasing from 6.5 million jobs to 7.2 million jobs."

## **AMERICAN COMMUNITY SURVEY**

"With half of all construction workers being older than 41, the construction workforce is aging and in great need of younger workers to fill positions."

## **WHAT THE EXPERTS ARE SAYING:**

### **CONSTRUCTION LABOR MARKET ANALYZER**

"By 2019, construction companies are expected to have a deficit of 1.5 million craft professionals."

### **HARVARD GRADUATE SCHOOL OF EDUCATION**

"There will be 5.5 million jobs in the construction industry by 2021 and not enough craft professionals to fill them."



The **ALABAMA HOME BUILDERS FOUNDATION** provides scholarships to students desiring to study the building trades at any two-year, four-year or technical school in Alabama.

Contact Kory Boling at the AHB Foundation today to learn more about opportunities for your students.



**ALABAMA HOME BUILDERS FOUNDATION**

**[WWW.AHBFOUNDATION.ORG](http://WWW.AHBFOUNDATION.ORG)**

**1-800-745-4222**

# **Special Thanks to Our Sponsors**

**Alabama Home Builders Association -- Breakfast**

**The Sheraton Hotel -- Break**

**Auburn University -- Breakfast**

**ACT -- Reception**

**Bradford Health Systems -- Poster Session**

**The University of Alabama -- Breakfast**

**Bryant-Jordan Scholarship Program -- Reception**

**Jacksonville State University -- Dance**

**Amridge University -- Breakfast**

**Chapters and Divisions -- Breaks**

**Special Thanks to Individual Contributors  
and the many wonderful Conference Volunteers**



# Listserv Guidelines

The ALCA listserv is a service for our active ALCA members. All an active ALCA member has to do to join the listserv is contact THE ALCA OFFICE at [alca@alabamacounseling.org](mailto:alca@alabamacounseling.org). You must contact us. You cannot add yourself.

**PERFORMANCE DISCLAIMER:** The ALCA listserv is intended simply as a service and convenience to our membership. Information is posted on the listserv at the request of members and others who have information that it appears would be of interest to our members. Inclusion on the listserv should not be viewed as an acknowledgement or endorsement of the accuracy of the information being provided. This is simply an information venue. ALCA assumes no liability resulting from the use of this service. Consumers are advised to screen information as they would any other information source. ALCA reserves the right to determine which items will/will not go out on its listserv.

Please note the following hints that should make us all more effective in using the ALCA listserv.

1. Remember the ALCA is a monitored listserv. This means that only the listserv manager (Chip) may place a message on the listserv. By handling messages this way, we filter so that only items which should be of interest to counselors go out to our 3000 listserv enrollees. If you are not interested in a certain message, simply delete it- if you are Chapter X you may not care about Chapter Y news, but there is no need telling us you are not interested in news from other groups-we are going to continue sending the messages for each Chapter/Division. We cannot separate items this finely on the listserv. Messages go to all or none.
2. Do remember that it is impossible to monitor and send according to each individual taste and philosophy/moral conviction. We do well, but occasionally something may go out that you think is unnecessary or that you disagree with. Such occasions invoke using the “delete” button for its intended purpose. While we certainly value and read your personal responses, getting one does not mean that we can only operate the listserv based on your individual concepts. We are a diverse and multi-opinioned group. We always try to be conscious of that fact.
3. If you hit “reply,” the message only comes back to the listserv manager. If you have been “mean”, I usually ignore it. Ha! Seriously, if you want to respond to a message, you must respond to the address in the message. **DO NOT HIT “REPLY”**. You are not responding to the message. You are only responding to the listserv manager (Chip). Having to forward these all the time is frustrating.
4. The only way to get a message posted is by sending it to the ALCA office and asking us to post it. We have been empowered to use our best judgment about whether a message is appropriate to send to all counselors-that is- would the message be of interest to a significant cross-section of our members. We try not to distribute advertisements about practices or events that seems to benefit the asker more than the target audience.
5. Listserv messages should be sent in “plain text” (part of body of email message) so that all we have to do is forward it. No attachments. Many, many of our member servers routinely block attachments as SPAM or for security reasons. Even if not blocked, they are often too large for system servers to handle.
6. We do promote events that are not sponsored by ALCA or its chapter/divisions when they appear to carry a possible benefit or interest to our members. We try to avoid promoting events that conflict with planned ALCA events. For example, we promote almost nothing that might affect attendance at the Annual Conference either in that timeframe (September, October, November, December) or the conference general location.

Since fall of the year is the time for our annual conference and recognizing that the primary purpose of our conference is training and professional development (including offering professional development hours), it is not very logical to be promoting events for other individuals/entities that could be construed/interpreted as being in competition with our conference during this time frame. In particular this will apply during September/October/November/December timeframe. We will obviously continue to promote our chapter and division events, but even those should try to avoid conflicts near the conference timeframe.

7. Effective March 1, 2013, we will no longer publicize office space/real estate as being available to colleagues.

8. Effective March 1, 2013, we will no longer as a matter of course send out individual requests to help locate a particular kind of counselor or one located in a specific area, etc. The ALCA Counselor Locator Service housed on our website was established for this purpose and should be used.

Remember that the ALCA listserv is for our active ALCA members. We are trying to help them with all the info that we send out. We are not trying to reach all those people who do not think enough of what we do to pay their dues. These people eventually get deleted.

This may be more than you ever wanted to know, but reading and trying to adhere to these concepts will certainly make the listserv more effective.

## ALCA Annual Conference

**EVALUATION**

Please tell us your opinion of this conference for the days you were here. Rate the appropriate category for each item with 1 being the lowest and 5 being the highest. Leave blank any item that does not apply to you. Answer both sides and return the completed form to the evaluation table. Thank you.

I attended (Check all that apply): Wednesday \_\_\_\_ Thursday \_\_\_\_ Friday \_\_\_\_

	Lowest			Highest	
<b>OVERALL PROGRAM</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Setting a theme for the conference					
Organization of presentations					
Overall effectiveness of presenters					
Awards presentations					
Activities on first day					
Activities on second day					
Activities on third day					
Speaker/opening session on Wednesday					
Speaker/general session on Thursday					
Speaker/closing session on Friday					

Most valuable guest speaker (Name): \_\_\_\_\_

<b>ANCILLARY SERVICES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Pre-conference publicity					
Registration					
Conference program booklet as guide					
Exhibits					
Hospitality at sponsored breaks, receptions					
Quality of division social functions					
Quality of luncheons, dinner, other socials					
Quality of services for first-timers					
Quality of services for student attendees					
Usefulness of other conference services					

<b>CONFERENCE FACILITIES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Accommodations for disabilities					
Layout of conference at site					
Size and comfort of meeting rooms					
Housing accommodations at site					
Housing accommodations off site					
Site – city and facilities					
Food availability					
Food quality					
Overall rating of location					

	Lowest					Highest
<b>GENERAL SESSION 1</b> Attended: Yes ____ No ____	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						

<b>GENERAL SESSION 2</b> Attended: Yes ____ No ____	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						

<b>GENERAL SESSION 3</b> Attended: Yes ____ No ____	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						

My Chapter: \_\_\_\_\_

Primary Division: \_\_\_\_\_

Secondary Division: \_\_\_\_\_

Please list the three Content Sessions you most liked and found most useful. Tell why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list any Content Sessions you would most like to add at future conferences.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WE VALUE YOUR FEEDBACK

**Turn this form in at the evaluation table in the Registration area or mail to:**

Dr. Sherrionda (Tasha) Crawford  
4077 Mara Vista Drive  
Auburn, AL 35405



# Alabama Counseling Association

## GENERAL CONFERENCE SESSIONS REPORT

### Professional Development (NBCC) Contact Hours

The Alabama Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2001. Programs that do not qualify for NBCC credit are clearly identified. The Alabama Counseling Association is solely responsible for all aspects of this program.

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_ City State Zip

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

#### YOU MUST BE REGISTERED FOR THE CONFERENCE TO CLAIM NBCC CONTACT HOURS.

You may report any of the following: Wednesday Morning Workshop Session (Keynote Speaker), Opening General Session (Keynote Speaker), Friday General Session (Keynote Speaker), or Content Sessions. Indicate below which programs you attended. Insert title and number of Content Sessions. You should request credit only for programs you attended in their entirety. Credit cannot be granted for ancillary programs, business meetings, committee meetings, luncheons, or receptions. **Credit cannot be granted for a program one presents.** Do not record programs with overlapping times. Presenter's signature not required.

#### Wednesday, November 14, 2018

10:00 AM - 12:00 PM	Opening General Session	Attended: Yes _____ No _____	2.00
1:45 PM - 3:00 PM	(Session # / Title) _____		1.25
3:15 PM - 4:30 PM	(Session # / Title) _____		1.25

#### Thursday, November 15, 2018

8:30 AM - 10:15 AM	General Session	Attended: Yes _____ No _____	1.75
10:30 AM - 11:45 AM	(Session # / Title) _____		1.25
1:30 PM - 2:45 PM	(Session # / Title) _____		1.25
3:00 PM - 4:15 PM	(Session # / Title) _____		1.25
4:30 PM - 5:45 PM	(Session # / Title) _____		1.25

#### Friday, November 16, 2018

8:30 AM - 10:00 AM	Business & General Session	Attended: Yes _____ No _____	1.50
10:30 AM - 11:45 AM	(Session # / Title) _____		1.25

I certify that the information on this report form is complete and accurate. Total NBCC Contact Hours : \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print neatly - Your certificate depends on it. Make a copy of the completed form for your records.

Requests must be postmarked by January 31, 2019. Certificate will be mailed as soon as possible but no later than March 31, 2019. There is a \$5.00 processing fee (\$20 for non-members). Make check payable to ALCA. **\$10.00 charge for duplicate certificate requests and for requests submitted after January 31, 2019.**

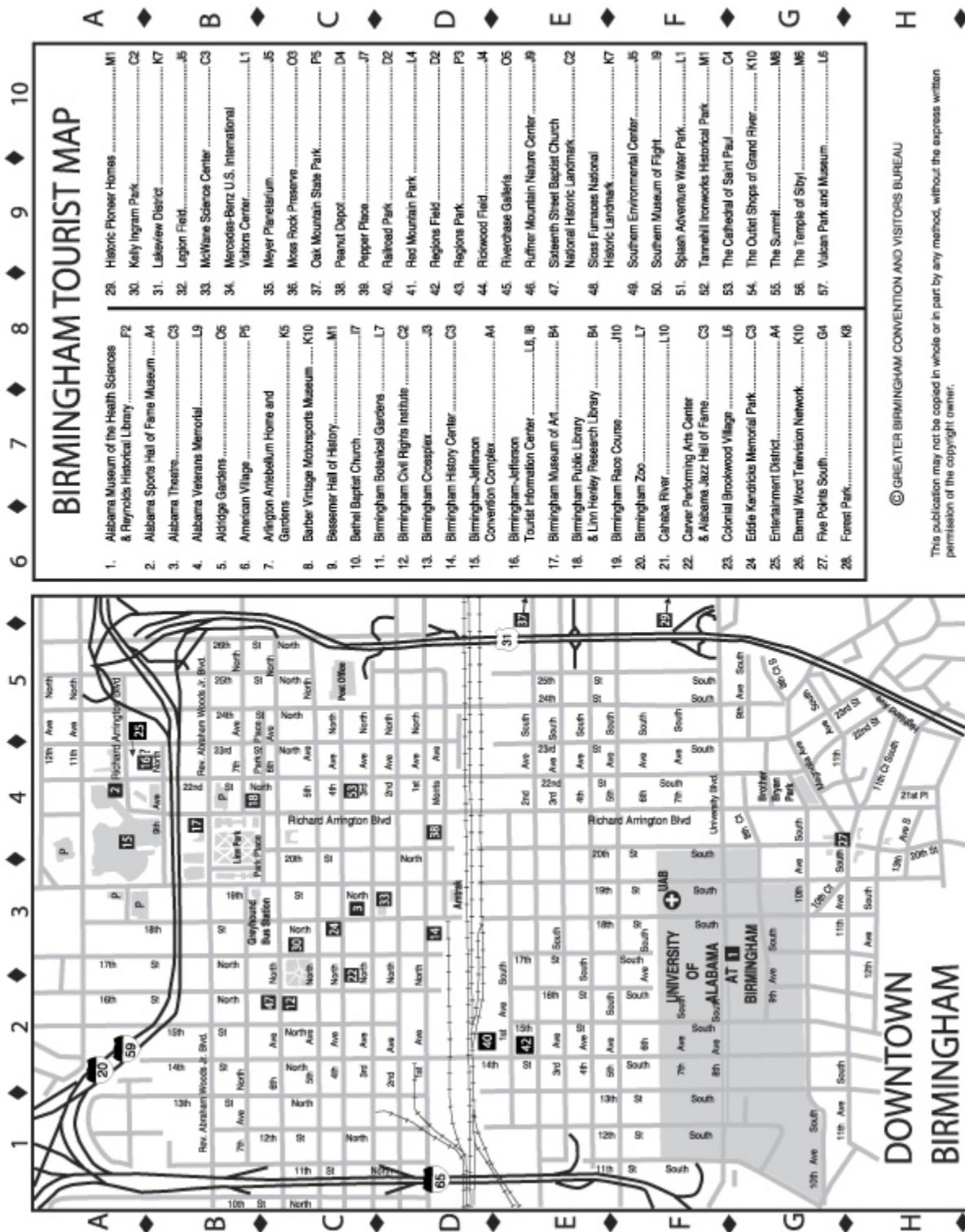
\_\_\_\_\_ Check if you plan to submit certificate to the Alabama State Board of Social Work Examiners.

Mail to: Dr. M. Carolyn Thomas, ALCA Professional Development Program, PO Box 640454, Pike Road, AL 36064-0454

**Persons who need to verify attendance at certain workshops (e.g., ethics) should attach a copy of this report form to the certificate when submitting papers to a licensing board.**



## Conference Notes





**See you in Montgomery at the  
Renaissance Montgomery Hotel & Spa  
at the Convention Center**

**November 20 - 22, 2019**

**for our 2019 ALCA Annual Conference**

**Have a safe trip home!**

**Sincerely,  
Leslie Weaver-Martin  
ALCA President-Elect**

