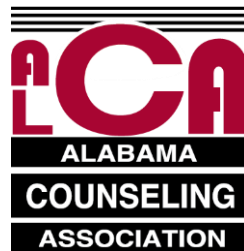


ALABAMA COUNSELING ASSOCIATION



Counselors First: Advocacy to Unite the Profession

53rd Annual Conference
November 20 – 22, 2019



Renaissance Montgomery Hotel and Spa
at the Convention Center
Montgomery, Alabama



ALABAMA COUNSELING ASSOCIATION

53rd Annual Conference
November 20 – 22, 2019
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“Counselors First: Advocacy to Unite the Profession”

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“Counselors First: Advocacy to Unite the Profession”

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 2,200 members
comprised of nine Chapters, eleven Divisions, and two Affiliates.

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

Leslie N. Weaver-Martin

Welcome to the 53rd annual conference of the Alabama Counseling Association. I am honored to set the tone for our association this year! After much reflection, evaluation, and consideration, I chose the theme Counselors First: Advocacy to Unite the Profession. I chose this theme to promote and encourage the building of relationships with fellow professionals as we are strongly encouraged by our ACA Code of Ethics to do just so. This year we will focus on unity, and the strength and peace that comes with it. We will focus on professional advocacy in the micro, or interpersonal, professional advocacy. It is my hope that this year's presidential theme will remind each of us to more intentionally work to enhance all of the positive characteristics that we embody as counselors, and to more intentionally remember the best practice of "do no harm" which also applies to our inter-professional relationships as well as to the profession as a whole. One of my favorite quotes says, "We should be lifting each other up and cheering each other on, not trying to outshine one another; the sky would be awfully dark with just one star." Our every action should reflect the fact that we all share a common core: We are all COUNSELORS... FIRST!



Our color for this year is purple, a color of peace. May you find this conference to be peaceful and refreshing to your soul. May you be reminded that we are all counselors first and that we are ethically bound to create positive relationships with fellow counselors. May we all remember how it feels to be supported and to lack support. May we all strive to understand and live by the quote, "I am my brother's keeper." May we all remember that "shouting self-care at people who actually need community care is how we fail people." We are a community of professionals who need care from one another. We are not islands and have no reason to operate as such.

This year has been one of many challenges. But what's life without challenges?! I would like to thank my family for always being my biggest support system, my motivation, my "why". They are my reason for striving so hard to make the world a better place. I would like to thank my friends in the profession who have listened, guided, and redirected me throughout this journey; I would like to thank our Executive Director who has patiently done the same! I would like to thank the Executive Board for your willingness to provide me with support and mentoring this year. Your dedication and leadership have not gone unnoticed and are both greatly appreciated. A leader is only as good as his/her team, and I am VERY thankful to each and every member of mine! To the membership, thank you for allowing me to serve as your leader this year. Thank you for allowing me the opportunity to promote professional advocacy as it is a topic that is dear to me. To each of you in attendance, thank you for your continued support of the Alabama Counseling Association. We have made big changes and still have a few more to go! We appreciate your openness as we navigate new waters. Lastly, thank you, Alabama counselors, for your continued support of the counseling profession. Our world is a better place because of you!

I look forward to spending the next three days with you! Please feel free to say hello!

Leslie N. Weaver-Martin
ALCA President

Leslie N. Weaver-Martin is the current President of the Alabama Counseling Association (ALCA) and has worked as a counselor for 15 years. She received both her graduate and undergraduate degree from the University of South Alabama where she later worked as a college counselor. She is a Licensed Professional Counselor Supervisor (LPC-S) and a National Certified Counselor (NCC). Within ALCA, she has served the Executive Board as Historian (2 consecutive terms), President-Elect, and now President. She has served as President of a chapter (Chapter VIII) and President of a division (ALCCA). In addition to these roles, she has served as chair of various committees within the organization, her home chapter, and multiple divisions. On a personal note, Leslie is married and is the mother of 5 children. She enjoys spending time with her family, watching her children play sports, traveling, and serving others.

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, eleven divisions, and two affiliates. 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 COUNSELING 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	2018 - 2019	Monica P. Mack
1991 - 1992	Paulette Pearson		
1992 - 1993	Karole Ohme		* DECEASED
1993 - 1994	Joe Creel		

ALABAMA COUNSELING ASSOCIATION

Upcoming Conferences

2020	Mobile
2021	Birmingham

[illegible]

ALCA ANNUAL CONFERENCE

General Information

Awards Breakfast

The ALCA Annual Conference will kick off with the Awards Breakfast on Wednesday, November 20, 8:00 - 9:30 AM, in the Renaissance Hotel Alabama Ballroom A. 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 Alabama Ballroom A and B 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 2019 ALCA Annual Conference is as follows: The professional development request form is included in this 2019 ALCA Annual Conference Program Book. The deadline for receipt of professional development requests is January 31, 2020. Certificates for Annual Conference attendance will be mailed no later than March 31, 2020. Requests submitted after January 31, 2020, 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 email your request to alca@alamacounseling.org.

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).

ALCA Annual Conference App

New! The ALCA Annual Conference App is here! Quick access to helpful info all about the conference right on your cell phone. Just find ALCA's free app in the App Store to get started.

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 Montgomery Convention Center Exhibit Hall Section B. 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 20, 8:45 A.M. - 5:00 P.M.
Thursday, November 21, 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 20, 8:00 AM / Renaissance Hotel Alabama Ballroom A / Sponsor: Home Builders Association of Alabama (Awards Ceremony). Serving of food will stop once program begins at 8:30 am.
Thursday, November 21, 7:00 AM / Alabama Ballroom A and B / Sponsor: Auburn University and The University of Alabama
Friday, November 22, 7:30 AM / Alabama Ballroom A and B Prefunction Area / Amridge University

Internet Access

The Renaissance Hotel has internet access in all guest rooms. There is a fee. A first floor internet cafe and business center is also 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 Renaissance Exhibit area as well as on second floor meeting rooms area.

First Timers Reception

First time conference attendees – don't forget the First Timers Reception on Wednesday, November 20 from 1:00 – 1:45 pm.

School Counselor Roundup

The School Counselor Round-Up is scheduled for Wednesday, November 20, 2019 from 1:30-4:30 p.m. in the Alabama Ballroom A. 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 21, from 1:30 pm - 4:15 pm in Ballroom C.

LPC Roundup

An LPC Roundup is back again this year for Licensed Professional Counselors (LPCs) on Thursday, November 21, 1:30 - 4:15 pm in Montgomery Performing Arts Theater. 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

Thursday, November 21
8:30 pm - 11:00 pm
Alabama Ballrooms A and B
Music by "JAMM"

Legal Liability Issues for Counselors in Alabama -- \$25.00

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 21, 2019 | 11:45 am – 1:00 pm
Poster Session – Thursday, November 21, 2019 | 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

2018 ALCA ANNUAL CONFERENCE

Conference in Brief

Tuesday, November 19, 2019

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 20, 2019

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: Joyce Marter
1:00-1:45 pm	First Timers Reception
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 and Affiliate Meetings
5:45-6:30 pm	Chapter/Division/Affiliate Presidents and President-Elects Meeting
6:30-8:00 pm	Reception (Sponsored by Wexford Health Services)
8:00-until	Dinner On Your Own

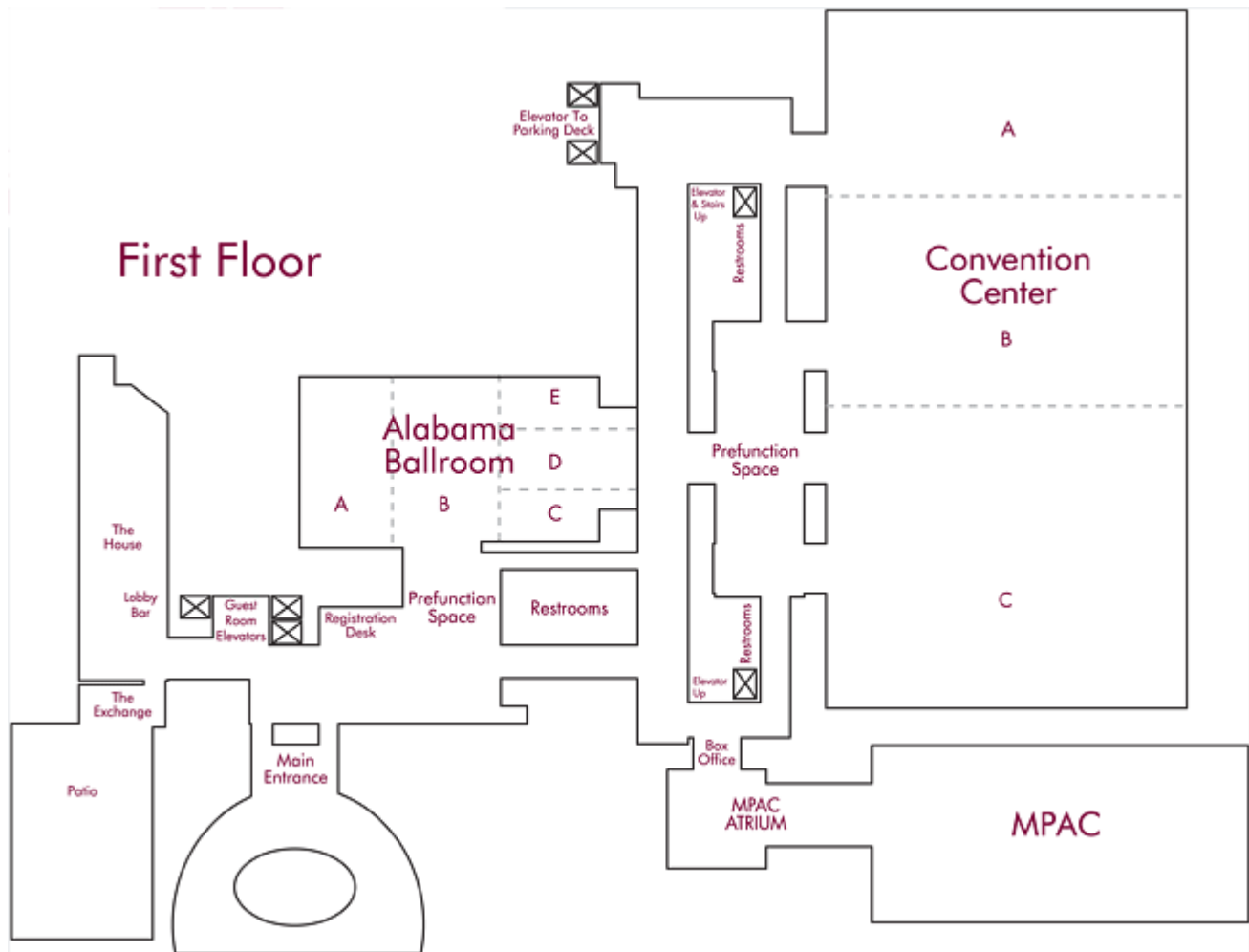
Thursday, November 21, 2019

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: Dave Delaney
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
1:30-4:15 pm	LPC Roundup
1:30-3:30 pm	Graduate Student Poster Session
1:30-4:15 pm	New School Counselor Academy
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
6:30-8:30 pm	Dinner On Your Own
8:30-11:00 pm	Dance

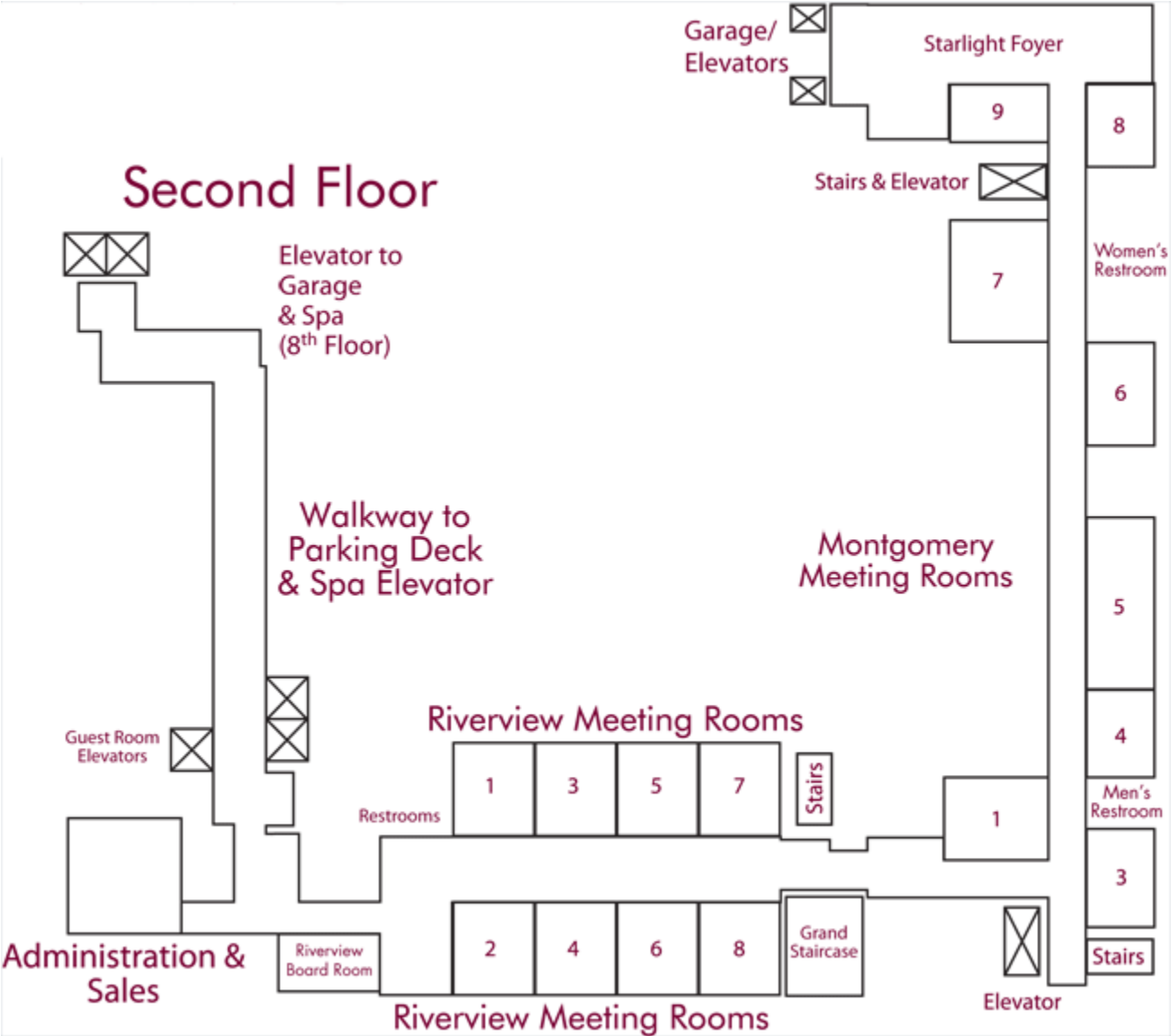
Friday, November 22, 2019

7:30-8:15 am	Biscuit Breakfast (Sponsored by Amridge University)
7:30-8:15 am	Chapter/Division/Affiliate Treasurers Meeting
8:30-10:15 am	BUSINESS & GENERAL SESSION - Keynote: Sherene McHenry
10:30-11:45 am	CONTENT SESSIONS
Noon-1:00 pm	Conference Committee Meeting

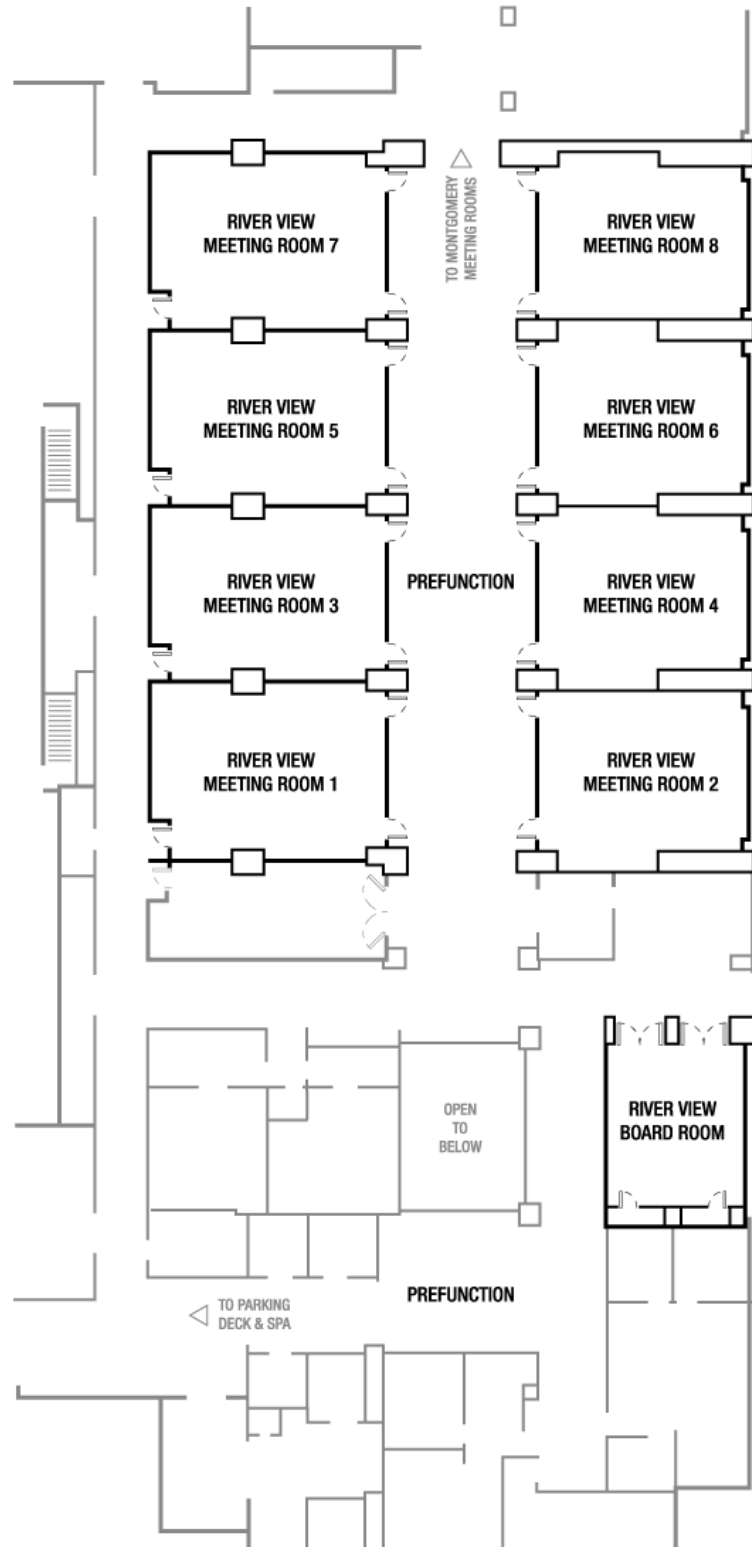
CONFERENCE SITE MAPS AND PLANS



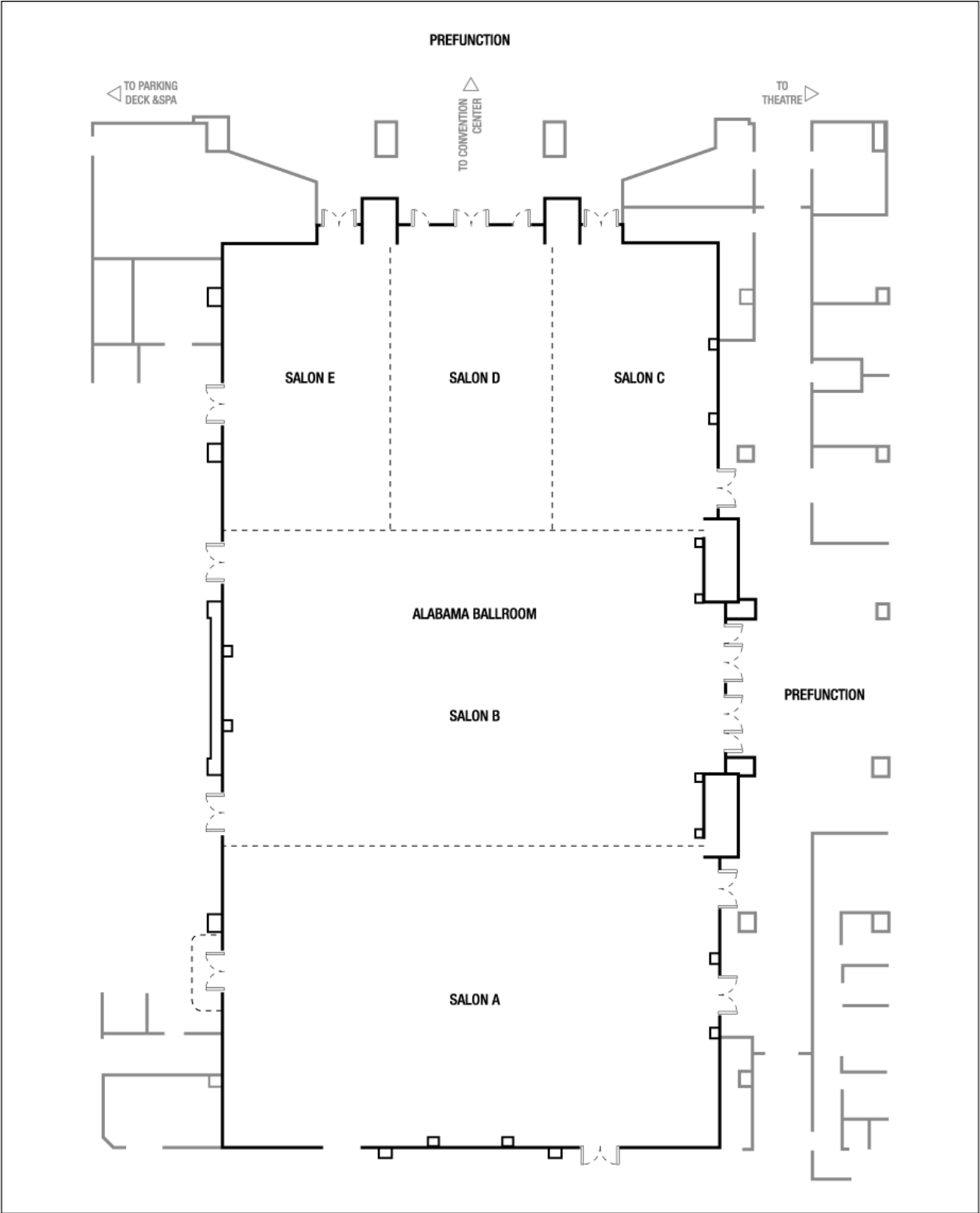
CONFERENCE SITE MAPS AND PLANS



CONFERENCE SITE MAPS AND PLANS



CONFERENCE SITE MAPS AND PLANS



KEYNOTE SPEAKER

Joyce Marter



Joyce Marter has been a Licensed Clinical Professional Counselor since 1998 and is a specialist in mindfulness, self-esteem, relationships and career issues. She is the Founder of Urban Balance, an insurance-friendly, counseling practice she grew to over 100 therapists working from ten locations in three states during her thirteen-year tenure as CEO.

Joyce is a Past-President of the Illinois Counseling Association, a two-term Past-President of the Illinois Mental Health Counselors Association and the immediate Past-Chair of the Midwest Region of the American Counseling Association. She has served as a Clinical Case Consultant for counselors-in-training at Northwestern University since 2005.

As a member of the National Speakers Association, Joyce provides keynote talks and corporate trainings across the country for counseling associations, professional organizations, and Fortune 500 Companies. She is a blogger for sites such as the *Huffington Post* and *PsychCentral* and is routinely consulted as an expert by the media. Joyce Marter has been featured in such outlets as *The Wall Street Journal*, *U.S. News & World Report*, *CNN*, *Real Simple Magazine* and *MTV*.

KEYNOTE SPEAKER

Dave Delaney



Dave Delaney is known as a communication connoisseur. He helps companies reach their people through comprehensive marketing communication workshops and coaching. Dave teaches effective corporate communication with his Communication Mastery workshops. He works with brands like Google, LinkedIn, and UPS.

Delaney is an American Marketing Association award winner. He has appeared in USA Today, Entrepreneur, Inc, Fortune, and Billboard Magazine.

His acclaimed book, *New Business Networking*, explores online and offline tools, tips and techniques to grow and nurture your professional network for your business and career by communicating - the right way.

Dave was born and raised in Toronto, Ontario, Canada. He took a trip to Ireland and ended up living with Irish Twins in Nashville. It's a long story, he will happily share.

Learn more about Dave at DaveDelaney.me/about.

Dave's keynote speech will focus specifically on communication with colleagues, clients, friends and family. He will emphasize active listening, leading with acceptance, and facing failure.

KEYNOTE SPEAKER

Sherene McHenry



The People IQ Expert®, Dr. Sherene McHenry, is a Licensed Professional Counselor and former professor who trained counselors for 18 ½ years before leaving to speak and write full time. Sherene holds a Ph.D. in Counselor Education from the University of Wyoming.

Sherene has spoken extensively throughout North America, as well as in South American and Asia. She's the author of *Navigate: Understanding The Five Types of People*, *Pick: Choose to Create A Life You Love*, and *The Busy Student's Guide To College and Career Success*. Sherene also writes a magazine column that addresses leadership and interpersonal issues in the workplace. Sherene is a Certified Speaking Professional, member of the National Speakers Association and past president of the Michigan National Speakers Association.

2019 ANNUAL CONFERENCE

Sessions Schedule with Locations

Tuesday, November 19, 2019

1:00 PM	Exhibit setup begins	MCC Exhibit Hall Section B
3:00 PM - 5:00 PM	Conference Registration	MCC Exhibit Hall Section B
6:00 PM - 8:00 PM	ALCA Executive Council Meeting	Montgomery Meeting Room 7 (2nd Floor)
8:15 PM - 9:00 PM	President's Reception for Executive Council Sponsored by ACT	Alabama Ballroom C

Wednesday, November 20, 2019

8:00 AM - 9:30 AM	Awards Breakfast Sponsor: Home Builders Association of Alabama Kory Boling, Representative Presiding: Dr. Lynn Boyd and Dr. Laura Hodges ALCA Awards Co-Chairs (Serving of food will stop once program begins at 8:30 am)	Alabama Ballroom A
7:30 AM - 4:00 PM	Conference Registration	MCC Exhibit Hall Section B
8:45AM - 5:00 PM	Exhibits	MCC Exhibit Hall Section B
10:00AM - Noon	OPENING GENERAL SESSION Presiding: Leslie N. Weaver-Martin, ALCA President Presentation of Colors: Southern Preparatory Academy Pledge of Allegiance: Leslie N. Weaver-Martin, ALCA President Introduction of 2019-2020 Officers: Leslie Weaver-Martin, ALCA President Recognition of Chapters: Leslie N. Weaver-Martin, ALCA President Recognition of Sponsors: Leslie N. Weaver-Martin, ALCA President Introduction of Keynote Speaker: Leslie N. Weaver-Martin, ALCA President Keynote Speaker: Joyce Marter	MPAC Theater
1:00 PM – 1:45 PM	First Timers Reception (First Time Conference Attendees) Sponsor: CPH and Associates, Rachel Warners, Rep.	Alabama Ballroom B
1:30 PM - 4:30 PM	School Counselor Roundup Presenters: Sean Stevens, Amanda Yearwood, Nigia T. Bolton and Anna Carlisle	Alabama Ballroom A
1:45 PM - 3:00 PM	CONTENT SESSIONS	Renaissance Meeting Rooms
3:00 PM - 3:15 PM	Break Sponsor: Southern Preparatory Academy	MCC Exhibit Hall Section B
3:15 PM - 4:30 PM	CONTENT SESSIONS	Renaissance Meeting Rooms
4:30 PM - 4:45 PM	Break Sponsor: Renaissance Montgomery Hotel and Spa at the Convention Center	MCC Exhibit Hall Section B

4:45 PM - 5:30 PM	ALCA Division and Affiliate Meetings	
	ALAADA	Riverview Meeting Room 1
	ALAAOC	Montgomery Meeting Room 1
	ALACES	Riverview Meeting Room 2
	ALAMCD	Riverview Meeting Room 3
	ALAMFC	Riverview Meeting Room 4
	ALASERVIC	Riverview Meeting Room 5
	ALASGW	Montgomery Meeting Room 6
	ALCCA	Riverview Meeting Room 6
	ALDARCA	Riverview Meeting Room 7
	ALGBTICAL	Riverview Meeting Room 8
	ALMHCA (Affiliate)	Montgomery Meeting Room 5
	ALSCA (Affiliate)	Alabama Ballroom B
	ALCDA	Montgomery Meeting Room 3
5:45 PM - 6:30 PM	Chapter/Division/Affiliate Presidents & Presidents-Elect Meeting	Montgomery Meeting Room 8
5:45 PM – 6:30 PM	Past Presidents Reception	Governors' Suite #1127
6:30 PM – 8:00 PM	Reception Sponsor: Wexford Health Services	Alabama Ballrooms A & B
8:00 PM	Dinner On Your Own	

Thursday, November 21, 2019

7:00 AM - 8:15 AM	Alabama/Auburn Breakfast	Alabama Ballrooms A & B
7:30 AM - 3:00 PM	Conference Registration	MCC Exhibit Hall Section B
8:00 AM - 5:00 PM	Exhibits	MCC Exhibit Hall Section B
8:30 AM - 10:15 AM	GENERAL SESSION Presiding: Leslie N. Weaver-Martin, ALCA President Recognition of Divisions: Leslie N. Weaver-Martin, ALCA President Recognition of ALCA Past Presidents: Leslie N. Weaver-Martin, ALCA President Introduction of Keynote Speaker: Ashley Brown Keynote Speaker: Dave Delaney	MPAC Theater
10:15 AM - 10:30 AM	Break Sponsors: ALCA Chapters, Divisions, and Affiliates	MCC Exhibit Hall Prefunction Area
10:30 AM - 11:45 AM	CONTENT SESSIONS	Renaissance Meeting Rooms
11:45 AM - 1:00 PM	Graduate Student Reception	Alabama Ballroom C
11:45 AM - 1:15 PM	Division Luncheons ALSCA ALCA Multi-Division Luncheon	Alabama Ballroom A Alabama Ballroom B
1:30 PM - 3:30 PM	Graduate Student Poster Session Sponsor: Bradford Health Services	MCC Exhibit Prefunction Area
1:30 PM - 2:45 PM	CONTENT SESSIONS	Renaissance Meeting Rooms
1:30 PM - 4:15 PM	LPC Roundup	MPAC Theater
1:30 PM - 4:15 PM	New School Counselor Academy Presenters: Sean Stevens and Wanda T. Langley	Alabama Ballroom C

2:45 PM - 3:00 PM	Break Sponsors: ALCA Chapters, Divisions, and Affiliates	MCC Exhibit Hall Prefunction Area (KETO Friendly)
3:00 PM - 4:15 PM	CONTENT SESSIONS	Renaissance Meeting Rooms
4:15 PM - 4:30 PM	Break Sponsor: Troy University Counseling Programs	MCC Exhibit Hall Prefunction Area
4:30 PM - 5:45 PM	CONTENT SESSIONS	Renaissance Meeting Rooms
4:30 PM - 5:45 PM	Retired Counselors' Reception	Governors' Suite #1127
5:45 PM - 6:30 PM	Chapter Meetings/Receptions/Socials Chapter I Chapter II Chapter III Chapter IV Chapter V Chapter VI Chapter VII Chapter VIII Chapter IX	Riverview Meeting Room 1 Montgomery Meeting Room 1 Riverview Meeting Room 2 Montgomery Meeting Room 8 Montgomery Meeting Room 5 Riverview Meeting Room 3 Montgomery Meeting Room 7 SoZa Restaurant (off site) Wintzell's Oyster House Restaurant
6:30 PM – 8:00 PM	Dinner on Your Own	
8:30 PM - 11:00 PM	Celebration Dance Music: JAMM Sponsored by Jacksonville State University Door prizes donated by ALCA Chapters, Divisions, and Affiliates	Alabama Ballrooms A & B

Friday, November 22, 2019

7:30 AM - 8:15 AM	Biscuit Breakfast Sponsor: Amridge University	Prefunction Area Alabama Ballrooms A & B
7:30 AM - 8:15 AM	Chapter/Division/Affiliate Treasurers Meeting	Riverview Meeting Room 3
8:30 AM - 10:15 AM	BUSINESS & GENERAL SESSION Presiding: Leslie N. Weaver-Martin, ALCA President Business Meeting Introduction of Speaker: Shalonda D. Gaddis Keynote Speaker: Sherene McHenry What's Coming in 2020: Jacques L. Austin, ALCA President-Elect Closing Comments: Leslie N. Weaver-Martin, ALCA President	Alabama Ballrooms A & B
10:30 AM - 11:45 AM	CONTENT SESSIONS	Renaissance Meeting Rooms
Noon - 1:00 PM	Conference Committee Meeting	
1:00 PM – 5:00 PM	Post-Conference Workshop American Red Cross Disaster Mental Health Fundamentals Become a Red Cross Mental Health Volunteer serving your local community.	(Separate Registration)

2019 ALCA ANNUAL CONFERENCE

Your Conference Planner

TIME	WEDNESDAY November 20	THURSDAY November 21	FRIDAY November 22
7:00 AM		Breakfast	Breakfast
7:30 AM		7:00 – 8:15 am	7:30 – 8:15 am
8:00 AM	Awards		
8:30 AM	Breakfast	General Session	Business & General Session
9:00 AM	8:00 – 9:30 am	8:30 am	8:30 am
9:30 AM		Keynote Speaker: Dave Delaney	Keynote Speaker: Sherene McHenry
10:00 AM	Opening General Session		
10:30 AM	10:00 am		
11:00 AM	Keynote Speaker: Joyce Marter		
11:30 AM		Graduate Student Reception	
12:00 PM		11:45 am – 1:00 pm	
12:30 PM			
1:00 PM	First Timers Reception		
1:30 PM	1:00 – 1:45 pm	Graduate Student Poster Session	Post Conference Training
2:00 PM			
2:30 PM			
3:00 PM		1:30 – 3:30 pm	American Red Cross (Separate Registration)
3:30 PM			
4:00 PM			
4:30 PM	Division Meetings		
5:00 PM			
5:30 PM	4:45 – 5:30 pm	Chapter Meetings	
6:00 PM		5:45 pm	
6:30 PM			
7:00 PM			
7:30 PM			
8:00 PM			
8:30 PM		Dance	

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 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.

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 Bonnie Lorino at (205) 423-5989 or bonnie@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 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

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 (2019)

Total # of slots is 119 (based on rooms available)

ALCA (General Interest) gets 20% = 22 slots

This leaves 97 slots to be assigned based on division percentages.

ALCCA	7%	6 slots
ALACES	6%	5 slots
ALAMCD	5%	4 slots
ALSCA	35%	25 slots
ALCDA	4%	3 slots
ALMHCA	15%	13 slots
ALGBTICAL	5%	5 slots
ALASGW	3%	2 slots
ALASERVIC	5%	4 slots
ALDARCA	3%	2 slots
ALAMFC	5%	4 slots
ALAAOC	6%	5 slots
ALAADA	3%	2 slots
		97 slots

$$97 + 22 = 119$$

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

Content Sessions

1. Innovative Tools for Developing Self-Care and Accessing Support
2. Get out Your Toolbox: 15 Creative Techniques for Working with Families and Children in Crisis
3. Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Sandtray Part 1
4. Strengthening Your CBT Skills
5. Mandatory Mental Fitness: Creating Wellness in First Responders
6. I Am Enough: The Power of Culturally Relevant Text
7. Living with Schizophrenia
8. The Importance of Cultural Competence: Helping Counselors Work with Diverse Populations
9. The Common Face of Grief
10. I'M HERE NOW, BUT WHAT NEXT? Exploring Challenges and Identifying Essentials for Incoming Freshman
11. Refining Your Hire Me Pitch and Embracing Your Counselor Professional Identity
12. Prosecuting Crimes Against Women
13. MAT for Opioid Use Disorder
14. Military/Veteran Cultural Competence for Clinical and School Counselors: Implications for Practice
15. Promoting Posttraumatic Growth in Counseling
16. Mitigating Compassion Fatigue When Treating Trauma Clients
17. Unseen Wounds: Identifying the Effects of Trauma
18. Engineering Identity: A Life Story Approach
19. Experiencing the Labyrinth: Introspective Mindful Interventions for Clinical Practice

Content Sessions

1. Innovative Tools for Developing Self-Care and Accessing Support

Presenter: Joyce Marter

Location: MPAC Theater

Sponsor: ALCA

In this interactive and dynamic content session, Keynote Speaker Joyce Marter will lead you through utilizing her innovative tools for developing self-care practices, nurturing and accessing real support, and optimizing professional satisfaction.

2. Get out Your Toolbox: 15 Creative Techniques for Working with Families and Children in Crisis

Presenters: Brande' Flamez Ph.D., LPC, NCC
Stephan Berry Ph.D., LPC

ndbrande@yahoo.com
stberry@troy.edu

Location: Alabama Ballroom C

Sponsor: ALMHCA, ALAMFC

Come join us for a hands-on presentation! The presenters will demonstrate 15 experiential activities and techniques that can be implemented with families and children who are experiencing severe conflicts and crises.

3. Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Sandtray Part 1

Presenter: Ashley Garrett LPCS, RPTS, NCC

garrett@garrettcounseling.com

Location: Alabama Ballroom D

Sponsor: ALAMCD, ALMHCA

Participants will review the DSM-5 ® Cultural Formulation Interview (CFI). Participants will complete the DSM-5 ® Cultural Formulation Interview (CFI) using sandtray to process each of the subtopics. Basic knowledge of Sandtray is needed. This is not a training on how to use Sandtray, but will expose participants to ways that sandtray can be beneficial using the CFI.

4. Strengthening Your CBT Skills

Presenters: Dana Hampson LPC-S, MBA dana@thebalancedlifellc.com

Location: Alabama Ballroom E

Sponsor: ALAMFC, ALMHCA

This engaging session will strengthen your CBT skills. A discussion on its effectiveness along with helpful, easy to use interventions and therapy homework will be shared.

5. Mandatory Mental Fitness: Creating Wellness in First Responders

Presenters: Margaret A. Taylor Ph.D, LPC-S barnema@auburn.edu
Sarah Flint Ph.D., LPC sam0058@auburn.edu

Location: Riverview Meeting Room 1

Sponsor: ALMHCA, ALAAOC

Nineteen percent of police officers report suffering from PTSD while 34% report PTSD symptoms (Kirschman, 2017). This presentation will discuss how to implement mental health programs for first responders.

6. I Am Enough: The Power of Culturally Relevant Text

Presenter: Priscilla G. Wilson Ph.D., LPC pgwilson@jsu.edu

Location: Riverview Meeting Room 2

Sponsor: ALAMCD, ALCA

Children of color are introduced to racism in various ways and settings. Reading can help parents empower their children. In this mixed-methods, ethnographic study, I explore how children of color can be inspired by books.

7. Living with Schizophrenia

Presenters: Dr. Glenda Reynolds Ed.D., LPC, NCC, ALCPGC charliejoe4573@gmail.com
Brenda Naftel LPC, MED, ALCPGC, bnaftel@gmail.com

Location: Riverview Meeting Room 3

Sponsor: ALMHCA, ALAADA

This session explores schizophrenia from the perspective of clients. Mr. Maloney, who was diagnosed when he was in college, will discuss his life-long experience living with schizophrenia. Then, the presenters will discuss diagnosis criteria, treatment, and the impact on families. Session participants will be invited to participate in the PowerPoint assisted discussion.

Wednesday, November 20, 2019 1:45 – 3:00 pm

8. The Importance of Cultural Competence: Helping Counselors Work with Diverse Populations

Presenter: Tarmen Siaway PhD LPC-S NCC tarmensiaway@yahoo.com

Location: Riverview Meeting Room 4

Sponsor: ALDARCA, ALAMCD

This seminar will help counselors develop a deeper understanding of the importance of cultural competence across the counseling landscape.

9. The Common Face of Grief

Presenter: T. E. Turner Ph.D. tturner@jsu.edu

Location: Riverview Meeting Room 5

Sponsor: ALCA, ALMHCA

This session takes a transparent look at the nature of grief and the plethora of common life losses. Special attention will be given to more subtle losses, often overlooked, that elicit a grief response. Elements of the recovery path will be reviewed.

10. I'M HERE NOW, BUT WHAT NEXT? Exploring Challenges and Identifying Essentials for Incoming Freshman

Presenters: Ayida Cumberland BSW, MS, ALC acumberland@lbwcc.edu
Latrece Hall B.A., M.Ed. lhall@lbwcc.edu

Location: Riverview Meeting Room 6

Sponsor: ALCCA, ALCDA

This session will explore challenges that students face during their freshmen year and identify necessary components that are essential to promoting college success.

Wednesday, November 20, 2019 1:45 – 3:00 pm

11. Refining Your Hire Me Pitch and Embracing Your Counselor Professional Identity

Presenters: Amy Davis Ph.D., NCC apdavis@una.edu
Kenya Bledsoe Ph.D., LPC-S, NCC, NCSC Bledsoe.kenya@gmail.com

Location: Riverview Meeting Room 7

Sponsor: ALCA, ALACES

Learn how to prepare for an interview, understand your professional identity, transition from student to professional, and set career goals. Presenters will share sample interview questions and tips for selling yourself as a counselor.

12. Prosecuting Crimes Against Women

Presenter: Marjorie S Baker, M.S., LPC-S marjoriebaker@mc-ala.org

Location: Riverview Meeting Room 8

Sponsor: ALAMCD, ALAAOC

This workshop will address crimes against domestic violence, sexual assault, human trafficking victims and elder abuse cases. Victimization against women is often experienced in relationships that complicate and confuse the prosecution process. Victim Services Officers will provide information on the criminal justice process and outline ways to successfully assist victims through the process.

13. MAT for Opioid Use Disorder

Presenter: Zach Ludwig LPC zludwig@bradfordhealth.net

Location: Montgomery Meeting Room 1

Sponsor: ALAAOC, ALDARCA

This presentation provides information about opioid use disorder and treatment medications commonly utilized. The target audience of this presentation is those with little or no familiarity with MAT and who would like to learn more.

14. Military/Veteran Cultural Competence for Clinical and School Counselors: Implications for Practice

Presenter: Jared Dylan Gunther NCC jdg0061@auburn.edu

Location: Montgomery Meeting Room 4

Sponsor: ALCA, ALSCA

This session will specifically discuss characteristics associated with military/veteran culture along with the different factors that clinical and school counselors should consider when working with the military/veteran population and family members.

15. Promoting Posttraumatic Growth in Counseling

Presenters: Kelley Mautz MPA, CRC, ALC kmautz@yahoo.com
Melissa D. Deroche Ph.D., LPC, ACS, NCC mderoche@troy.edu

Location: Montgomery Meeting Room 5

Sponsor: ALMHCA, ALAADA

Posttraumatic growth is described as positive adjustment that follows trauma characterized by improvements in personal strength and renewed meaning in life. This session will introduce basic concepts and best practice approaches to use in counseling.

16. Mitigating Compassion Fatigue When Treating Trauma Clients

Presenters: Yulanda Tyre Ph.D. ytyre@liberty.edu
V. Paige Zeiger M.S., NCC, BC-TMH, CCFP, CCTP paiglang@yahoo.com

Location: Montgomery Meeting Room 6

Sponsor: ALCA, ALACES

Counselors expend vast amounts of compassion for their clients, at times to the point of depletion. This session will help you identify signs, symptoms, and effects of Compassion Fatigue as well as resilience skills for prevention & intervention for yourself and others.

17. Unseen Wounds: Identifying the Effects of Trauma

Presenter: Angel Jernigan, M.S., LPC Jernigan.counseling@gmail.com

Location: Montgomery Meeting Room 7

Sponsor: ALCA, ALMHCA

Frequently, clients have experienced trauma and/or neglect present with various symptoms that can make diagnosis and treatment planning a challenge. Join me to learn how to recognize the effects of trauma readily and conceptualize your cases within a trauma sensitive and trauma informed framework.

Wednesday, November 20, 2019 1:45 – 3:00 pm

18. Engineering Identity: A Life Story Approach

Presenters: Kevin B Stoltz Ph.D., ACS, NCC kstoltz1@una.edu
Taylor B Anders tanders@una.edu

Location: Montgomery Meeting Room 8

Sponsor: ALCA, ALCDA

The purpose of this session is to provide results of a qualitative research study concerning the development of an engineering identity using a life story approach.

19. Experiencing the Labyrinth: Introspective Mindful Interventions for Clinical Practice

Presenters: Timothy Birt, LPC, LMFT birt@counseling-therapy-services.com
Keith Cates, Ph. D., LPC cateska@gmail.com

Location: Montgomery Meeting Room 9

Sponsor: ALASERVIC, ALMHCA

Experience walking the Labyrinth an introspective mindful intervention for clinical practice. Workshop will introduce use of mindful techniques including the labyrinth in clinical practice. Labyrinth will be available to walk during the conference with instructions.

Wednesday, November 20, 2019 1:30 – 4:30 pm

School Counselor Roundup

Location: Alabama Ballroom A

Sponsor: ALSCA

1:30 – 2:15 All Grade Levels

Sean J. Stevens, Program Coordinator Instructional Services
Alabama Department of Education

2:15 – 3:00 High School

Amanda Yearwood, M. Ed. School Counselor
West Point High School (9-12) Cullman County Schools

3:00 – 3:45 Middle/Junior High School

Nigia T. Bolton, M.Ed., School Counselor
Spanish Fort Middle School (7-8) Baldwin County Public Schools

3:45 – 4:30 Elementary School

Anna Carlisle, Ed.S., School Counselor
Mountain Brook Schools

Content Sessions

20. Confident ME! DOVE Self-esteem Project
21. Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Sandtray Part 2
22. A Mental Health Issue or is it Poor Upbringing?
23. Unpacking: Recovering from Loss
24. PTSD and Suicide in the Veteran Population
25. Back to Basics - Tools for Treatment of Anxiety and Depression
26. Continuum of Hate: A Historical View of Hate and Oppression
27. 168 Hours: Time Management and Organization
28. Micro-aggressions Against Black Clients in Counseling
29. Your Client's Avatar: The One Area of Your Client's Life You Aren't Talking About in Counseling and Therapy
30. Get the 411 on Doctoral Programs: Applying, Surviving, and Thriving
31. Seeing PTSD through the Lens of Traumatic Grief
32. Combating Compassion Fatigue and Burnout: A Call to Educate and Support Counselors and Students
33. Ethical Considerations When Working With Juvenile Sex Offenders
34. Problem Gambling ~ What Every Helping Professional Should Know
35. Supervision Needs of Early Career School Counselors
36. The Ambiguous Self-Concept: An Existentialist's View of Diversity in Psychotherapy
37. Professional Advocacy through Service: Leadership Opportunities in ALCA

Content Sessions

20. Confident ME! DOVE Self-esteem Project

Presenter: Michelle White M.Ed michelle.whitemhfa@gmail.com

Location: Alabama Ballroom C

Sponsor: ALSCA, ALAMFC

Skills-based health education focusing on challenging unrealistic socio-cultural ideals of appearance, media literacy with respect to these ideals. It reduces appearance comparisons and appearance conversations, while encouraging body activism and positive behavior change.

21. Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Sandtray Part 2

Presenter: Ashley Garrett LPCS, RPTS, NCC garrett@garrettcounseling.com

Location: Alabama Ballroom D

Sponsor: ALAMCD, ALAMHCA

Participants will review the DSM-5 ® Cultural Formulation Interview (CFI). Participants will complete the DSM-5 ® Cultural Formulation Interview (CFI) using sandtray to process each of the subtopics. Basic knowledge of Sandtray is needed. This is not a training on how to use Sandtray, but will expose participants to ways that sandtray can be beneficial using the CFI.

22. A Mental Health Issue or is it Poor Upbringing?

Presenter: Dedra Muhammad B.S., M.S. dmuhammad@mcssk12.org

Location: Alabama Ballroom E

Sponsor: ALCA

This session will look at innovative ways to address the mental health issues that impede student / client success. Bipolar, Oppositional Defiance; substance use, sex, and internet compulsions impede clients from meeting goals. The role of the caregiver is pivotal in understanding client needs.

23. Unpacking: Recovering from Loss

Presenter: Maggie W. Banger LPC-S, Certified Grief Recovery Specialist®
restorecounselingservices@protonmail.com

Location: Riverview Meeting Room 1

Sponsor: ALAADA, ALASERVIC

This is a presentation defining losses in life and learning tools to effectively cope with cumulative loss throughout the lifespan.

24. PTSD and Suicide in the Veteran Population

Presenters: Lawrence Tyson Ph.D. ltyson@uab.edu
Gabrielle Pybus B.S. gpybus@uab.edu
Ahna Ravan B.S. aravan@uab.edu

Location: Riverview Meeting Room 2

Sponsor: ALMHCA, ALAMFC

The relationship of PTSD and Suicidal Ideation in the Veteran population and treatment outcomes and expectancies specific to mental health and marriage and family counseling will be explored.

25. Back to Basics - Tools for Treatment of Anxiety and Depression

Presenter: Richard Yoakum LPC-S ryoakum@samford.edu

Location: Riverview Meeting Room 3

Sponsor: ALCA, ALCCA

Description: Interventions For Your Toolbox- Practical treatment of anxiety and depression symptoms.

26. Continuum of Hate: A Historical View of Hate and Oppression

Presenters: Dr. Paul F. Hard LPC-S, NCC pfhard@gmail.com
Dr Patrick K. Faircloth LPC-S, NCC fair20074@gmail.com

Location: Riverview Meeting Room 4

Sponsor: ALGBTICAL, ALACES

Hate crimes exist at the extreme of a continuum of public aggressions from hate speech and micro-aggressions. This session explores the emotional impact of these aggressions on diverse communities with recommendations for competent multicultural counselors.

27. 168 Hours: Time Management and Organization

Presenter: T. E. Turner Ph.D. tturner@jsu.edu

Location: Riverview Meeting Room 5

Sponsor: ALACES, ALSCA

This session offers principals of time management, personal discipline, and organization, to enable participants to avoid being overwhelmed with the responsibilities of vocation, social, and other aspects of life. “Ruthlessly attack the Hurry!”

28. Micro-aggressions Against Black Clients in Counseling

Presenters: Ashley B. Brown M.Ed., NCC abb0010@auburn.edu
Shanel B. Robinson M.S., APC, NCC, CMHC sbr0019@tigermail.auburn.edu
Tammy W. Montgomery M.S., APC, NCC twm0027@tigermail.auburn.edu

Location: Riverview Meeting Room 6

Sponsor: ALMHCA, ALAMCD

Counseling is no exception to African-Americans/Blacks experiencing micro-aggressions. CRT could be an approach that counselors use in exploring micro-aggressions that occur in the counseling session.

29. Your Client’s Avatar: The One Area of Your Client’s Life You Aren’t Talking About in Counseling and Therapy

Presenters: Chris DaSambiagio-Moore LPC, NCC Chris.Moore@ua.edu
James DaSambiagio-Moore BS, ABD

Location: Riverview Meeting Room 7

Sponsor: ALMHCA, ALCA

This session provides an overview of the ways clients may encounter psychologically and developmentally significant experiences during virtual gameplay, and their possible role in the counseling and therapy process. Practical applications/takeaways will be discussed.

30. Get the 411 on Doctoral Programs: Applying, Surviving, and Thriving

Presenters: Malti Tuttle PhD, LPC, NCC, NCSC mst0022@auburn.edu
Jamie Carney PhD carnejs@auburn.edu
Lindsay Harrell MS, ALC, NCC les0084@auburn.edu
Shanel Robinson MS, APC, NCC, CCMHC sbr0019@auburn.edu
Dwayne White MS, APC, NCC, CCMHC dmw0050@auburn.edu
Melissa Mecadon-Mann mrm0143@auburn.edu

Location: Riverview Meeting Room 8

Sponsor: ALCA

Have you considered applying to a doctoral program? Current faculty members and doctoral students will discuss the application process, coursework, techniques to survive and thrive as a student, and potential career opportunities.

31. Seeing PTSD through the Lens of Traumatic Grief

Presenter: Belinda Kock M.Ed, NCC, CT free2grieve@gmail.com

Location: Montgomery Meeting Room 1

Sponsor: ALCA, ALASERVIC

Based off the book "Reframing PTSD as Traumatic Grief" by Dr. Alan Wolfelt and my own experience as a grief counselor, I combined them to speak about how mental health providers can use the "companioning" model with their clients diagnosed with PTSD.

32. Combating Compassion Fatigue and Burnout: A Call to Educate and Support Counselors and Students

Presenters: Jessica Melendez Tyler PhD, LPC-S, NCC jim0001@auburn.edu
Marina Green M.Ed., LPC, NCC mdn0008@auburn.edu

Location: Montgomery Meeting Room 4

Sponsor: ALACES, ALCCA

Compassion fatigue and burnout are significant and rampant concerns among counselors. This presentation will equip counselors and students with knowledge from the literature on these phenomena and practical, preventative strategies to promote wellness.

33. Ethical Considerations When Working with Juvenile Sex Offenders

Presenter: John W. Wiginton MS, LPC, CJSOTS wigintonwes@yahoo.com

Location: Montgomery Meeting Room 5

Sponsor: ALAAOC, ALMHCA

The presentation discusses 3 ethical considerations when working with this population. The presentation also discusses specific concerning juvenile sexual behaviors and facts and myths about these offenders.

34. Problem Gambling ~ What Every Helping Professional Should Know

Presenter: Veronica Davis LPC-S, ACGC-III, MAC, ICADC veronicadavis@lpcservices4help.com

Location: Montgomery Meeting Room 6

Sponsor: ALAAOC, ALMFC

This presentation will address: I. How Does The DSM-5 Define Problem Gambling II. Screening Tools to Identify the Disorder III. Resources To Address Problem Gamblers in Alabama IV. How Counselors Can Help

35. Supervision Needs of Early Career School Counselors

Presenter: Kenya G. Bledsoe, Ph.D., LPC-S, NCC, NCSC Bledsoe.kenya@gmail.com

Location: Montgomery Meeting Room 7

Sponsor: ALSCA, ALACES

Early career school counselors (< 3 years' experience) encounter professional/personal challenges specific to their emerging role in K-12 schools (Curry & Brickmore, 2012). This roundtable will explore clinical supervision needs of early career school counselors.

36. The Ambiguous Self-Concept: An Existentialist's View of Diversity in Psychotherapy

Presenter: Alfredo F. Palacios PhD LPC (AL) LMHC (NM) NCC Palacios@auburn.edu

Location: Montgomery Meeting Room 8

Sponsor: ALMHCA, ALCA

Existentialist philosophy argues that humans are ambiguous and too complex to be categorized or defined by social forces. This presentation will introduce attendees to Existentialist's concepts of freedom, and self-definition to inform professional counseling relationships.

Wednesday, November 20, 2019 3:15 – 4:30 pm

37. Professional Advocacy through Service: Leadership Opportunities in ALCA

Presenters: Daniel Birdsong Ed. S., LPC, NCC, NCSC daniel.birdsong@acsboe.org
Monica Mack Ph.D., LPC, NCC monica.mack@mps.k12.al.us
Monica Motley Ph.D. mmotley@asms.net
Vincent D. Hinton Ed.S, LPC (AL & GA), NCC vincenthinton@yahoo.com

Location: Montgomery Meeting Room 9

Sponsor: ALCA, ALACES

Interested in becoming more involved in ALCA? This session is for you! Participants will discover opportunities for engagement and service within ALCA and how involvement increases collaboration and professional advocacy.

Content Sessions

38. Ethical Considerations When Working with Clients Who Identify as Part of a Sexual Minority Population
39. Understanding The Effects of Trauma On Students In The Classroom And A School Setting
40. Animal Assisted Therapy: Principles and Techniques
41. Measures to Prevent Suicide Ideation and Behaviors Amongst Youth: Collaborative Efforts of School, Mental Health, and Rehabilitation Counselors
42. The Basics of Working with LGBTQ Students in Schools: You Are Their Advocate
43. Going Beyond the Cinema Portrayal: Discussing DID in the Counseling Process
44. Never Fear, Your Guidance Counselor is Here! Large Group Guidance That is Fun and Engaging
45. Perinatal Mental Health: Cultivating Healthy Attachments, Healthy Brains, and Healthy Children
46. Young, Gifted, and Black and Dealing with Depression and Anxiety
47. The Counselor's Superpowers!
48. Everybody Needs a Bigger Tool Box 2
49. The National Alliance on Mental Illness (NAMI): Who Are We?
50. Grieving Children: Effective Counseling Techniques
51. School Counseling Round Table
52. College Counseling for the Busy High School Counselor
53. Minimal Facts Interviewing of School Age Children
54. Balancing Work and Personal Life

Content Sessions

38. Ethical Considerations When Working with Clients Who Identify as Part of a Sexual Minority Population

Presenter: Dr Patrick K. Faircloth LPC-S, NCC fair20074@gmail.com

Location: Alabama Ballroom D

Sponsor: ALGBTICAL, ALCA

The presentation will explore definitions of various Sexual Minority identities and expressions in current use and how counselors can understand and work with this population considering ethical standards, scope of practice and standard of care.

39. Understanding The Effects of Trauma On Students In The Classroom And A School Setting

Presenter: Patti Gilliland Ed.S, LPC pagilliland@blountboe.net

Location: Alabama Ballroom E

Sponsor: ALSCA

Trauma is known to impact individuals in many ways. We will explore the various types of trauma, how trauma might be expressed, and how the school counselor can offer resources and support to the student and/or family and school staff.

40. Animal Assisted Therapy: Principles and Techniques

Presenter: Megan C. W. Bridges MS, AADC megancwbridges@outlook.com

Location: Riverview Meeting Room 1

Sponsor: ALMHCA, ALCA

Discussion of theories and therapeutic interventions in which animal assisted therapy can be applied. Emphasis on core competencies and remaining within one's scope of practice.

41. Measures to Prevent Suicide Ideation and Behaviors Amongst Youth: Collaborative Efforts of School, Mental Health, and Rehabilitation Counselors

Presenters: Tammy W. Montgomery M.S., APC, NCC twm0027@tigermail.auburn.edu
Leah Kartovicky M.Ed., CRC, NCC lkk0002@auburn.edu
Darlene Lewis Ed. S. dlewis1@mcpss.com

Location: Riverview Meeting Room 2

Sponsor: ALDARCA, ALSCA

Suicide is the second main source of death for young people ages 10 to 24. Counselors should collaborate to implement suicide prevention programs such as YRSPP, ASIST, and Animal-assisted interventions to assist students experiencing SI.

42. The Basics of Working with LGBTQ Students in Schools: You Are Their Advocate

Presenter: Ashley Redondo Ed.S., LPC, NCC ashley.redondo@opelikaschools.org

Location: Riverview Meeting Room 3

Sponsor: ALSCA, ALBTICAL

This presentation will review basic LGBTQ terminology, how to be an advocate for LGBTQ students in the school setting, and provide support resources for parents/families, teachers, and students.

43. Going Beyond the Cinema Portrayal: Discussing DID in the Counseling Process

Presenters: Lindsay S. Harrell MS, ALC, NCC les0084@auburn.edu
Margaret Taylor PhD, LPC-S, NCC barnema@auburn.edu

Location: Riverview Meeting Room 4

Sponsor: ALASERVIC, ALDARCA

This presentation will explore the counseling process for working with clients diagnosed with Dissociative Identity Disorder including: diagnosis, approach, treatment planning, and advocacy. Strategies for counselor self-care when working with DID will also be reviewed.

Thursday, November 21, 2019 10:30 – 11:45 am

44. Never Fear, Your Guidance Counselor is Here! Large Group Guidance That is Fun and Engaging

Presenter: Misty Brothers M.S. brothers.misty@marshallk12.org

Location: Riverview Meeting Room 5

Sponsor: ALSCA, ALASGW

Want easy lessons that you can do with students? On a budget and need something that won't break the bank? Then this is the session for you. You will leave with at least one activity!

45. Perinatal Mental Health: Cultivating Healthy Attachments, Healthy Brains, and Healthy Children

Presenter: Dallas Rabig, MA, LPC, IMH-E dallas.aclr@gmail.com

Location: Riverview Meeting Room 6

Sponsor: ALMHCA, ALCCA

Understand how biopsychosocial changes and cultural factors influence parent identity and create the perfect storm for developing mood or anxiety disorders, when to assess them, and models for treatment.

46. Young, Gifted, and Black and Dealing with Depression and Anxiety

Presenter: Michelle Crumbly NCC, LPC michelle@michellecrumblylpc.com

Location: Riverview Meeting Room 7

Sponsor: ALCA, ALCCA

This workshop will focus on the rise of anxiety and depression among African American Teenagers and College Students. It will address issues such as race and mistrust faced in treating these populations, factors to consider in therapy, and effective treatment strategies.

47. The Counselor's Superpowers!

Presenter: Poppy Moon PhD, LPC, NCC pmoon@uwa.edu

Location: Riverview Meeting Room 8

Sponsor: ALCA

Our superpowers are basic counseling skills. Learn to wield them and you will be a powerful counselor. Join Dr. Moon as she illustrates how to embody these skills. Come in as a counselor, leave as a hero!

48. Everybody Needs a Bigger Tool Box 2

Presenter: Brent Cosby M.S. counselor1012003@yahoo.com

Location: Montgomery Meeting Room 1

Sponsor: ALCA, ALMHCA

Add to your Clinical toolbox with this Therapeutic Techniques Workshop. We will discover new innovative ways to improve your individual/group counseling strategies while in session. IT'S A MUST FOR THE SERIOUS CLINICIAN.

49. The National Alliance on Mental Illness (NAMI): Who Are We?

Presenters: Davey Chastang LICSW/PIP dchastang918@yahoo.com
Ida Lockette M. Ed., LPC, CRC and NCC idadlockette@yahoo.com

Location: Montgomery Meeting Room 4

Sponsor: ALCA, ALDARCA

The National Alliance on Mental Illness (NAMI) is the largest grassroots mental health organization that provides self-help, support, and advocacy for persons and or family members affected by a mental illness. Come learn about the educational programs provided.

50. Grieving Children: Effective Counseling Techniques

Presenter: Doris Vaughans PhD, LPC, NCC dorisvaughans@yahoo.com

Location: Montgomery Meeting Room 5

Sponsor: ALSCA, ALAADA

Following a brief overview of childhood grief, attendees will be taught techniques to help children of all ages deal with grief following death-losses.

51. School Counseling Round Table

Presenter: Millie Dawson-Hardy PhD, LPC, MAT madawsonhardy@ua.edu

Location: Montgomery Meeting Room 6

Sponsor: ALCDA, ALSCA

Please come with your favorite activity written on a one page paper with 25 copies. We will sit together and talk about what we do that works and share some frustrations we have in hope of finding help and support within our circle. The emphasis of this group is to be positive and helpful toward one another. We will share the one page activities within the group and you will leave with several new ideas.

52. College Counseling for the Busy High School Counselor

Presenters: Oliver Aaron M.Ed aaronco@vestavia.k12.al.us
Barbara Gajewski, M.Ed., Ed.S.

Location: Montgomery Meeting Room 7

Sponsor: ALCA, ALSCA

School counselors are relied on for many things throughout the school year. It's important for us to prepare our students for the college application process. This session will cover topics from college exploration to writing recommendation letters.

53. Minimal Facts Interviewing of School Age Children

Presenter: LaChandra Prim MS, ALC lbrooks@butterflybridgecac.org

Location: Montgomery Meeting Room 8

Sponsor: ALSCA, ALAMFC

Recognizing and reporting child abuse/neglect; obtaining minimal facts; minimal facts versus counseling, and mandatory reporting. Multidisciplinary team involvement in CA/N cases.

54. Balancing Work and Personal Life

Presenter: Jo Anna Johnson, BA, MS, ALC pchctherapy@gmail.com

Location: Montgomery Meeting Room 9

Sponsor: ALCA, ALCDA

Participants will learn how to let go of perfectionism, focus on strengths versus ruminating on weaknesses, time management skills, and tips for implementing meditation exercises in order to build a foundation that balances work and personal life.

Content Sessions

55. Creative Arts in Supervision: Integration for Conceptualization
56. The Perfect World of Instagram: #iwokeuplikethis
57. Ethics in Animal Assisted Therapy
58. Meeting the Needs of Adolescents with Severe Mental Health Issues within the Schools
59. Respecting My Privacy, Ethically. A Minor's Rights to Confidentiality
60. The Alabama School Counseling Program of Distinction Award: What is it and How do I apply?
61. Incorporating Family Systems Theory in School Counseling Supervision
62. Effective Strategies to Increase Student Success in Online Learning
63. Individual Placement and Support (IPS) Implementation in Alabama: Employment Model for People with Serious Mental Illness
64. Changing Culture of College Campuses: Implications for Institutions of Higher Learning and the Community
65. Beyond Star Charts: Parenting Strategies for Complex Families
66. Combating the School-to-Prison Pipeline through Restorative Justice
67. Working with Later Life Stage Adult Clients: Ethical, Legal and Spiritual
68. Dealing with Loss: Helping Families Grieve
69. Therapeutic Lesson Plans for Emotional Life
70. School Counselors and School Nurses: Collaboration to Bring Canines to School.
71. Opioid Addiction/Dependency and Benefits of Medication Assisted Treatment

Content Sessions

55. Creative Arts in Supervision: Integration for Conceptualization

Presenter: Ashley Garrett LPCS, RPTS, NCC garrett@garrettcounseling.com

Location: Alabama Ballroom D

Sponsor: ALACES, ALCA

Participants will review two models of supervision and identify how they contribute to ethical practice according to the ACA Code of Ethics. Participants will review and engage in three creative art techniques to use in supervision

56. The Perfect World of Instagram: #iwokeuplikethis

Presenters: Poppy Moon Ph.D, LPC, NCC pmoon@uwa.edu
Nisha Warbington Ph.D, LPC, NCC nwarbington@uwa.edu

Location: Alabama Ballroom E

Sponsor: ALCCA, ALCA

Young people often have difficulty distinguishing fantasy vs reality in social media. Join Dr. Moon & Dr. Warbington as they give you tools to help change students' perceptions about social media.

57. Ethics in Animal Assisted Therapy

Presenter: Megan C. W. Bridges MS, AADC megancwbridges@outlook.com

Location: Riverview Meeting Room 1

Sponsor: ALCA, ALSCA

Examination of the legal and ethical guidelines in place to protect both client welfare as well as the well-being of the animal co-therapist in animal assisted therapy.

58. Meeting the Needs of Adolescents with Severe Mental Health Issues within the Schools

Presenter: Deborah Grant, PhD, LPCS, NCC, CRC dgrant@hoover.k12.al.us

Location: Riverview Meeting Room 2

Sponsor: ALSCA, ALDARCA

Adolescents who struggle with severe mental health issues present unique challenges within the school setting. These students need specific accommodations in order to be successful both academically and socially. This session will offer counselors suggestions on accommodations and strategies that will meet these unique needs.

Thursday, November 21, 2019 1:30 – 2:45 pm

59. Respecting My Privacy, Ethically. A Minor's Rights to Confidentiality

Presenter: Carmela Y Drake PhD, LPC, CAADP, ACGC-III cdrake@alasu.edu

Location: Riverview Meeting Room 3

Sponsor: ALCA, ALACES

The presentation will use Corey, Corey, and Callanan's (1998) ethical decision making model to examine an ethical dilemma involving a minor when the parents are requesting information from the counseling session.

60. The Alabama School Counseling Program of Distinction Award: What is it and How do I apply?

Presenter: Cindy Davis, cindy.davis@knology.net
Chairperson of the Alabama School Counseling
Program of Distinction Award

Location: Riverview Meeting Room 4

Sponsor: ALSCA, ALCA

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

61. Incorporating Family Systems Theory in School Counseling Supervision

Presenter: Dayna Watson PhD watsondm@uab.edu

Location: Riverview Meeting Room 5

Sponsor: ALSCA, ALAMFC

In this session, participants will have the opportunity to learn more about the benefits and challenges of incorporating family systems theory into school counseling supervision, as well as strategies for putting systems supervision into practice.

62. Effective Strategies to Increase Student Success in Online Learning

Presenters: Traci Ferguson Ed.S. tferguson@ccs.ua.edu
June Cummings M.S. jcummings@ccs.ua.edu

Location: Riverview Meeting Room 6

Sponsor: ALCDA, ALCCA

Counselors have a huge impact on student success in the online learning environment. Partnering with students creates powerful outcomes. Learn how to help your students by using stakeholders to build a community of support.

63. Individual Placement and Support (IPS) Implementation in Alabama: Employment Model for People with Serious Mental Illness

Presenters: Sharon Weaver Ph.D. weavers@troy.edu
Angie Hall Ph.D. amh0016@tigermail.auburn.edu
Rebecca Curtis Ph.D., CRC curtirs@auburn.edu
Christine Fleming Ph.D., CRC clf0006@auburn.edu

Location: Riverview Meeting Room 7

Sponsor: ALDARCA, ALAADA

This presentation will examine the Individual Placement and Support (IPS) model implemented by the Alabama Department of Mental Health for consumers with serious mental illness. The IPS model and preliminary findings will be highlighted.

64. Changing Culture of College Campuses: Implications for Institutions of Higher Learning and the Community

Presenters: Debbie Ann Rose Ph.D., LPC, LPC-S, BC-TMH, CRC, NCC ddean@uwa.edu
Nisha Warbington Ph.D., LPC, LPC-S, NCC nwarbington@uwa.edu

Location: Riverview Meeting Room 8

Sponsor: ALCCA, ALGBTICAL

Issues and trends in higher education regarding the increased enrollment of women, African-Americans, Veterans, People with Disabilities, and the LGBT community. The retention, persistence, and graduation rate of these populations specifically focuses on mental health and wellness issues. Prevention and intervention strategies will be discussed that can lead to an increase in higher educational attainment.

Thursday, November 21, 2019 1:30 – 2:45 pm

65. Beyond Star Charts: Parenting Strategies for Complex Families

Presenter: Michelle T. Pruett M.Ed., Ed.S., LPC pcandc@bellsouth.net

Location: Montgomery Meeting Room 1

Sponsor: ALCA, ALAMFC



Traditional parenting does not always work in a modern world. Changing resources and expectations present all new opportunities and challenges. Learn philosophies and techniques for helping parents raise motivated and resilient children.

66. Combating the School-to-Prison Pipeline through Restorative Justice

Presenters: Brittany Mistich M.Ed., NCC BMM1102@jagmail.southalabama.edu
Lexie Greer M.Ed., NCC ag1723@jagmail.southalabama.edu
Matthew Whatley M.S., NCC mw1721@jagmail.southalabama.edu

Location: Montgomery Meeting Room 4

Sponsor: ALCDA, ALSCA

We hope to empower your advocacy by discussing policies and practices that disproportionately disenfranchise students and identify restorative practices to remove these barriers and combat the school-to-prison pipeline, spanning from early childhood to early adulthood.

67. Working with Later Life Stage Adult Clients: Ethical, Legal and Spiritual

Presenter: Dr. Patrick K. Faircloth LPC-S, NCC fair20074@gmail.com

Location: Montgomery Meeting Room 5

Sponsor: ALAADA, ALACES

The presentation will explore ethics and standards of care for End of Life populations and end of life decisions from ethical, legal and spiritual points of view.

68. Dealing with Loss: Helping Families Grieve

Presenter: Rebecca Jacobson Ph.D, NCC, LPC-S, RPT drruth2000@msn.com

Location: Montgomery Meeting Room 6

Sponsor: ALCA, ALCDA

Trauma and Loss will impact family dynamics and cohesion as each member experiences the unique process of grief. This presentation will look at the process of grief and activities that can be used to facilitate both the individual and family during the healing process.

69. Therapeutic Lesson Plans for Emotional Life

Presenter: Dallas Rabig, MA, LPS, IMH-E

dallas.rabig@ece.alabama.gov

Location: Montgomery Meeting Room 7

Sponsor: ALSCA, ALCA

Learn helpful guidelines in implementing therapeutic lesson plans that promote mastery of emotional and social issues relevant to preschool and elementary aged children.

70. School Counselors and School Nurses: Collaboration to Bring Canines to School.

Presenters: Malti Tuttle PhD, LPC, NCC, NCSC
Morgan Yordy DNP, ACNS-BC, RN-BC
Jill Meyer Ph.D., LCPC, CRC
Leah Kartovicky M.Ed., CRC, NCC

mst0022@auburn.edu
bmy0004@auburn.edu
jmm0079@auburn.edu
lkk0002@auburn.edu

Location: Montgomery Meeting Room 8

Sponsor: ALSCA, ALCA

School counselors and school nurses collaborate to support students in K-12 Schools. This session will discuss the benefits of this collaboration and the role canines can play in the academic and social-emotional domains.

71. Opioid Addiction/Dependency and Benefits of Medication Assisted Treatment

Presenters: Jo Anna Johnson ALC
Deborah York ADC

pchctherapy@gmail.com
dbrh_yrk@yahoo.com

Location: Montgomery Meeting Room 9

Sponsor: ALAAOC, ALAADA

Participants will learn about the adverse effects of abusing prescribed opioid medication and heroin, medication and treatment options available to treat opioid addiction/dependency, and facts versus common misconception people have about Medication Assisted Treatment (MAT).

Thursday, November 21, 2019 1:30 – 4:15

LPC Roundup

Location: MPAC Theatre

The Business of Supervision

Presenter: Anna Barksdale, LPC-S

So You Want to Bill Insurance?

Presenter: Jamie Taylor, CPB

Private Practice Practical Points

Q and A

Presenter: Lisa Patterson, LP LPC-S, LMHC-S, RPT-S

Location: MPAC Theater

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

Thursday, November 21, 2019 1:30 – 4:15

New School Counselor Academy

Presenters: Wanda T. Langley, Retired Education Specialist
Alabama State Department of Education
Sean J. Stevens, Program Coordinator Instructional Services
Alabama State Department of Education

Moderator: Sean J. Stevens, Program Coordinator Instructional Services
Alabama State Department of Education

Location: Ballroom C

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 designed as one of the professional development opportunities to meet state certification requirements for new Alabama School Counselors (less than three years of experience).

Content Sessions

72. The smART Elementary School Counselor
73. Appropriate Counseling Considerations Within the LGBTQ Community
74. Overlooked and Underserved: Counseling Strategies for Non-traditional College Students
75. Counseling Thru Stages of Faith and Faith Crisis
76. Understanding the Homeless Education State Plan for Alabama Students
77. First Year Counselor: What You Need to Know
78. Preparing for Careers of the Future: School Counselors Lead the Way
79. I HEAR You and SEE You: Using Video Technology to Engage Students and Empower Their Voice
80. Hair Esteem and I Love My Happy Hair
81. Neighborhood Bridges: Connecting Students with Community-Provided Resources
82. Wellness to Avoid Professional Burnout
83. Helping Clients Through Grief and Loss
84. Ethical Implications of Implementing Suicide Prevention Programs
85. Counseling ‘on the go’
86. Relationships 101 #BetterTogether
87. Using Creative Arts in College Counseling
88. Self-Harm: What is it and Why?

Content Sessions

72. The smART Elementary School Counselor

Presenters: Billie J. Miller Med, BFA bmliller@blountboe.net
Lora Prince MS
Susan Parker MA

Location: Alabama Ballroom D

Sponsor: ALSCA, ALCDA

Practical classroom art/counseling lessons. Drawing with students gives the counselor a chance to interact with students. Activities help evaluate listening, participation, and motor skills. All young students enjoy being creative.

73. Appropriate Counseling Considerations Within the LGBTQ Community

Presenters: Necoal Driver Ph.D. ndriver22670@troy.edu
LaShaunda Matthews

Location: Alabama Ballroom E

Sponsor: ALGBTICAL, ALAMCD

Participants will be exposed to unethical practices still being implemented when assisting individuals within the LGBTQ community. Understanding unidentified bias, as well as integrating appropriate mental health strategies; wellness and client needs will be discussed.

74. Overlooked and Underserved: Counseling Strategies for Non-traditional College Students

Presenter: Shanell Petty Ed.S statepetty@yahoo.com

Location: Riverview Meeting Room 1

Sponsor: ALCCA, ALCDA

This presentation will review challenges and barriers of non-traditional college students. A description of various strategies to incorporate in college advisement and counseling will be presented.

Thursday, November 21, 2019 3:00 – 4:15 pm

75. Counseling Thru Stages of Faith and Faith Crisis

Presenter: Timothy Birt, LPC, LMFT

birt@counseling-therapy-services.com

Location: Riverview Meeting Room 2

Sponsor: ALASERVIC, ALAADA

Counseling clients experiencing changes in faith, ethics, religious issues or faith crises, and exploring Fowler's model of faith development and faith transitions. The ethics and challenges for clinical practice explored in this interactive workshop.

76. Understanding the Homeless Education State Plan for Alabama Students

Presenters: Jean Davis M.Ed. LPC
LaDonna R. Rudolph, Ed.S., J.D.

davisjeand@gmail.com
lrudolph@alsde.edu

Location: Riverview Meeting Room 3

Sponsor: ALSCA, ALCDA

The McKinney Vento Homeless Education Act will be discussed and updates presented. Although this program is conducted through the central office of the LEA, counselors are vital to the success of meeting student needs effectively.

77. First Year Counselor: What You Need to Know

Presenters: Anna J Barkdale MSCP, LPC-S, LLC
Whit Stephens MA, ALC

annajbarksdale@gmail.com
20whit10@gmail.com

Location: Riverview Meeting Room 4

Sponsor: ALCDA, ALMHCA

You have a license...now what? How do you go from student to counselor in private practice? Learn what you need to know, and have in place, before you see your first client.

78. Preparing for Careers of the Future: School Counselors Lead the Way

Presenter: Angela Cleveland, M.S.Ed., M.Ed., MA

C4C@ncwit.org

Location: Riverview Meeting Room 5

Sponsor: ALSCA, ALCDA

The shift in technology, computers and automation has created a stark change in the world of work that continues to grow. School counselors are uniquely positioned to build awareness of the careers & foster student competencies.

79. I HEAR You and SEE You: Using Video Technology to Engage Students and Empower Their Voice

Presenter: Stephen Watts Ed.S.

swatts1@mcpss.com

Location: Riverview Meeting Room 6

Sponsor: ALASGW, ALSCA

This session will provide counselors with tools and tips to begin using students' personal video recordings to empower student voice in individual counseling sessions, small group counseling sessions, and classroom guidance lessons. Use of the videos as qualitative data will be explored as well.

80. Hair Esteem and I Love My Happy Hair

Presenter: Dr. Linda J. M. Holloway NCC

lholloway@alasu.edu

Location: Riverview Meeting Room 7

Sponsor: ALAMCD, ALASGW

This workshop is design to demonstrate how counselors can use the book "I Love My Happy Hair" to teach young children especially black children to feel positive and accept their beautiful hair. It teaches students to learn positive hair esteem, self-love, and it will encourage all children to accept the beautiful texture of their hair and dispel hair bullying.

81. Neighborhood Bridges: Connecting Students with Community-Provided Resources

Presenter: Marley Stephens MA

mstephens@hoover.k12.al.us

Location: Riverview Meeting Room 8

Sponsor: ALSCA, ALDARCA

Neighborhood Bridges is a web-based portal where community members fulfill goods and services in a confidential manner to those with identified needs in the school system. Counselors act as "advocates" and request needs on behalf of students' families.

82. Wellness to Avoid Professional Burnout

Presenters: Felicia Pressley LPC, Ph.D. fpressley@yahoo.com
Joan D, Williams LPC, Ph.D. joanwilliams90@gmail.com

Location: Montgomery Meeting Room 1

Sponsor: ALMHCA, ALASGW

This program was developed to enhance the knowledge and skills of counselors to avoid professional burnout. We will discuss the ACA code of ethics on maintaining wellness and competence for the benefit of the counselor and the client. Techniques to reduce vicarious trauma will be shared in this presentation.

83. Helping Clients Through Grief and Loss

Presenter: Candace N. Park Ph.D., LPC, NCC candace.n.park@gmail.com

Location: Montgomery Meeting Room 4

Sponsor: ALCA,

New counselors, and sometimes seasoned counselors, can sometimes feel ill-equipped when helping clients address the loss of a loved one. This presentation will discuss different theoretical approaches to grief and loss, as well as interventions.

84. Ethical Implications of Implementing Suicide Prevention Programs

Presenters: Sherrionda Crawford Ph.D., LPC-S scrawford@troy.edu
Shelley Reed Ph.D., LPC, CPCS, CACII, MAC
Ansley Prather BA aprather170775@troy.edu

Location: Montgomery Meeting Room 5

Sponsor: ALMHCA, ALAMCD

This presentation will explore funding sources of suicide prevention programs, planning engaging and informative activities, and evaluating the effectiveness of a multi-site suicide prevention program within higher education and the community.

85. Counseling ‘on the go’

Presenters: Dr. Laura Hodges LPC-S (TX)(AL), NCC, ACS lhodges154803@troy.edu
Ina Washington Ina.Washington@mps.k12.al.us
Shavon Webster Shavon.Webster@mps.k12.al.us

Location: Montgomery Meeting Room 6

Sponsor: ALSCA, ALCA

Looking for some fresh ideas for classroom guidance lessons, or need lessons that you can ‘grab and go’?
Come join us as we share ideas for ‘counseling on the go’!

86. Relationships 101 #BetterTogether

Presenters: Jackie Hudgins M.Ed jshudgins@tcss.net
Shannon Stubbs MA Ed.S sstubbs@tcss.net
Holly Tanner MS htanner@tcss.net
Brandi Shanklin MA bshanklin@tcss.net
Carla Moore M.Ed cjmoore@tcss.net

Location: Montgomery Meeting Room 7

Sponsor: ALMHCA, ALAADA

RELATIONSHIPS MATTER. Healthy relationships can positively impact the community, change the culture of a faculty, and heal the heart of a child. Learn how to establish and strengthen these relationships in your spheres of influence!

87. Using Creative Arts in College Counseling

Presenter: Lola Johnston LPC lmjohnston@jsu.edu

Location: Montgomery Meeting Room 8

Sponsor: ALASGW, ALCCA

This session provides information on using creative arts in a group counseling format aimed at reducing stress, depression, and anxiety among college students.

88. Self-Harm: What Is It and Why?

Presenter: Jamie Hill LPC j.hill@otelco.net

Location: Montgomery Meeting Room 9

Sponsor: ALSCA, ALMHCA

Self-harm or “cutting” seems to be on the rise in children and adolescents. What is it exactly, what causes it, and what can we do to intervene?

Content Sessions

89. Helping the Helper: An Analysis of Self-Care Practices Among Mental Health Professionals
90. Advanced Solution Focused Strategies and Techniques for School Counselors and Other Clinicians
91. Relationship and Identity Development in Sexual Minority Clients
92. Building a Comprehensive College and Career Readiness Program Meeting the Needs of All Students
93. Developing Self-Regulation through Evidence-Based Strategies and Implementation of Mindfulness Practices
94. SUPERVISION 101
95. Organizational Techniques for School Counselors
96. School Counseling Content Curation and Presentation: Beyond PowerPoints, Videos, and Worksheets
97. Sexual Addiction: An Overview to Causes, Diagnosis, and Treatment
98. Using Exposure and Response Prevention to Treat OCD and Anxiety Disorders
99. Playful CBT Interventions for Children and Adolescents
100. Best Practice for Assessment and Treatment of College Students
101. Maintaining Aspirational Ethics as Counselor Educators Regardless of the Instructional Rank of Adjunct, Assistant, or Associate Professor
102. Bringing Suicide Out of the Dark: Facts vs. Myths
103. Mindset is Everything
104. College Planning Pays: A Guide to College Board Opportunity Scholarships
105. Anxiety and Use of Integrating Strategies for the Brain-Wise Counselor

Content Sessions

89. Helping the Helper: An Analysis of Self-Care Practices Among Mental Health Professionals

Presenters: Jeremiah Barnett Ph.D. M.Sc. ALC jeremiahbarnetye@gmail.com
Jasmine Bryant Ed.S., ALC jbryant637@yahoo.com
Uduak Afangideh M.Sc., ALC thealabamatherapist@gmail.com

Location: Alabama Ballroom D

Sponsor: ALSCA, ALMHCA

This presentation will discuss the importance of self-care for mental health practitioners, demonstrate the challenges, and highlight effective ways of incorporating self-care practices into one's regular routines.

90. Advanced Solution Focused Strategies and Techniques for School Counselors and Other Clinicians

Presenters: Stephan Berry Ph.D. LPC stberry@troy.edu
Brande' Flamez Ph.D., LPC bflamez@lamar.edu

Location: Alabama Ballroom E

Sponsor: ALSCA, ALAAOC

Solution Focused Brief Therapy is a short-term therapeutic approach that is useful in school and clinical settings. Take your use of SFBT to a new level with the strategies and techniques presented in this session.

91. Relationship and Identity Development in Sexual Minority Clients

Presenters: Dr. Patrick K. Faircloth LPC-S, NCC fair20074@gmail.com
Mr. Hiram J. Faircloth BS fair20074@gmail.com

Location: Riverview Meeting Room 1

Sponsor: ALGBTICAL, ALAMFC

The presentation will explore unique risks, needs, and ethical concerns related to sexual minority clients who may be experiencing relationship and identity issues. An examination of relationship and identity development models and their intersection with sexual minority clients will also be included.

92. Building a Comprehensive College and Career Readiness Program Meeting the Needs of All Students

Presenter: Dedra Muhammad B.S., M.S.

dmuhammad@mcssk12.org

Location: Riverview Meeting Room 2

Sponsor: ALCA

Building a comprehensive College/Career Readiness Center: From the spectrum of College/Career Readiness Indicators (CRI) of at-risk through college bound students; scholarships, careers, data collection, etc. What about “THOSE” MIA students? Lessons for an all-inclusive program.

93. Developing Self-Regulation through Evidence-Based Strategies and Implementation of Mindfulness Practices

Presenters: Amy W. Upton Ph.D., NCC, NCSC
Brittany Mistich M.Ed., NCC
Lexie Greer M.Ed., NCC

amyupton@southalabama.edu
BMM1102@jagmail.southalabama.edu
ag1723@jagmail.southalabama.edu

Location: Riverview Meeting Room 3

Sponsor: ALMHCA, ALDARCA

We will discuss the value of self-regulation skills and implementation of evidence-based strategies, address ACEs and their impact on cognitive development, and teach mindfulness techniques you can share with your clients/students and also use yourself!

94. SUPERVISION 101

Presenters: Anna J Barksdale MSCP, LPC-S, LLC
Latonya Lee MA, ALC

annajbarksdale@gmail.com
latonya.lee7082@gmail.com

Location: Riverview Meeting Room 4

Sponsor: ALACES, ALMHCA

This session will help with the process of selecting a supervisor as well as in the selection of supervisees. What are the questions one needs to ask when entering this final stage toward LPC?

Thursday, November 21, 2019 4:30 – 5:45 pm

95. Organizational Techniques for School Counselors

Presenters: Greta McGowan M.Ed. gfmcgowan@chiltonboe.com
Malia Robinson M.Ed., NCC mmrobinson@chiltonboe.com

Location: Riverview Meeting Room 5

Sponsor: ALSCA, ALCCA

An effective way to document student visitations that can be confidential. It can be used for 504, Special Education, discipline, and scheduling. It also allows for a way to keep documentation.

96. School Counseling Content Curation and Presentation: Beyond PowerPoints, Videos, and Worksheets

Presenter: Stephen Watts Ed.S. swatts1@mcpss.com

Location: Riverview Meeting Room 6

Sponsor: ALSCA, ALCA

This session will highlight multiple web-based platforms through which counseling content (such as comprehensive program material, individual and small group counseling resources and classroom guidance lessons) can be shared with students and parents. Student collaboration through the platforms will also be examined.

97. Sexual Addiction. An Overview to Causes, Diagnosis, and Treatment

Presenter: Jeane B. Lee, Ph.D., LPC, CS jeaneblee@gmail.com

Location: Riverview Meeting Room 7

Sponsor: ALAMFC, ALMHCA

Sexual addiction is a pervasive cultural problem that often destroys people's lives and relationships. Contributing causes of sexual addiction, diagnosing, and treatment are the focus.

98. Using Exposure and Response Prevention to Treat OCD and Anxiety Disorders

Presenter: Kaysha Clark LPC kayshaclark@yahoo.com

Location: Riverview Meeting Room 8

Sponsor: ALAAOC, ALCDA

Learn how to build an exposure hierarchy in order to expose clients to the thoughts, images, objects and situations that make them anxious and/or start their obsessions and then help them make the choice not to do a compulsive behavior once the anxiety or obsessions have been "triggered."

99. Playful CBT Interventions for Children and Adolescents

Presenter: Dayna Watson Ph.D. watsondm@uab.edu

Location: Montgomery Meeting Room 1

Sponsor: ALSCA, ALCA

In this session, participants will add to their toolbox of playful CBT interventions for both individual and small group counseling with older children and adolescents experiencing anxiety, depression, low self-esteem, emotional self-regulation, and social skills.

100. Best Practice for Assessment and Treatment of College Students

Presenter: Richard Yoakum LPC-S ryokum@samford.edu

Location: Montgomery Meeting Room 4

Sponsor: ALCCA, ALCDA

Treating College Students - Is there an App for this? Let's collaborate and see how we can best help our college students succeed.

101. Maintaining Aspirational Ethics as Counselor Educators Regardless of the Instructional Rank of Adjunct, Assistant, or Associate Professor

Presenter: Paula Rainer Ph.D., LPC, NCC prainer@thechicagoschool.edu

Location: Montgomery Meeting Room 5

Sponsor: ALACES

This presentation will discuss ACA Ethics as it relates to counselor educator roles within the dynamic of the three counselor educator titles. Recent literature will be explored to discuss the three roles, the power differentials, and whether or not ACA Ethics are fluid within the titles. Case studies will be discussed to engage the full participation of the participants in this relevant discussion.

102. Bringing Suicide Out of the Dark: Facts vs. Myths

Presenters: Krishula Edwards MPA, MS, ALC EdwardsKrishula@gmail.com
Articia Johnson-Hunter MS, ALC articia850@gmail.com
Sharon Beeman BS, QPRT sbeeman@familysunshine.org

Location: Montgomery Meeting Room 6

Sponsor: ALSCA

This presentation will discuss myths & facts concerning suicide. Participants will learn what QPR stands for, risk factors and what warning signs to look for, and discuss why suicide is such a hard subject.

Thursday, November 21, 2019 4:30 – 5:45 pm

103. Mindset is Everything

Presenter: Katesha KD Reid MS info@urmorethan.com

Location: Montgomery Meeting Room 7

Sponsor: ALAMFC, ALCDA

What is the intersection where mindset meets mental health - is mindset something that can be used in counseling? What about in my own career exploration?

104. College Planning Pays: A Guide to College Board Opportunity Scholarships

Presenter: Janet Swandol MA, Ed.S jfswandol@collegeboard.org

Location: Montgomery Meeting Room 8

Sponsor: ALSCA, ALCCA

Applying to college is a complicated process, so we've created a program that guides students through the process and allows students to earn scholarships along the way – without an application, essay or minimum GPA. The more effort students put in, the more opportunities they have to earn a scholarship. School counselors will learn step-by step strategies and receive turnkey resources to support the work with students and families.

105. Anxiety and Use of Integrating Strategies for the Brain-Wise Counselor

Presenter: Jane Sweeney LPC-S, NCC jane@sojournercc.com

Location: Montgomery Meeting Room 9

Sponsor: ALMHCA, ALAADA

Creative strategies using sand tray, figures, and art for assisting individuals challenged with anxiety. Using the concept of the Upstairs and Downstairs Brain and Creating an Anxiety Scale individuals can tap into cognitive resources.

Content Sessions

- 106. Animal Therapy with At-Risk Students
- 107. Suicidal Ideation: Update to Approaches of Assessment and Treatment
- 108. Personality Disorders in the Real World
- 109. Love and Loss: The Impact of Grief on Mental Health and Substance Abuse
- 110. Play Therapy Techniques for Group Counseling
- 111. Cultural Lens of a Loss by Suicide
- 112. Diverse Voices from Supervision: Tips and Lessons Learned
- 113. ACEs, Stress, and Resilience: A Trauma-Informed Focus on Treatment Planning
- 114. Mental Health Treatment in Prison
- 115. My Child Grieves, My Heart Bleeds: The Story of the Grieving Grandparent
- 116. Positive Ethics: Have We Been Doing It All Wrong?
- 117. Substance Abuse and How It Affects Everyone From an Elementary and High School Counselor Perspective
- 118. OMG! LOL! WT...!
- 119. Emotional Support Animals: Facts, Myths, Laws, What to Know for Practice
- 120. The Use of Art in Trauma Therapy for Children and Adults

Content Sessions

106. Animal Therapy with At-Risk Students

Presenter: Wendy McNish LPC wendy.mcnish@acsboe.org
Location: Riverview Meeting Room 1
Sponsor: ALSCA, ALACES

My focus is with At-Risk students. I work at Alabaster Schools as well as a private practice in Helena. I use dogs in both situations to help with students and patients with behavior and academic needs. I would love to share the methods that I have personally seen to be effective with my patients and students.

107. Suicidal Ideation: Update to Approaches of Assessment and Treatment

Presenters: Kevin B. Stoltz Ph.D., NCC, ACS kstoltz1@una.edu
Jason Jones M.S. jrjones2@una.edu
Quinn Pearson Ph.D., LPC qpearson@una.edu
Graham Pugh gpugh@una.edu
Location: Riverview Meeting Room 2
Sponsor: ALCCA, ALGBTICAL

Suicide continues to be important in counseling. Assessment and treatment of suicidal ideation has changed. The purpose of this presentation is to provide updates to counselors concerning the assessment and treatment of suicidal ideation.

108. Personality Disorders in the Real World

Presenter: Jamie Hill LPC j.hill@otelco.net
Location: Riverview Meeting Room 3
Sponsor: ALSCA, ALMHCA

What does a “pervasive, enduring pattern of behavior...causing distress” look like in a 15 year old client, your co-worker, the ex-wife? This session will review diagnostic criteria and discuss real-world experiences with the personality disordered.

109. Love and Loss: The Impact of Grief on Mental Health and Substance Abuse

Presenter: Kezziah McDaniel Ed.D., LPC-S kmcdaniel3377@gmail.com

Location: Riverview Meeting Room 4

Sponsor: ALASERVIC, ALAADA

A guided look at the five stages of grief, as proposed by Kubler- Ross, with multicultural considerations and discussion on possible subsequent complications impacting mental health and substance use.

110. Play Therapy Techniques for Group Counseling

Presenters: Amy Davis Ph.D., NCC apdavis@una.edu
Ashley Garrett LPC-S, RPT-S garrett@garrettcounseling.com

Location: Riverview Meeting Room 5

Sponsor: ALASGW, ALAMCD

Come play with us and learn over 10 play therapy techniques to use in groups in both the clinical mental health and school settings for children, adolescents, and adults.

111. Cultural Lens of a Loss by Suicide

Presenters: Heather Delgado Ph.D., LPCA, NCC hnm0030@auburn.edu
Madeline Lapolla BS

Location: Riverview Meeting Room 6

Sponsor: ALSCA, ALAMCD

Suicide is the 10th leading cause of death in the US and an important mental health issue that should be viewed from a cultural perspective. Cultural perspectives on suicide and practitioner implications will be presented.

112. Diverse Voices from Supervision: Tips and Lessons Learned

Presenters: Melissa D. Deroche Ph.D., LPC, NCC, ACS mderoche@troy.edu
 Laura Hodges Ph.D., LPC-S (TX)(AL), NCC, ACS lhodges154803@troy.edu
 Kelley Mautz MPA, CRC, ALC kmautz@yahoo.com
 Charlene J. Crump MS, NCC, CRC, QMHI-S, CI/CT charlene.crump@mh.alabama.gov
 Shavon Webster BA swebster14697@troy.edu
 Shalonda Batten BA sbatten@troy.edu

Location: Riverview Meeting Room 7

Sponsor: ALACES, ALACES

Supervision is a key component of counselor development, and all voices are important to the supervision narrative. A diverse panel of supervisors and supervisees will share tips and lessons learned to enhance the supervision experience.

113. ACEs, Stress, and Resilience: A Trauma-Informed Focus on Treatment Planning

Presenter: Zach Ludwig LPC zlwudwig@bradfordhealth.net

Location: Riverview Meeting Room 8

Sponsor: ALMHCA

Presentation will provide an overview of research about adverse childhood experiences (ACEs), stress, and resilience in the role of trauma and maladaptive behavioral responses. This trauma-informed approach will be applied to a responsive treatment plan.

114. Mental Health Treatment in Prison

Presenters: Joyce A. Dallas-Maryland Ed.D, LPC-S,NCC,LMFT DallasMarylandWellness@gmail.com
 Demetrice Judkins LPC BornAgainCounseling@gmail.com
 Melissa Moore ALC dr.moore7@yahoo.com
 Kendra Rhodes ALC Kendra.rhodes@rehab.alabama.gov

Location: Montgomery Meeting Room 1

Sponsor: ALSCA, ALAAOC

The session focuses on mental health treatment for prisoners. Prisoners experience higher levels of mental illnesses than the public, barriers to treatment, three phases of the offender reentry programs, and reduced recidivism with CBT.

115. My Child Grieves, My Heart Bleeds: The Story of the Grieving Grandparent

Presenter: Anna J Barksdale MSCP, LPC-S, LLC annajbarksdale@gmail.com

Location: Montgomery Meeting Room 4

Sponsor: ALAADA, ALAMFC

Resources exist for grieving parents but where does the grandparent turn for help? This session will look at how to manage the grandparent's grief and how they can help their child.

116. Positive Ethics: Have We Been Doing It All Wrong?

Presenter: Dr. Patrick K. Faircloth LPC-S, NCC fair20074@gmail.com

Location: Montgomery Meeting Room 5

Sponsor: ALGBTICAL, ALCA

The presentation will explore the use of Positive Ethics and the Positive Ethics movement. A paradigm shift from ethics to "Positive Ethics" will be discussed and practiced by participants.

117. Substance Abuse and How It Affects Everyone From an Elementary and High School Counselor Perspective

Presenters: Lisa Butler Ed.S, LPCS, NCC Lbutler@blountboe.net
Patti Gilliland Ed.S, LPC, NCC pagilliland@blountboe.net

Location: Montgomery Meeting Room 6

Sponsor: ALSCA, ALDARCA

A look at how substance abuse affects students, teachers, administrators, family and friends from both an elementary and high school perspective. We will look at things from both preventive and responsive services perspectives.

118. OMG! LOL! WT...!

Presenter: Katesha KD Reid MS info@urmorethan.com

Location: Montgomery Meeting Room 7

Sponsor: ALCA, ALASGW

Long gone are the days of playing with dolls and jump-roping. We are at a place in society where we have to address the bullying, the girl drama, and the suicides of our daughters.

Friday, November 22, 2019 10:30 – 11:45 am

119. Emotional Support Animals: Facts, Myths, Laws, What to Know for Practice

Presenter: Jennifer Reynolds LPC-S, Doctoral Candidate jenniferreynoldslpc@gmail.com

Location: Montgomery Meeting Room 8

Sponsor: ALSCA, ALCA

Emotional support animals are a hot topic in the mental health field. This intervention is different than other animal assisted techniques. This presentation will discuss more about ESAs the use of this intervention, how to utilize this intervention in counseling, laws behind the intervention, and more facts about this under-researched topic.

120. The Use of Art in Trauma Therapy for Children and Adults

Presenter: Lisa Patterson LPC-S LMHC-S, RPT-S playtherapylisa@outlook.com

Location: Montgomery Meeting Room 9

Sponsor: ALMHCA, ALSCA

Understand why the arts are therapeutic in working thru trauma and learn 3 expressive art techniques that you can use in your own agency, practice, or school.

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ALCCA	Alabama College Counseling Association
ALACES	Alabama Association for Counselor Education & Supervision
ALAMCD	Alabama Association for Multicultural Counseling & Development
ALCDA	Alabama Career Development 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
ALMHCA (Affiliate)	Alabama Mental Health Counselors Association
ALSCA (Affiliate)	Alabama School Counselor Association

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Professional Membership is open to all credentialed counselors professionally engaged in counseling, or personnel activities in educational, vocational, religious, rehabilitation, employment agencies, private practice, or other such similar agencies. Minimally hold a Master's degree in counseling.

Regular Membership shall include persons whose interests and activities are consistent with those of the Association, but who are not qualified for Professional Membership (do not hold counseling credentials).

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256 577-3428
treasurer@alabamaplaytherapy.org

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334 277-5100
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334 387-7555
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7430 East Drive
Montgomery, AL 36117
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ronnie@aum.edu

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205 348-0089
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Angie McCord
1189 Allbritton Road
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205 244-8130
amccord@bradfordhealth.net

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antionette@cairnguidance.com

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334 386-7343
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rrabon@ncyi.org
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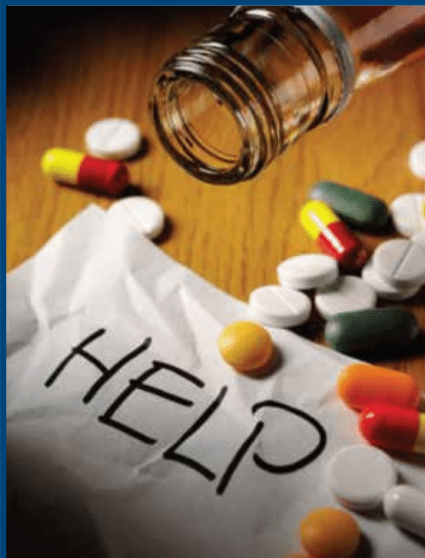
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Raymond M. Pomm, M.D. is Medical Director for Florida Springs Wellness and Recovery Center. Dr. Pomm has 38 years of addiction treatment experience and is triple board Certified in Psychiatry, Addiction and Addiction Psychiatry. Previously, Dr. Pomm was the Medical Director for Florida's Impaired Professional Program (FRN) which handles addiction, psychiatric issues and physical impairment of physicians and other medical licensees.

Dr. Pomm was named the 2018 Professional of the Year from the Florida Drug and Alcohol Abuse Association.

Currently
in Network
with:





Problem Gamblers in the state of Alabama need... YOU!!!

The number of persons who are addicted to gambling in the state of Alabama has grown and will continue to grow with new gambling alternatives available to them.

You can add this new dimension to your practice by becoming a
“Certified Problem Gambling Counselor”.

- As an NBCC provider, we are able to grant Contact Education Hours from our live trainings and our interactive Webinars.
- Add CEU's to your practice that are affordable and useful in this growing field.
- Visit our Exhibitor booth for information or to sign up for one of our training programs.

The Alabama Council on Compulsive Gambling is the official state affiliate to the National Council on Problem Gambling and is a gambling neutral organization.

www.alccg.org
rogerolsen2016@hushmail.com
Tel: (334) 277-5100



“The Alabama Council on Compulsive Gambling has been approved by NBCC as an approved Continuing Education Provider, ACEP #6823. Programs that do not qualify for NBCC credit are clearly identified. Alabama School of Alcohol and Other Drug Studies is solely responsible for all aspects of the program.”

HELP BUILD THEIR FUTURE WITH A CAREER IN HOME BUILDING



WHAT THE EXPERTS ARE SAYING:

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."

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
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1-800-745-4222

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songs

82 percentage of Judson students who
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4 USCAA varsity athletic teams
(basketball, soccer, softball, & volleyball)

2 IHSA equestrian teams
(Hunt seat & Western)

92 percentage of Judson classes
that are fewer than 17 students



PREVIEW DAYS

January 25, 2020

May 16, 2020

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The DPC program is designed for students to take four courses each semester (Fall, Spring, Summer), but is flexible to meet the needs of working professionals. Courses are set in a specific order to facilitate increasingly complex theory, practice, and research with solid foundations. The capstone of the program is development of a Project Demonstrating Excellence. This project is not a dissertation, but evidence of program development or advanced clinical skills.

The DPC enrolls new students in Fall and Spring semesters, and is available in online or on campus formats. We encourage applicants to apply online at www.mc.edu/apply. We require official copies of all transcripts of previous college work, copies of your credentials such as your license (LPC, LMFT, LCSW), three letters of recommendation, and a professional portfolio showcasing your experience and accomplishments. The GRE or standardized admission test may be waived for an applicant with evidence of outstanding performance in a Master's degree, post-Master's degree, or doctoral program.

Contact Us

Please contact Dr. Maria Chapman at mchapman@mc.edu if you have any questions about the curriculum, format, or outcomes. Please contact Graduate Admissions at mshaw@mc.edu or at 601-925-7715 if you have any questions about the application process.

Please feel welcome to call the Graduate and Professional Studies office at 601-925-7367 if you have applied or have questions on where to send admission items. We can also be reached at gps@mc.edu.

Alabama Association for Play Therapy

Come Play with Us!



Winter Conference
Friday, January 31st
Montevallo, AL



Jennifer Baggerly, Ph.D., LPC-S, RPT-S

"Play Therapy for Child Witnesses
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Visit www.alabamaplaytherapy.org to register



Visit our booth in the exhibit hall.



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Physicians are on the medical staff of River Oaks Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of River Oaks Hospital. The hospital shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 190793-0515 2/19

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Special Thanks to Our Sponsors

ACT – Reception

Alabama Home Builders Association – Breakfast

Amridge University – Breakfast

Auburn University – Breakfast

Bradford Health Systems – Student Poster Session

Chapters, Divisions, and Affiliates – Breaks

CPH & Associates – Reception

Jacksonville State University – Dance

Mississippi College Graduate Professional Studies – Break

Southern Preparatory Academy – Break

The Renaissance Montgomery Hotel & Spa at the Convention Center – Break

The University of Alabama – Breakfast

Troy University – Break

Wexford Health Services – Reception

**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. 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 that ALCA is a monitored listserv. This means that only the listserv manager (Nancy) 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/Affiliate. 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 (Nancy). 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 seem 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, and December) or the conference general location.

Since fall is the time of year 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	
OVERALL PROGRAM	1	2	3	4	5
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): _____

ANCILLARY SERVICES	1	2	3	4	5
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					

CONFERENCE FACILITIES	1	2	3	4	5
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	
GENERAL SESSION 1 Attended: Yes ____ No ____	1	2	3	4	5
Session was well organized and delivered					
Presenter was knowledgeable					
Session was helpful to me					

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

GENERAL SESSION 3 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:

Mr. Whit Stephens ~ 26687 Magnolia Avenue ~ Orange Beach, AL 36561



Alabama Counseling Association

2019 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 20, 2019

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 21, 2019

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 22, 2019

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, 2020. Certificate will be mailed as soon as possible but no later than March 31, 2020. 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, 2020.**

_____ 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.

**See you in Mobile at the
Renaissance Mobile Riverview Plaza Hotel**

November 18 - 20, 2020

for our 2020 ALCA Annual Conference

Have a safe trip home!

Sincerely,

**Jacques L. Austin
ALCA President-Elect**

