

ALABAMA COUNSELING ASSOCIATION 2022 Annual Conference | November 16-18, 2022

56th Annual Conference November 16-18, 2022



Mobile Renaissance Riverview Hotel and Mobile Convention Center Mobile, Alabama



56th Annual Conference November 16-18, 2022 Mobile, Alabama

"Counselors Connecting: Building Healthy Communities"

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"Counselors Connecting: Building Healthy Communities"

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

ALCA has enjoyed remarkable growthand success in its long history.

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

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

Our members are among the finest counselors in Alabama.

They are School Counselors... College Counselors...

Marriage and Family Counselors....

Educators and Supervisors.... Career Counselors...

Mental Health Counselors... Groupwork Specialists...

Rehabilitation Counselors...

Addictions and Offenders Counselors...

and Counselors in Private Practice.

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

MESSAGE FROM THE ALCA PRESIDENT Dr. Jane Coleman



Welcome to the 2022 Alabama Counseling Association's Annual Conference. This year's theme is **Counselors Connecting ... Building Healthy Communities.** The past two years have been filled with uncertainties due to the effects of the COVID-19 Pandemic. We have learned that we are more resilient and creative than we could have ever believed. We have learned to provide effective and ethical services using new platforms and strategies. Our dedication to our clients, students, and communities continues to be our primary focus.

During the conference, I would like to encourage each of you to connect with known colleagues and to engage with new colleagues so that each of us can build our own support system. By creating these professional relationships, we can not only improve our services to our clients, schools, and communities, but

also create healthy connections for ourselves.

Please stop by and see all of the wonderful offerings and presentations of our sponsors and vendors. Also, stop by the Chapter, Division, and Affiliate tables to see what is happening in their areas. We will have over 95 professional topics for our content sessions. Dr. Lori Ann Stretch will deliver the keynote address on Wednesday, November 16, 2022. On Thursday, November 17, 2022, Dr. Larry Faison will be our keynote speaker. He will be followed on Friday, November 18, 2022, by Rashad Hayes who will be our keynote speaker.

As in previous years, the conference will host the Graduate Student Poster Session, the New Member and First Time Attendee Reception, and the Graduate Student Reception. Our ALCA Awards Breakfast sponsored by The Alabama Home Builders Association will be held Wednesday morning, and a sponsored breakfast by the Alabama Council on Compulsive Gambling breakfast will be held Thursday morning. Again, come on out and support.

I invite you to stop by the photo opportunity stations set up around the conference. Capture these moments and share these memories with others. It is a lot of fun to take pictures with friends. Also, mark your calendar to attend the Thursday night "Celebration" Dance! Come dressed in your favorite Mardi Gras Color(s).

Thank you for choosing ALCA! I understand that there are many other conferences that you can obtain your CE's and Professional Development, but we are so excited that YOU chose ALCA. I look forward to seeing each of you at the Conference.

Dr. Jane Coleman, ALCA President

Dr. Jane Coleman has an Ed.D. in Higher Education Administration has a small private practice providing mental health services to two Head Start Programs and is an adjunct instructor with the University of West Alabama. She has 35 years of experience in the counseling field. She is a licensed counselor, licensed counselor supervisor, and a nationally Certified Counselor. She is certified as a Professional School Counselor. She holds state and international certifications in Addictions and Co-Occurring Counseling. She is a former ALCA Secretary and a former President of Chapter III of ALCA. She recently authored an article, "African Americans and Generational Trauma," which was featured in the Spring 2022 issue of the Southern Christian Leadership Conference (SCLC) newsletter.

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 newconstitution 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, now identified as the American Counseling Association.

ALCA has enjoyed remarkable growth and success in its long history. Today it has a membership of approximately 2200 members comprised of nine chapters and thirteen divisions and 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.

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	2019 - 2020	Leslie Weaver-Martin	
1992 - 1993	Karole Ohme	2020 - 2021	Jacques L. Austin	
1993 - 1994	Joe Creel	2021-2022	Yulanda Tyre	
*Deceased				

ALABAMA COUNSELING ASSOCIATION Upcoming Conferences

2023	Birmingham
2024	Montgomery
2025	Birmingham

ALCA ANNUAL CONFERENCE



ALABAMA COUNSELING ASSOCIATION 2022 Annual Conference | November 16-18, 2022

Pre-Conference Activities Tuesday, November 15, 2022

Early Registration 3:00-5:00 PM Mobile Convention Center

Exhibit Hall Setup Begins at 1:00 PM

The ALCA Executive Council Meeting 6:00-8:00 PM Riverview Plaza Hotel Mobile Bay I and II

The ALCA President's Reception
(For Executive Council Only)
Riverview Plaza Hotel
Mobile Bay Ballroom III
8:15-9:30 PM
Sponsored by ACT

ALCA ANNUAL CONFERENCE General Information

Awards Breakfast

The ALCA Annual Conference will kick off with the Awards Breakfast on Wednesday, November 16, 8:00 - 9:30 AM, in the Renaissance Riverview Plaza Hotel, Bon Secour Ballrooms I & II. 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.

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 2022 ALCA Annual Conference is as follows: The professional development request form is included in this 2022 ALCA Annual Conference Program Book. After the conference concludes, please fill out and return the form to Dr. Debbie Grant. If you did not pre-pay your CE fee at registration, please include a check for \$5.00 (\$20.00 for non-members) made payable to ALCA to the address provided on the form. The deadline for receipt of Professional Development requests is January 31, 2023. Certificates for Annual Conference attendance will be emailed no later than March 31, 2023. Requests submitted after January 31, 2023 will cost \$20.00. Replacement certificates also cost \$20.00.

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 or electronic payment is made. 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 the form in its entirety according to the provided directions. You can either: submit payment electronically via credit/debit card at https://alca.memberclicks.net/chapterdivisionaffiliatecerequest and scan your form to drdebgrant@gmail.com OR return the form along with a check for \$5.00 (\$20 for non-members) made payable to ALCA to:

Dr. Deborah Grant

ACEP Program Coordinator | 2705 Royal Lane | Pelham, AL 35124

NOTE: This conference is also approved to provide credit for social worker hours. Please check statement on the form (electronic or printed) 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@alabamacounseling.org

ALCA ANNUAL CONFERENCE

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) or Emily Rich (205.423.5989).

Exhibits

Exhibits will be located in the Mobile Convention Center. 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 16, 8:45 A.M. - 5:00 P.M. Thursday, November 17, 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 breakfast during the conference. You are invited to join us for these breakfast events:

Wednesday, November 16, 8:00 AM / Renaissance Plaza Hotel, Bon Secour Ballrooms I & II / Sponsor: Home Builders Association of Alabama (Awards Ceremony). <u>Serving of food will stop once program begins</u>.

Thursday, November 17, 7:00 AM / Renaissance Plaza Hotel, Bon Secour Ballrooms I & II / Sponsor: Alabama Council on Compulsive Gambling

Friday, November 18, 7:30 AM / Mobile Convention Center Pre-function Area / Biscuit Breakfast / Sponsor: Ambridge University

Internet Access

The Renaissance Plaza Hotel has internet access in all guest rooms.

A Note about Our Exhibitors and Sponsors

Please remember that our exhibitors and sponsors spend a great deal of money (often thousands) providing foodand 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.

School Counselor Roundup

The School Counselor Round-Up is scheduled for **Wednesday**, **November 16**, **2022 from 1:30pm-4:30pm** in Bon Secour Ball room I & II. This special session is open for all school counselors from novice to experienced counselors. 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 17**, **from 1:30pm – 2:45 pm** in the Bon Secour Ballroom I & II.

LPC/ALC Roundup

The LPC/ALC Roundup is sponsored by the Alabama Mental Health Counselor Association (ALMHCA). This specialized session is for Licensed Professional Counselors (LPCs) and Associate Licensed Counselors (ALCs) on **Thursday**, **November17**, **1:30pm - 2:45 pm** in Mobile Bay I & II Welcome LPCs and ALCs!

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 photo- graphs, videos, social media formats and electronic reproductions of such events and activities.

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 formof verification. Those registering onsite must bring similar proof. We are glad to extend this courtesy to our colleagues from other states in the Southern Region of ACA!

Celebration Dance

The Celebration Dance will be held on Thursday night in the Renaissance Plaza Hotel, Thursday, November 17, 2022 in the Bon Secour Ballrooms I & II and will feature "JAMM" and lots of door prizes. Come!

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.

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.

Division/Affiliate Luncheons

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

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.

New Member and First Time Attendee Celebration

Welcome new ALCA members and first-time attendees to your first ALCA Annual Conference! We would love to get to know you and officially welcome you. Please join us for the New Member and First Time Attendee Celebration.

Photo Opportunities

ALCA has provided a fun Photo Opportunity at the Conference. The official ALCA 2022 Conference Photo Opportunity is found within the MCC Pre-function Area. Mardi Gras Theme Mask props will be provided. Have fun!!!!!!

YOU AREINVITED TO THE



Alabama Counseling Association's
Celebration Dance
Celebration" Theme Mardi Gras Style –
Come Celebrate with us!
Thursday, November 17
8:30 pm - 11:00 pm
Renaissance Plaza Hotel,
Bon Secour Ballrooms I &
IlMusic by "JAMM"

Legal Liability Issues for Counselors in Alabama -\$20.00

To Order, Submit Written Request and Check to:
ALCA Executive
Director
P. O. Box 131425
Birmingham, AL 35213-1425

ALCA Graduate Student Reception & Graduate Student Poster Session

Reception – Thursday, November 17, 2022 | 11:45 am – 1:15 pm Poster Session – Thursday, November 17, 2022 | 1:30 pm – 3:30 pm



























Isaac McPherson/Ambridge University

THANK YOU FOR SUPPORTING THE RECEPTION AND GRADUATE STUDENT POSTER SESSION!!!

For questions about the poster session, contact Vincent D. Hinton at vincentdhinton@yahoo.com or Dr. Latonya Graham at drlmgraham@gmail.com

2022 ALCA ANNUAL CONFERENCE Conference in Brief

Tuesday, November 15, 2022

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 16, 2022

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 Speaker: Dr. Lori Ann Stretch

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/Affiliate Meetings

5:45 – 6:30 pm New Member and First Time Attendee Celebration

5:45 – 6:30 pm Chapter/Divisions Presidents and President-Elects Meeting with Coordinators

6:30 – until Dinner on your own

Thursday, November 17, 2022

7:00 – 8:15 am Breakfast Sponsored by: Alabama Council on Compulsive Gambling

7:30 am – 3:00 pm Conference Registration

8:00 am – 4:00 pm Exhibits

8:30 – 10:15 am General Session – Keynote Speaker: Larry Faison

10:15-10:30 am Break

10:30 -11:30 am Retired Counselors Reception

10:30 – 11:45 am CONTENT SESSIONS

11:45 am – 1:00 pm Graduate Student Reception-Sponsored by: Isaac McPherson and Associates

11:45 am – 1:15 pm Division/Affiliate Luncheon

1:30 – 3:30 pm Graduate Student Poster Session – Sponsored by: Ambridge University

1:30 – 2:45 pm New School Counselor Academy

1:30 – 2:45 pm LPC Roundup

1:30 – 2:45 pm CONTENT SESSIONS

2:45 – 3:00 pm Break

3:00 – 4:15 pm CONTENT SESSIONS

4:15 – 4:30 pm Break

4:30 – 5:45 pm CONTENT SESSIONS

4:30 – 5:45 pm Past Presidents Reception 5:45 – 6: 30 pm Chapter Meetings/Socials

8:30 - 11:00 pm Dance

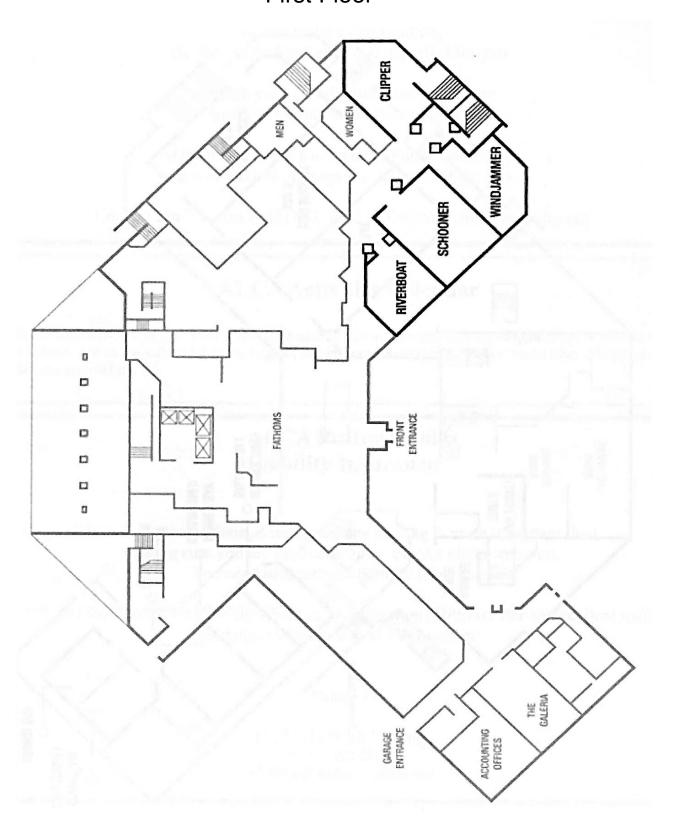
Friday, November 18, 2022

7:30 – 8:15 am Biscuit Breakfast – Sponsored by: Ambridge University

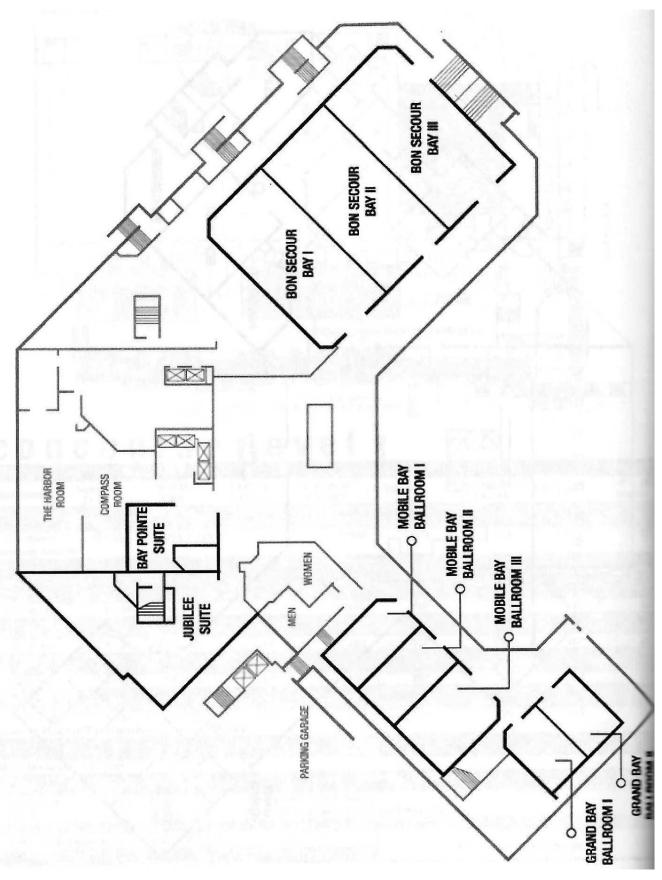
8:30 – 10:15 am Business and General Session – Keynote Speaker: Rashad Hayes

10:30 – 11:45 am CONTENT SESSIONS

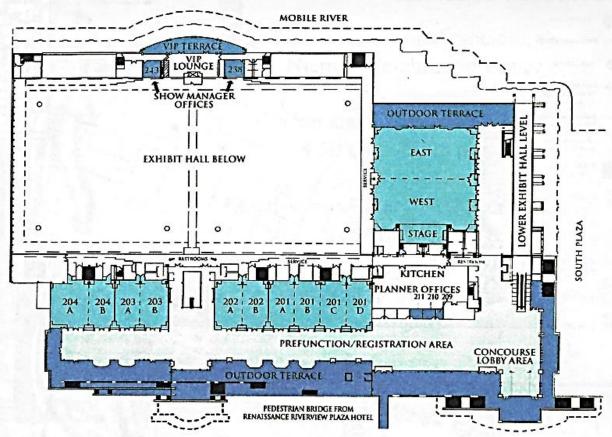
Riverview Site Map and Plans First Floor



Riverview Site Map and Plans Floor Two



MOBILE CONVENTION CENTER



concourse level

ROOM	ROC	OM DIMENSION:	S		ROOM CA	APACITIES		EXHIBITS
Ballroom	Square Feet	Size in Feet	Ceiling Height	Banquet 60" Rounds	Theatre	Classroom 18" Tables	Reception	10' x 10 Booths
East	7,000	105 x 60	22'	450	685	462	737	4(
West	7,000	105 x 60	22'	450	735	462	737	40
Combined	*15,508	105 x 120	22'	1000	1,600	924	1,474	80
Meeting Room							8.5.00	
201 A	1,700	54 x 30	17'	90	172	102	178	THE REAL PROPERTY.
201 B	1,700	54 x 30	17'	90	172	102	178	
201 C	1,700	54 x 30	17'	90	172	102	178	
201 D	1,700	54 x 30	17'	90	172	102	178	
Combined	6,834	54 x 120	17'	360	830	519	712	38
202 A	1,800	54 x 32	17'	90	172	102	189	
202 B	1,700	54 x 30	17'	90	172	102	178	
Combined	3,536	54 x 62	17'	200	397	231	367	20
203 A	1,700	54 x 30	17'	90	172	102	178	AND DESCRIPTION OF THE PARTY OF
203 B	1,800	54 x 32	17'	90	172	102	189	
Combined	3,536	54 x 62	17'	200	397	231	367	20
204 A	2,500	54 x 43	17'	200	288	168	262	SAME DE
204 B	1,700	54 x 30	17'	90	172	102	178	
Combined	4,252	54 x 73	17'	300	484	309	440	24
Meeting Plani	ner/Registratio	n & Storage Off	fices					MARKET STATE
209	108	9 x 12	TEATTER SAN	N/A	N/A	N/A	N/A	N/A
210,211,212	180	15 x 12	9'	N/A	N/A	N/A	N/A	N/A
Show Manage	rs Offices				and the second second			-
243	440	20 x 22	9	N/A	N/A	N/A	N/A	N/A
238	440	20 x 22	9'	N/A	N/A	N/A	N/A	N/A
VIP Lounge	1,500	24 x 58	Accessibi	lity via VIP elevator				
Kitchen	5,500	50 x 110	Accessibi	lity to all areas via	service corrido	ors.		
*Additional s	quare footage in	cludes a 45' x16	Stage and tw	o (2) 12' x 22' Dre	ssing Rooms	A PERSONAL PROPERTY.	AND THE PERSON NAMED IN	MICHIGAN STATE
		= 39,000 sq. ft.		SEASTANIAN STATE				
Outdoor/Rive	er Terraces = 25.	000 sq. ft.	Section Control	Carrier Control		All areas are Al	A accessible.	

KEYNOTE SPEAKER Dr. LoriAnn Stretch



<u>Dr. LoriAnn Stretch</u> earned a PhD in Counselor Education from NC State University and a MS in Community and College Counseling from Longwood University. Dr. Stretch is an LCMHC-Supervisor (NC), Licensed Professional Counselor (VA), National Certified Counselor, Approved Clinical Supervisor, and Board Certified Telemental Health Provider. In addition, she is the President and conference co-chair for the Association for Creativity in Counseling and a member of AMCD's International Concerns Group. She has also served as Co-Chair for Counselor for Social Justice's Social Justice Advocacy Curriculum Taskforce and on the conference planning committee for the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE). Previously, she has volunteered at the ACA conference, served on the ACA Ethics Appeal Panel, presented at numerous ACA conferences, taught several invited pre-conference learning institutes, and served on the Cyber Taskforce.

She has also been active in ACES serving as a Distance/Online Interest Network co-chair, conference proposal reviewer, and a social justice summit facilitator. Dr. Stretch has served as the Chair, Ethics Chair, and Treasurer for the NC Board of Licensed Professional Counselors. She is a CACREP Team Chair and a CACREP consultant. Dr. Stretch recently co-edited the *National Counselor and Counselor Preparation Comprehensive Exam Review: A Guide to Success* with Springer. She edited *Technology in Mental Health: Applications in Practice, Supervision, and Training* with CC Thomas. Dr. Stretch has served as a clinical director of a multidisciplinary mental health agency, taught at several state and private universities, and practiced counseling for over 25 years. She specializes in experiential therapies, global counseling, trauma recovery and stabilization, sexually marginalized populations, telehealth, and supervision.

KEYNOTE SPEAKER Dr. Larry D. Faison



<u>Dr. Larry D. Faison</u> holds a Ph.D. in Child and Adolescent Psychology with training in Forensics. He is a Licensed Professional Counselor (LPC). He is a Member of the American College of Forensic Examiners, a Fellow of the American Board of Forensic Examiners, a Diplomat with the American Board of Psychological Specialties.

Dr. Faison is presently in private practice as an LPC providing psychological testing and counseling services to children, adolescents, and their families. He conducts Forensic Mental Health Evaluations, family therapy sessions, and parent training workshops. He has 42 years of experience working with adolescent delinquent males and females.

His honors include "Who's Who in the South and Southeast," "Who's Who in Medicine and Healthcare," "Personalities of the South," "Men of Achievement, Cambridge England," and "Directory of Distinguished Americans." He has provided expert witness testimony for Court issues related to youth and families.

KEYNOTE SPEAKERRashad Hayes



Rashad Hayes LMSW, helps individuals/organizations identify secret ingredients to create life changing recipes and teach them to avoid burning their cakes!

Rashad is an expert in overcoming adversity and transforming pain into purpose. Rashad aims to utilize his voice to inspire and teach individuals how to leverage adversity and use it as a platform and not a clutch. Rashad guides the audiences on a journey unlike any other to identify their own secret ingredient to apply to their lives.

Audiences love his practical strategies that can be applied personally and professionally.

Rashad is a one of kind speaker with the ability to adjust his messages to fit any audience. From High school students to fortune 500 companies. Rashad is a speaker that is dedicated to producing results and changing lives. Meanwhile, helping others solidify their recipe and change their lives for the better.

ALCA ANNUAL CONFERENCE

Sessions Schedule with Locations

MCC = Mobile Convention Center RRPH = Renaissance Riverview Plaza Hotel

Tuesday, November 15, 2022

1:00 PM Exhibit setup begins MCC Pre-function Area

3:00 PM - 5:00 PM Conference Registration MCC Pre-function Area

6:00 PM - 8:00 PM ALCA Executive Council Meeting RRPH, Mobile Bay Ballroom I & II

8:15 PM - 9:00 PM President's Reception for Executive RRPH, Mobile Bay Ballroom III

CouncilSponsored by ACT

Wednesday, November 16, 2022

8:00 AM - 9:30 AM Awards Breakfast RRPH, Bon Secour I & II

Sponsor: Home Builders Association of Alabama

Kory Boling, Representative

Dr. Laura Hodges and Dr. Cindy Davis, Awards Co-chairs

8:00 AM - 4:00 PM Conference Registration MCC Pre-function Area

8:45AM - 5:00 PM Exhibits MCC Pre-function Area

10:00AM - Noon OPENING GENERAL SESSION MCC Ballrooms

Presiding: Dr. Jane Coleman, ALCA President

Pledge of Allegiance: Dr. Chris DeSambiagio-Moore, ALCA

Parliamentarian

Introduction of 2021-2022 Officers: Dr. ALCA President Jane Coleman

President

Recognition of Sponsors: Dr. Jane Coleman, ALCA President Recognition of Chapters: Dr. Jane Coleman, ALCA President Introduction of Keynote Speaker: Dr. LaTonya Graham, President

Alabama College Counseling Association Keynote Speaker: Dr. LoriAnn Stretch

1:30 PM - 4:30 PM School Counselor Roundup: RRPH, Bon Secour Ballroom I

Presenters: Sean Stevens, Cathy & II Lankford, Dr. Monica Mack, Shamika

Bramble, Tomica Bradley-Wiggins, Jamel

Thomas, Sherry Rainbolt, Wendy O'Toole, and Morrell Baxter

1:45 PM - 3:00 PM CONTENT SESSIONS MCC and RRPH

3:00 PM - 3:15 PM Break MCC Pre-function Area

Sponsor: Renaissance Hotel

3:15 PM - 4:30 PM CONTENT SESSIONS MCC and RRPH

4:30 PM - 4:45 PM	Break –Sponsor: ALCA	RRPH Preconvene 2
4:45 PM - 5:30 PM	ALCA Division/Affiliate Meetings	
	ALAADA ALAAOC ALACES ALAMCD ALAMFC ALASERVIC ALASGW ALCCA ALCDA ALDARCA ALSAIGE ALMHCA ALSCA	MCC, 201B MCC, 204A RRPH, Clipper MCC, 202 B MCC, 203A MCC, 201A MCC, 201C MCC, 201D MCC, 203B MCC, 203B MCC, 202A MCC, 204B RRPH, Windjammer RRPH, Schooner
5:45 PM - 6:30 PM	Chapter/Division/Affiliate Presidents & Presidents-Elect Meeting	Grand Bay Ball Room
5:45 PM - 6:30 PM	New Members & First Timers Celebration	Mobile Bay Ball Room I & II
6:30 PM - Until	Dinner on Your Own	
Thursday, Novem	ber 17, 2022	
7:00 AM - 8:15 AM	Breakfast Sponsor: Alabama Council on Compulsive Gambling	RRPH, Bon Secour Ballrooms I & II
7:00 AM - 8:15 AM 8:00 AM - 3:00 PM	Sponsor: Alabama Council on	RRPH, Bon Secour Ballrooms I & II MCC Pre-function Area
	Sponsor: Alabama Council on Compulsive Gambling	
8:00 AM - 3:00 PM 8:00 AM - 4:00 PM	Sponsor: Alabama Council on Compulsive Gambling Conference Registration	MCC Pre-function Area
8:00 AM - 3:00 PM 8:00 AM - 4:00 PM 8:30 AM - 10:15 AM PI R R	Sponsor: Alabama Council on Compulsive Gambling Conference Registration Exhibits GENERAL SESSION residing: Dr. Jane Coleman, ALCA President ecognition of Divisions/Affiliates: Dr. Jane Colecognition of ALCA Past Presidents: Dr. Jane	MCC Pre-function Area MCC Pre-function Area MCC Ballroom bleman, ALCA President
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RRPH, Jubilee Suite

11:45 AM - 1:00 PM Graduate Student Reception Sponsor: Isaac McPherson & Associates

11:45 AM - 1:15 PM	Division/Affiliate Luncheon ALSCA	RRPH, Bon Secour Ballroom III
1:30 PM - 3:30 PM	Graduate Student Poster Session Sponsored by Ambridge University	MCC Pre-function Area
1:30 PM - 2:45 PM	CONTENT SESSIONS	MCC and RRPH
1:30 PM - 2:45 PM	LPC/ALC Roundup Presenters: Dr. Keith Cates Dr. Paul Hard Dr. Quinn Pearson Dr. Yulanda Tyre	RRPH, Mobile Bay Ballroom I & II
1:30 PM – 2:45 PM	New School Counselor Academy Presenters: Sean Stevens, Cathy Lankford, Dr, Monica Mack, ALSDE	RRPH, Bon Secour Ballroom I & II
2:45 PM - 3:00 PM	Break Sponsors: ALCA Chapters, Divisions, & Affiliates	MCC Pre-function Area
3:00 PM - 4:15 PM	CONTENT SESSIONS	MCC and RRPH
4:15 PM - 4:30 PM	Break	RRPH Preconvene 2
4:30 PM - 5:45 PM	CONTENT SESSIONS	MCC and RRPH
4:30 PM - 5:45 PM	ALCA Past-Presidents Reception	President's Suite Room
5:45 PM - 6:30 PM	Chapter Meetings/Receptions/Socials	
	Chapter II Chapter III Chapter IV Chapter V Chapter V Chapter VI Chapter VIII Chapter VIII Chapter IX	RRPH, Mobile Bay Ballroom I RRPH, Clipper Meeting Room RRPH, Windjammer Meeting Room RRPH, Grand Bay Ballrooms I & II RRPH, River Boat Meeting Room RRPH, Mobile Bay Ballroom II RRPH, Schooner Meeting Room RRPH, Mobile Bay Ballroom III RRPH, Jubilee Meeting Room
7:00 PM - Until	Dinner on Your Own	
8:30 PM - 11:00 PM	Celebration Dance Music: JAMM Theme: Celebration Mardi Gras Style Sponsored by Alabama Community Colleg Door prizes donated by ALCA Chapters/E	

Friday, November 18, 2022

7:30 AM - 8:15 AM Biscuit Breakfast MCC Pre-function Area

Sponsor: Ambridge University

8:30 AM - 10:15 AM BUSINESS & GENERAL SESSION MCC Ballroom

ALCA Business Meeting

Presiding: Dr. Jane Coleman, ALCA President

Introduction of Speaker: Jacques Austin, Circle of President

Keynote Speaker: Rashad Hayes

What's Coming in 2022: Dr. Tarmen Siaway, ALCA President-Elect

Closing Comments: Dr. Jane Coleman, ALCA President

10:30 AM - 11:45 AM CONTENT SESSIONS MCC and RRPH

Noon - 1:00 PM ALCA Conference Committee Meeting

2022 ALCA ANNUAL CONFERENCE

Your Conference Planner

TIME		WEDNESDAY	THURSDAY	FRIDAY
7:30 AM 8:00 AM 8:00 AM 8:30 AM BREAKFAST 9:00 AM 9:30 AM 9:30 AM 9:30 AM 9:30 AM OPENING GENERAL SESSION 10:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM CELEBRATION 5:45 - 6:30 PM RESIS AM 7:30 - 8:15 AM 8:30 A	TIME	November 16	November 17	November 18
## Stand Price	7:00 AM		BREAKFAST	BREAKFAST
8:30 AM BREAKFAST BUSINESS & GENERAL SESSION 8:30 AM 8:3	7:30 AM		7:00 - 8:15 AM	7:30 - 8:15 AM
## Stand Price	8:00 AM	AWARDS		
9:30 AM	8:30 AM	BREAKFAST	GENERAL SESSION	
10:00 AM	9:00 AM	8:00 - 9:30 AM	8:30 AM	8:30 AM
10:30 AM GENERAL SESSION 10:00 AM KEYNOTE SPEAKER: 11:30 AM LORI ANN STRETCH GRADUATE STUDENT 12:00 PM RECEPTION 11:30 PM 11:45 AM-1:00 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM DIVISION/AFFILIATE MEETINGS 4:45 - 5:30 PM SECOND MEETINGS 6:00 PM FIRST TIMER 6:30 PM CELEBRATION 5:45 - 6:30 PM DANCE	9:30 AM		KEYNOTE SPEAKER:	KEYNOTE SPEAKER:
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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 inneed 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 Emily Rich at alca@alabamacounseling.org.

ALCA Endowment Fund

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

Through your contribution, you contributeto activities that support counseling.

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

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

Emily Rich (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/ affiliate?" 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 ALCAshare common interests in addition to the specifics of their division/affiliate memberships, the opportunity exists for developing ALCA membership identity. This year ALCA has one additional content session due to one of the keynote speakers presenting a content session in the ballroom area.

80% of the available content session slots are assigned to divisions/affiliates as determined by the following formula: the total number of slots assigned to divisions/affiliates multiplied by the percent of the total ALCA membership for thatdivision/affiliate equals the number of programs selected for that division/affiliate. Any program slots not used by a division/affiliate are re-assigned 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/affiliate. Each division/affiliate representative is appointed by the division/affiliate president. Look at the percentages below and you will understand how this works.

Percentages and Number of Slots for Selecting Annual Conference Content Sessions (2022)

Total # of slots is 105 (based on rooms available) ALCA (General Interest) gets 20% = 22 slots

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

ALCCA	4%	5 slots
ALACES	4%	5 slots
ALAMCD	3%	4 slots
ALCDA	1%	1 slots
ALSAIGE	4%	4 slots
ALASGW	1%	1 slots
ALASERVIC	3%	3 slots
ALDARCA	2%	3 slots
ALAMFC	3%	4 slots
ALAAOC	2%	2 slots
ALAADA	2%	2 slots
ALMHCA	16%	16 slots
ALSCA	33%	33 slots
		83 slots

83 + 22 = 105

Notice that content sessions of possible interest to other divisions/affiliates are an additional listing following thesponsored division

Content Sessions

Wednesday, November 16, 2022 - 1:45 pm - 3:00 pm

1. Grief in Group Counseling

Presenters: Emma Quadlander M.S., ALC, NCC <u>elq0002@auburn.edu</u>

Denise Bozek M.A.Ed.&H.D., CRC dcb0065@auburn.edu

Location: Mobile Convention Center Room 202 A

Sponsors: ALASGW, ALDARCA, ALMHCA, ALMCD Program Level: Intermediate

This session will provide an overview of grief along with techniques that counselors can implement in a group therapy setting for bereaved adults. Relevant group therapy and grief models are reviewed.

2. Teamwork Makes the Dreamwork

Presenter: Lauren Packer M.S. ALC LaurenMPacker@gmail.com

Location: Renaissance Hotel Clipper

Sponsors: ALSCA, ALAMFC, ALCCA, ALACES, ALMHCA Program Level: Advanced

Discussion of teamwork between parents, educators, and students that promotes three components of social and emotional well-being at home and in the classroom through the implementation of mindfulness, self-care, and emotional intelligence.

3. Diary of a Mad Black Woman: Is she Really Depressed?

Presenter: **Kezziah McDaniel** EdD, LPC-S <u>kmcdaniel3377@gmail.com</u>

Location: Mobile Convention Center 201 C

Sponsors: ALAMCD, ALCDA, ALASGW, ALMHCA, ALSCA Program Level: Intermediate

To identify and examine myths and perceptions of the Angry Black female and examine how this contributes to challenges in delivery and receipt of mental health services.

4. The Upper Echelon: The Effects of Code-Switching Part 1

Presenters: Shawndrika L. Cook LPC shawndrikalcook@gmail.com

Tammy W. Montgomery PhD, LPCtmontgomery@brighterdaybhcs.comGriena H. Knight Davis Ed.D, LPCthesmartgirlsolution@gmail.com

DeAndrea Jamith <u>deandrea64@msn.com</u>

Location: Mobile Convention Center 202 B

Sponsors: ALMCD, ALMHCA, ALACES Program Level: Intermediate

Code-switching happens in everyday life; however, the effects of code-switching are not discussed. We will dive into the mental health effects of code-switching and how it has been culturally acceptable.

Wednesday, November 16, 2022 - 1:45 pm - 3:00 pm

5. Ethical Issues in Substance Use Disorder Treatment

Presenter: **Zach Ludwig** MA, LPC-S, NCC <u>ziludwig21@gmail.com</u>

Location: Mobile Convention Center 204 A

Sponsors: ALAAOC, ALASGW, ALASERVIC, ALAMFC, ALAADA, ALMHCA Program Level: Intermediate

Treatment of substance use disorders can be challenging and the ethical issues unique. This session will explore some of these challenges, including discussion of 42 CFR Part 2, the federal confidentiality laws applicable to SUD.

6. Best Practices: Mentoring Relationships in Counseling Graduate Programs

Presenters: Astra Barkley MS LPC <u>azb0185@auburn.edu</u>

Kaycee Colon Roberts MS, ALC, NCCKCR0035@auburn.eduChippewa Thomas PhD.thoma07@auburn.edu

Location: Mobile Convention Center 204 B

Sponsors: ALACES, ALASGW, ALAMFC, ALMHCA, ALSCA Program Level: Intermediate

Attendees will learn about mentor/mentee responsibilities and expectations, ethical responsibilities, engaging in difficult conversations; vulnerability in the relationship, authorship and equity in mentor/mentee relationships, and ways to avoid burnout.

7. Combatting Perfectionism: Promoting Openness and Flexibility in Students

Presenters: Sara Ellison MS, LAPC, NCC szm0194@auburn.edu

Jessica Melendez Tyler PhD, LPC-S, BC-TMH, NCC <u>jim0001@auburn.edu</u>

Location: Mobile Convention Center Room 201 D

Sponsor: ALACES Program Level: Intermediate

Graduate students often employ perfectionistic behaviors to avoid outward displays of vulnerability or incompetence, leading to distress or feelings of failure. How can counselor educators support students who are reluctant to show that they are struggling?

8. What School Counselors Need to Know About Web 3.0

Presenter: LaWanda Edwards Ph.D., NCC <u>lawandaedwards@hotmail.com</u>

Location: Renaissance Hotel Schooner

Sponsors: ALDARCA, ALCDA ALSCA, ALMHCA, ALACES Program Level: Beginner

This presentation gives school counselors an introduction to Web 3.0. Web 3.0 is the new iteration of the World Wide Web, based on blockchain technology. It is important to prepare our students to work in Web 3.0.

November 16, 2022 - 1:45 pm - 3:00 pm

9. You are my Sunshine: Using Thera play for Classroom Guidance

Presenter: Amy Davis PhD, ALC, NCC, SB-RPT apdavis@una.edu

Location: Renaissance Hotel Mobile Bay III

Sponsors: ALSCA, ALAMCD, ALMHCA, ALCCA, ALACES Program Level: Intermediate

Learn how Sunshine Circles, a powerful Thera play based intervention incorporating structure, play, nurture, and regulation, can be used effectively to promote the social emotional wellness of young children in the school setting during classroom guidance.

10. Stress and trauma on college campus: A hierarchical study

Presenters: Yuh-Jen Guo Ph.D., LPC, RPT, NCC <u>guoyuhj@gmail.com</u>

Shu-Ching Wang M.Ed., Ph.D., ALC, RPT, CSC wangshu066@gmail.com

Location: Mobile Convention Center Room 201 B

Sponsors: ALCCA, ALAAOC, ALAADA, ALMHCA, ALSAC Program Level: Intermediate

Stress and trauma are major challenges for college students. This study examines the prevalence of stress and trauma on campus and the variance contributed to college students' mental health.

11. Men: What Do They Need in Therapy

Presenter: Tarmen Siaway PhD, LPC-S NCC <u>tsiaway@familyguidancecenter.org</u>

Location: Renaissance Hotel Riverboat

Sponsors: ALCCA, ALACES ALASERVIC, ALAMFC, ALMHCA Program Level: Intermediate

Counselors should not take a one size fits all approach to therapy. This workshop will outline specific therapeutic strategies to implement when working with men in counseling.

12. The Costly Performance of Strength

Presenter: Amber Martin <u>ambermartin@uabmc.edu</u>

Location: Mobile Convention Center Room 203 A

Sponsors: ALCA Program Level: Intermediate

Being strong has forced Black women to relinquish vulnerability. A common misconception is equaling strength with resilence. Addressing the mental health crisis Black women face requires exploration of culturally responsive and supportive therapy practices.

13. The Dissection of Grief and Loss

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

Location: Mobile Convention Center Room 201 A

Sponsors: ALCCA, ALAMFC, ALAADA, ALMHCA Program Level: Advanced

This presentation will dive into the mystical and often neglected world of grief and loss.

November 16, 2022 – 1:45 pm – 3:00 pm

14. Business of Accepting Medicaid: Tips for LPCs

garrett@garrettcounseling.com Presenters: Ashley Garrett PhD, LPC-S, RPT-S, NCC

Leah Simmons LPCS, RPTS

Location: Mobile Convention Center Room 203 B

Sponsor: ALSCA Program Level: Beginner

Learn why paneling with AL Medicaid helps our communities. Explore things to consider from the business and clinical perspective when thinking about accepting Medicaid. Learn two basic systems you can put into place to better serve Medicaid recipients.

15. The Polyvagal Theory & Trauma: Applications for Counseling

Presenter: Celeste Neil PhD, LPC-S, NCC, NCSC, ACS, BC-TMH, RPT celestecneil@gmail.com

Location: Renaissance Hotel Grandbay I & II

Sponsors: ALMHCA, ALAMCD, ALCDA, ALSAIGE, ALSCA Program Level: Beginner

Dr. Stephen Porges' Polyvagal Theory changed how we view trauma. Our nervous system keeps us safe through Neuroception- searching the environment for cues of safety or danger. Applications and interventions will be explored.

16. From Super Mario to Super's Careers: Video Gaming and Career Counseling

Presenters: Chris DaSambiagio-Moore Ph.D., LPC, NCC, BC-TMH csdmoore@una.edu kstoltz1@una.edu

Dr. Kevin Stoltz Ph.D

Location: Renaissance Hotel Windjammer

Sponsors: ALMHCA, ALAMCD, ALCDA, ALSAIGE, ALSCA Program Level: Intermediate

This presentation highlights video gaming as a tool for clarifying career values, interests, and skills with clients.

Relationships between identity exploration, career theory, and video gaming will be explored.

Wednesday, November 16, 2022 - 1:30 pm - 4:30 pm

School Counselor Roundup

Location: Renaissance Hotel Bon Secour Ballroom I & II

Sponsor: ALSCA

1:30 - 2:30 pm All Grade Levels

Sean Stevens, Program Coordinator Cathy Lankford, Education Specialist Dr. Monica Mack, Education Specialist

2:30 – 3:30 pm Elementary Level

Shamika Bramble, Silverhill Elementary School Tomica Bradley-Wiggins, Magnolia Elementary School

3:30 - 4:30 pm Secondary Level

Jamel Thomas, School Counselor Foley High School Sherry Rainbolt, School Counselor Foley High School Wendy O'Toole, School Counselor Foley High School Morrell Baxter, Career Coach Foley High School

Join professional school counselors from across the state in the review of current practices in school counseling, creative ideas and techniques for the various levels of school counseling will be explored.

Content Sessions

Wednesday, November 16, 2022 - 3:15 pm - 4:30 pm

17. Iconic Leadership: Lessons in Leading for Counselors & Counselor Educators

Presenters: Chris DaSambiagio-Moore Ph.D., LPC, NCC, BC-TMH

csdmoore@una.edu jburnham@ua.edu

Dr. Joy Burnham Ph.D., LPC-S, NCC

Location: Renaissance Hotel Windjammer

Sponsors: ALACES, ALCDA, ALMHCA, ALSCA Program Level: Beginner

We highlight characteristics, traits, lessons in counselor excellence from interviews with regional counseling icons. Counselors will gain knowledge from past leaders, engage in leadership self-evaluation and goal-setting, & consider implications for practice.

18. Intensive Outpatient Tx for Obsessive-Compulsive Disorder

Presenter: **David Barnhart** EdD, LPC-S, CCMHC <u>dlb</u>

Paul Bakke MS, LPC-S Christine Berry MS, ALC Rachel Gulyas MS, ALC Summer Scott MA, ALC, NCC dlbarnhart@bsoal.com pbakke@bsoal.com cberry@bsoal.com

Location: Mobile Convention Center Room 201 B

Sponsors: ALMHCA, ALCCA, ALMCD, ALMFC Program Level: Intermediate

The gold standard for treating OCD and related disorders is cognitive behavior therapy using exposure and response prevention. This session covers diagnosis, intensive treatment, planning, and relapse prevention for OCD and anxiety disorders.

19. Want to Start Your Own Practice? Private Practice Essentials

Presenters: **Jeremy Smith** MS, LPC-S, NCC thewellnessgroupllc@gmail.com **Jared Hood** M.Ed., LPC-S ipared.hoodlpc@gmail.com

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Location: Renaissance Hotel Riverboat

Sponsor: ALMHCA Program Level: Intermediate

Based on 36 years of combined experience, come hear our lessons, ask your questions and educate yourself on the private practice essentials.

Wednesday, November 16, 2022 - 3:15 pm - 4:30 pm

20. Working with sexual violence in a digitally-obsessed world (Part I)

Presenters: Jessica Tyler PhD, LPC-S, BC-TMH, NCC
Rachal Estes ALC, NCC, M.Ed., M.S

rfe0001@auburn.edu
rfe0001@auburn.edu

Evan Collins B.S <u>emc0110@auburn.edu</u>

Location: Mobile Convention Center Room 202 A

Sponsors: ALMHCA, ALASERVIC, ALDARCA, ALAMFC, ALAAOC Program Level: Intermediate

Sexual violence is a form of lived trauma worldwide; this presentation is Part 1 of a 2-part series that will discuss strategies to work with survivors and perpetrators in a digitally obsessed world.

21. The Alabama Board of Examiners in Counseling: Changes and Updates

Presenters: Keith Warren, Interim Executive Director keith@alstateboard.com

Latofia Paker, Ph.D., LPC. Chair

Cindy Edgar, Administrator

<u>latofia@doctorparkercounseling.com</u>

<u>cindy.edgar1@abec.alabama.gov</u>

Location: Mobile Convention Center Room 204 A

Sponsors: ALMHCA, ALSCA, ALACES, ALASERVIC, ALSCA Program Level: Beginner

The ABEC's Executive Director and associates will discuss the status of ABEC, including what ABEC has changed, what we're doing, and what is coming. A short presentation will be followed by a Q&A with the audience.

22. The Science and Practice of Neurofeedback in Mental Health Care

Presenter: Michelle Essary MA, LPC, BCN <u>michelle@fullwellneurofeedback.com</u>

Location: Mobile Convention Center 203 A

Sponsors: ALMHCA, ALAMFC, ALSCA Program Level: Intermediate

Presentation of the relevant research, history and use of QEEG and Neurofeedback in Mental Health Care practice.

23. ALC Toolkit: A Guide for Upcoming, New and Even Not-So-New ALCs

Presenter: Michelle Pruett LPC-S, M.Ed., E.Ds. pcandc@bellsouth.net

Location: Renaissance Hotel Schooner

Sponsor: ALMHCA Program Level: Beginner

The licensure process seems difficult and mysterious to those just starting out. This presentation will outline essential knowledge for anyone on the journey to becoming an LPC.

Wednesday, November 16, 2022 - 3:15 pm - 4:30 pm

mwerner@bellsouth.net

24. JUNG 101: An Introduction to the Psychology of C. G. Jung

Presenters: **Melissa Werner** PhD, LPC, Diplomate Jungian Analyst

Lucie Magnus MA, LMFT, LPC Diplomate Jungian Analyst, IRSJA lexamagnus@gmail.com

Location: Mobile Convention Center Room 203 B

Sponsors: ALMHCA, ALMCD, ALCCA, ALSGW Program Level: Beginner

What is Jungian Analysis? How does studying dreams, symbols and psychological complexes help clients reach a deeper understanding of their own inner processes? How analysis can also help clients access their own inner creativity?

25. Multicultural Considerations: Counseling Asian Americans with Mental Illness

Presenter: Kaycee Roberts <u>kcr0035@auburn.edu</u>

Katherine Barker Jinnee Park

Location: Mobile Convention Center 202 B

Sponsors: ALCCA, ALMHCA, ALSCA, ALCA, ALDARCA Program Level: Intermediate

This timely, qualitative-based research presentation addresses multicultural considerations when counseling Asian Americans with Mental illness. Culturally-relevant practices will be addressed during this workshop.

26. Seeing PTSD through the Lens of Traumatic Grief

Presenter: Belinda Kock M.Ed., NCC, ADEC Certified Thanatologist free2grieve@gmail.com

Location: Mobile Convention Center 201 D

Sponsor: ALAMCD, ALAMFC, ALMHCA Program Level: Intermediate

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.

27. A Different World: Black clinicians' mental health, burnout, and self-care

Presenter: Tamela Hughes <u>Tamela.Hughes@gmail.com</u>

Location: Renaissance Grandbay Ballroom I & II

Sponsors: ALMHCA, ALSCA Program Level: Beginner

A discussion about the impact of the world that we live and work in as Black clinicians, and its impact on our mental health, the increase in burnout, and the importance of practicing self-care and protecting our peace.

Wednesday, November 16, 2022 - 3:15 pm - 4:30 pm

28. When Trauma Masks Itself: Clinical Interpretations and Considerations

Presenter: Barbara Leigh LPC-S, NCC, CCTP bleigh@altapointe.org

Location: Mobile Convention Center 201 A

Sponsors: ALAMFC, ALMHCA, ALSCA, ALACES Program Level: Intermediate

PTSD may be overlooked as a diagnosis because of focus on more overt symptom clusters, such as mood, ADHD, anxiety or personality disorders. This seminar will enhance clinicians' skills in trauma-informed screening, diagnostics and case conceptualization.

29. Aging with Creativity: Play Therapy Techniques for Adults

Presenters: Dr. Ashley Garrett PhD, LPC-S, RPT-S, NCC garrett@garrettcounseling.com

Katie Holcomb LPC

Location: Mobile Convention Center Room 204 B

Sponsors: ALMHCA, ALASGW, ALAMFC, ALSCA Program Level: Intermediate

Play therapy is beneficial as a method for problem solving with a multitude of populations when words are unable to be provided. This interactive workshop will provide you with tools to engage adults in deeper processing work. *Activity Driven Workshop.

30. The Nuts and Bolts of Engaging Families: Techniques for School Counselors

Presenters: Shannon McCarthy PhD, NCC

Dayna Watson PhD

smcc@uab.edu

watsondm@uab.edu

Location: Renaissance Hotel Clipper

Sponsors: ALSCA, ALAMFC, ALACES Program Level: Beginner

This presentation will describe a variety of effective family systems-based strategies for school counselors to use in engaging students' families. The benefits and practical uses of these strategies will be discussed.

31. Burning Brightly: Exploring the Impact of Burnout on Clinical Practice

Presenter: Andrea Gregg Whitten LPC andrea@hopegrowscenter.org

Location: Renaissance Hotel Mobile Bay I & II

Sponsor: ALMHCA Program Level: Beginner

This presentation will explore the real-world experience of burnout and the intersection of counselor self-care and client care.

Content Sessions

Thursday, November 17, 2022 - 10:30 am - 11:45 am

32. Helping LGBTQ+ POC Self-Author to Externalize Oppression

Presenter: Dwayne White PhD, LPC, NCC, CCMHC whitedm@uab.edu

Location: Mobile Convention Center 201 D

Sponsors: ALSAIGE, ALAMCD, ALASERVIC Program Level: Intermediate

LGBTQ+ people of color may experience interlocking forms of social stigma engendering internalize oppression that impact their overall well-being. Thus, the presenter introduces a narrative therapy approach for incorporating the cycle of socialization.

33. NAMI Ending the Silence

Presenters: Ida D. Lockett M. Ed., LPC, NCC idadlockette@yahoo.com
Sonya Bell M. A. and B. S. idadlockette@yahoo.com
bellsis@comcast.net

Sonya Bell M. A. and B. S.bellsis@comcast.netRachel Ward M. Ed.rcward89@gmail.com

Location: Mobile Convention Center 203 B

Sponsors: ALMHCA, ALSERVIC, ALAMCD, ALSCA Program Level: Intermediate

NAMI Ending the Silence presentation is designed for middle and high school age youth. Participants will learn about the early warning signs of mental health conditions as well as what steps they can take to help themselves or a friend.

34. Multicultural Approaches to Trauma-Informed Care

Presenter: Courtney McKinnon ALC cmckinnon@empowershoals.com

Andrea Hunt PhD <u>ahunt3@una.edu</u>

Location: Mobile Convention Center 202 A

Sponsors: ALSAIGE, ALAMCD, ALMHCA, ALCCA, ALACES Program Level: Beginner

Minoritized youth are more likely to experience interpersonal and societal trauma. This presentation addresses cultural humility in the therapeutic alliance, how ACEs can be used in treatment planning, and ways to encourage post-traumatic growth.

Thursday, November 17, 2022 – 10:30 am – 11:45 am

35. Raised by "Wolves"- The Impact of Disengaged Parenting

Presenter: Deborah Grant PhD, LPC-S, NCC, CRC drdebgrant@gmail.com

Location: Mobile Convention Center 201A

Sponsors: ALAMCD, ALAMFC, ALMHCA, ALACES Program Level: Intermediate

This presentation will focus on the impact of many forces on children/adolescents today. Children who live with disengaged caregivers and who are given unfettered access to the outside world often struggle socially, academically, behaviorally, and emotionally.

36. Feeling Disconnected? The Gottman Method Approach to Communicating Better

Presenters: Courtney Shields LPC, LMFT & ALAMFC 2022-2023 President

Rebechia Givhan Associate Licensed Counselor ECMH-E®

courtneynshields@hotmail.com
bechia81@gmail.com

Antonio Givhan Associate Licensed Counselor & ECMH-E® antoniogivhan82@gmail.com

Location: Mobile Convention Center Room 201 C

Sponsors: ALMFC, ALSAIGE, ALMHCA, ALSCA, ALSGW ALACES Program Level: Intermediate

Presenters will explore challenges clients experience connecting with their partner using the Gottman's Method.

37. Therapy for Families of Children/Adolescents with Behavioral Difficulties

Presenter: Dr. Sekeria Bossie LBSW, LPC-S, NCC, ACAS, CAMS sekeria.bossie@bect-services.com

Location: Mobile Convention Center 202 B

Sponsors: ALMFC, ALMHCA, ALMCD, ALLCA Program Level: Intermediate

Parents have to manage behaviors and poor choices their children exhibit. Often youth behaviors exceed parents' natural capabilities. It is important that counselors are able to be helpful to parents and families by aiding families in understanding and coping.

38. Responding to Disability Microaggressions in Education

Presenters: Sharon M. Weaver PhD, ALC

Stephan Berry PhD, LPC

weavers@troy.edu

stberry@troy.edu

Location: Renaissance Hotel Riverboat

Sponsors: ALSCA, ALDARCA, ALCCA, ALMHCA

Program Level: Intermediate

This presentation will explore what microaggressions are, how to identify them in the classroom, in the students' IEPs, and other school settings. Strategies for creating a positive and inclusive educational experience will be given.

Thursday, November 17, 2022 - 10:30 am - 11:45 am

39. Blow-Up: Ethically Broaching Power, Race & Racism in Supervision

Presenters: Yulanda Tyre, Ph.D., LPC-S, NCC ytyre@liberty.edu
jcp0099@auburn.edu

Location: Renaissance Hotel Clipper

Sponsors: ALMHCA, ALACES, ALMCD, ALSGW Program Level: Beginner

This session will explore the experiences of a cross-racial supervision relationship on the topics of race, racism, and White Privilege through the lens of current issues, COVID and culture while maintaining trust.

40. The Struggles of Being the First

Presenter: Shelia Holmes M.ED, LPC, NCC shelia@revisioncounselingcenter.com

Location: Mobile Convention Center Room 201 B

Sponsors: ALCMD, ALMHCA, ALSCA, ALAMFC Program Level: Beginner

The presentation will dive into the obstacles first generation minority college students may encounter in pursuit of their degree.

41. From Grad School to School Counselor: Tips for a Smooth Transition

Presenter: Stephanie Bradford M.S., NCC sbradford@mcpss.com

Location: Renaissance Hotel Mobile Bay III

Sponsor: ALSCA Program Level: Beginner

Aspiring school counselors will find practical tips as they navigate the transition from graduate student to professional school counselor. Topics will include networking, job seeking, and conquering those first weeks as a new school counselor.

42. SPED Teachers and School Counselors: Helping Students with Disabilities

Presenters: Samantha Booker Ph.D., LPC-S, IMH-E sbooker@troy.edu

Tyler Booker PhD. atbooker@coffee.k12.al.us

Location: Mobile Convention Center 204 B

Sponsor: ALSCA Program Level: Intermediate

School counselors and SPED teachers have clearly defined roles that seldom overlap. Mental health difficulties and disability are not mutually exclusive. This potential comorbidity highlights the need for effective collaboration between service providers.

Thursday, November 17, 2022 – 10:30 am – 11:45 am

43. Mindfulness in the Moment of Terror

Presenter: Reggie Parker LPC, NCC reggieparkerlpc@gmail.com

Dr. Melanie Drake Wallace Ph.D. LPCmwallace@jsu.eduDr. Nancy J. Fox Ed.D.njfoxy.fox@gmail.com

Location: Renaissance Hotel Windjammer

Sponsors: ALACES, ALASGW, ALCA, ALMHCA, ALSCA Program Level: Intermediate

Interactive session on the use of mindfulness in surviving a shooting crisis. Review of reactions, leadership, and interagency collaboration will be included, along with strategies to better empower counselors to work with trauma impacted clients.

44. AIM for Data in School Counseling!

Presenter: Robbie E. Durr M.S. rdurr@chickasawschools.com

Amy W. Upton Ph.D, NCC, NCSC amyupton@southalabama.edu

Location: Renaissance Hotel Schooner

Sponsor: ALSCA Program Level: Intermediate

The session will explore the importance of data use in school counseling programs and the utilization of AIMS portal data to address student needs regarding College & Career Readiness and academic success.

45. Pro Tips for a Successful Divorce: Helping Families Make the Broken Beautiful

Presenter: Sara Dungan Hadgraft LMFT, LPC, sara@sparrowcounsel.com

Divorce Mediator, Parenting Coordinator

Location: Mobile Convention Center 204 A

Sponsors: ALAMFC, ALSAIGE, ALDARCA, ALMHCA, ALSCA Program Level: Intermediate

Sara Hadgraft, LMFT-S, LPC, Parenting Coordinator, and Divorce Mediator will share the different therapeutic services to help divorcing families, practical co-parenting interventions, as well as how to protect you from going to Court.

Content Sessions

Thursday, November 17, 2022 - 1:30 pm - 2:45 pm

46. Victory in the Courtroom: Preparing School Counselors for Testimony

Presenters: Margaret Taylor Ph.D., LPC-S, NCC, BC-TMHC <u>barnema@auburn.edu</u>

Dr. Malti Tuttle Ph.D., LPC, CPCS, NCC, NCSC mst0022@auburn.edu

Location: Mobile Convention Center Room 204 B

Sponsor: ALSCA Program Level: Intermediate

The session will cover areas of knowledge and skills that school counselors should know prior to being called to provide testimony in courts. Information on ethical documentation and court documents will be explained including subpoenas and motions to quash.

47. Consider Your Growth: School Counselors as Lifelong Learners

Presenter: Onetha Bethel NBCT obethel@midfield.k12.al.us

Location: Mobile Convention Center Room 201 B

Sponsor: ALSCA Program Level: Beginner

School counselors are lifelong learners who demonstrate commitment to continued improvement and professionalism. As schools institute improvement teams, accomplished school counselors take an active role in providing collaborative leadership.

48. Melanin + Therapy: Rebuilding Mental Health into the Black Culture

Presenter: Lauren Packer M.S., ALC LaurenMPacker@gmail.com

Location: Renaissance Hotel Riverboat

Sponsors: ALMCD, ALCCA, ALMHCA, ALSERVIC Program Level: Advanced

There is a need for a stronger presence of therapy in the Black culture. Strengthening mental health in the community through therapy as it instills resiliency, encouragement, and empowerment in the Black culture.

49. Rape: 101- Speaking My Truth

Presenter: Linda J. M. Holloway Ed.D, NCC lindahollowayspeak@gmail.com

Location: Mobile Convention Center 201 A

Sponsors: ALMCD, ALACES, ALMHCA, ALSERVIC Program Level: Beginner

This workshop is designed to share how to use the book "Little Miss Linda Speaks Out About Rape" to help young girls to break the silence about rape.

Thursday, November 17, 2022 - 1:30 pm - 2:45 pm

50. Recognizing and Treating Sexual Addiction/Compulsivity

Presenter: Tal Prince tal@insightscc.com

Location: Renaissance Hotel Mobile Bay III

Sponsors: ALCA Program Level: Intermediate

Most of us have had clients in our office with sexual challenges. Come learn how to tell the difference between a problem and addiction and, more importantly, how to effectively help.

51. ADHD in the Classroom

Presenter: Monica J Peak Ed.S., ALC, NCC <u>m@monicaj.com</u>

Location: Renaissance Hotel Windjammer

Sponsors: ALSCA, ALMHCA, ALCCA, ALSGW Program Level: Intermediate

Information and resources for counselors and teachers working with students with ADHD, behavioral challenges, and other

neurodevelopmental conditions.

52. When Does Mental Health Really Matter?

Presenters: Michelle Ocampo ALC, NCC <u>mocampo.ua@gmail.com</u>

EV Gunn LGSWgunn.ev@tarrant.k12.al.usDenise Mackmack.denise@tarrant.k12.al.us

Location: Mobile Convention Center Room 202 A

Sponsors: ALSCA, ALAMFC, ALMHCA, ALACES, ALAMCD Program Level: Beginner

Discussion of how to identify students and refer them for in school mental health services.

53. Sand Play in Counseling

Presenter: Millie Dawson-Hardy PhD, LPC, MAT, Registered Play Therapist drmillieDh@yahoo.com

Location: Renaissance Hotel Clipper

Sponsors: ALSCA, ALMHCA, ALCCA, ALASGW, ALDARCA Program Level: Intermediate

This session will look at how clinicians can use sand play in the counseling office. Dr. Dawson-Hardy will share some

practical activities that she has used in both private practice and in school counseling settings.

Thursday, November 17, 2022 - 1:30 pm - 2:45 pm

54. Microaggressions: Clients Experiences in Counseling

Presenter: Ashley Brown Ph.D., NCC abb0010@auburn.edu

Location: Mobile Convention Center 204 A

Sponsors: ALAMC, ALMHCA, ALMFC, ALSERVIC Program Level: Intermediate

Counseling is no exception to experiencing microaggressions (Helms & Cook, 1999; Sue et al., 2006). Cultural humility could be an approach counselors use in exploring microaggressions that occur in the counseling session.

55. Counseling for the "Baddest" Chick in the Family: A Systems Approach

Presenters: Theresa Steele Mitchell MS, LMFT lmft@pathasplanned.com

Courtney Shields LPC, LMFT & ALAMFC 2022-2023 President courtneynshields@hotmail.com

Location: Mobile Convention Center 203 A

Sponsors: ALMFC, ALMCD, ALMHCA, ALSCA, ALSERVIC Program Level: Intermediate

Explore influences & characteristics that have created the "Baddest Chick" persona & the impact. Discuss impact on women & relationship dynamics. Discuss implications for therapy & evidence-based interventions for individual, couples, & family therapy.

56. Compassion Fatigue

Presenter: **Dr. Laura Hodges** LPC-S, NCC, ACS <u>Ihodges154803@troy.edu</u>

Location: Mobile Convention Center Room 202 B

Sponsors: ALSCA, ALMHCA, ALAADA, ALSERVIC, ALACES Program Level: Beginner

The everyday seemingly harmless wear and tear experienced by counselors can lead to compassion fatigue. Are you aware of compassion fatigue signs and symptoms? This focused discussion will increase awareness and understanding of compassion fatigue.

57. Keeping the JOY in School Counseling

Presenter: Lisa Butler EDS, LPCS, NCC

Billie Miller M.Ed.

lisakaybutler@gmail.com
bmiller@blountboe.net

Location: Mobile Convention Center Room 201 C

Sponsor: ALSCA Program Level: Intermediate

A look at ways to keep the joy in school counseling from both elementary and high school perspectives. Topics include self-care on the job, caring for our kids, and joy. Various techniques discussed. Hands-on presentation!

Thursday, November 17, 2022 - 1:30 pm - 2:45 pm

58. Increasing Young Children's Emotional IQ: A Case Presentation

Presenter: Jamie Hill LPC, NCC, ECMH-E jamie.hill@mh.alabama.gov

Location: Mobile Convention Center 203 B

Sponsors: ALMHCA, ALSCAALAMFC, ALAMCD Program Level: Beginner

Children first learn to recognize, express and manage their emotions in their home environment with their primary caregivers. What if that experience is interrupted through abuse, neglect or trauma? How can we help?

59. Let's Try It! Engaging Activities for School Counselors K-5th

Presenters: Jennifer Carey Ed.S., NCC <u>jennifercarey17@gmail.com</u>

Tesa Deyoung M.Ed., NCC deyoungt@russellcsd.net

Location: Renaissance Hotel Schooner

Sponsor: ALSCA Program Level: Beginner

Get students moving, creating, communicating and cooperating with these hands-on activities! This presentation will provide K- 5th grade school counselors with easy to implement activities for small groups or the classroom to increase student engagement.

Thursday, November 17, 2022

1:30 pm - 2:45 pm

ALC/LPC Roundup

Presenters: Dr. Keith Cates

Dr. Paul Hard

Dr. Quinn Pearson Dr. Yulanda Tyre

Location: Renaissance Plaza Hotel Mobile Bay Ballrooms I & II

Sponsor: ALCA

"During this ALMHCA-moderated session, LPC's and ALC's will gather to discuss important issues in counselor licensing, supervision, and practice. A panel of counselor educators, supervisors, and practitioners will be present to discuss their thoughts and recommended best practices on a host of counseling topics, and will be open to questions from participants."

Wednesday, November 17, 2022

1:30 pm - 2:45 pm

New School Counselor Academy

Presenters: Sean Stevens, Program Coordinator

Cathy Lankford, Educational Specialist Dr. Monica Mack, Educational Specialist

Location: Renaissance Plaza Hotel Bon Secour Ballrooms I & II

Sponsor: ALSCA

Content Sessions

Thursday, November 17, 2022 - 3:00 pm - 4:15 pm

60. Examining & Encouraging LGBTQIA+ Advocacy: A Mental Health Imperative

Presenters: Katherine Michaels ALC, NCC <u>katiemichaels@charter.net</u>

Amanda Dickey ALC, NCC <u>adickey47866@gmail.com</u>

Location: Mobile Convention Center Room 201 A

Sponsors: ALSAIGE, ALACES, ALAMFC, ALAAOC, ALMHCA, ALCDA Program Level: Beginner

This presentation focuses on helping attendees identify and implement methods of advocacy for LGBTGEQIAP+ populations

within Alabama.

61. Virtual Supervision: Ethical concerns and Logistics

Presenters: Paul F. Hard PhD, LPC-S, NCC pfhard@gmail.com

Dr. Keith CatesPh.D., LPC-S, NCC, ACS, BC-TMH, IMH-Ecateska@gmail.comDr. Yuh-Jen GuoPh.D., LPC-S, RPT, NCCyquo1@aum.edu

Location: Mobile Convention Center 204 A

Sponsors: ALACES, ALCA, ALMCD, ALMHC, ALMFC Program Level: Intermediate

Virtual Supervision is more acceptable in a variety of contexts. With these expanding opportunities and formats comes additional practical and ethical concerns. This session explores the ethical areas of concern as well as suggested practical suggestions.

62. Play Therapy Across Age Groups - Adults, Adolescents, and Preschoolers too!

Presenters: Elizabeth Brittany Dennis PhD, ALC, NCC edennis@troy.edu

Heather Dorough Windham PhD, NCC hwindham@uab.edu

Location: Renaissance Hotel Schooner

Sponsors: ALSCA, ALMHCA, ALDARCA, ALAMFC Program Level: Beginner

This presentation will briefly discuss the fundamentals of play therapy before highlighting the implementation of techniques across the lifespan. Resources and real-world examples for both clinical and school settings will be provided.

63. The 8 Rs: How School Counselors Can Support Schools Being Trauma Informed

Presenter: Dayna Watson PhD, LPC <u>watsondm@uab.edu</u>

Location: Renaissance Hotel Windjammer

Sponsor: ALSCA Program Level: Intermediate

This presentation will cover the 8 Rs of trauma-informed schools. Participants will learn specific ways school counselors can support colleagues making the shift and leave with practical tools and examples to use in their schools.

Thursday, November 17, 2022 - 3:00 pm - 4:15 pm

64. MTSS: Aligning Programs for Student Success

Presenter: Daniel Birdsong EdD, ACS, LPC, NCC, NCSC, RPT dbirdson@montevallo.edu

Location: Mobile Convention Center 203 A

Sponsor: ALSCA Program Level: Intermediate

What is MTSS, and why is it important? This session will answer these important questions as well as explore how to implement and align MTSS with your comprehensive school counseling program.

65. Play Therapy Expanded: Mindfulness-Based, Adlerian, First Play & TraumaPlay

Presenter: Celeste C. Neil PhD, LPC-S, NCC, NCSC, ACS, BC-TMH, RPT-S celestecneil@gmail.com

Location: Renaissance Hotel Riverboat

Sponsors: ALACES, ALMHCA, ALSCA Program Level: Intermediate

As a developing Prescriptive Registered Play Therapist I have expanded my training, experience, & supervision to include Mindfulness-Based Family Play Therapy (MBFPT), Adlerian Play Therapy (AdPT), FirstPlay & TraumaPlay to better meet the needs of my clients.

66. School Counselors as Leaders and Advocates for Safer Schools

Presenters: Christi S. Jones PhD, ALC csjones@faulkner.edu

Shanna Willingham PhD swillinghm@faulkner.edu

Location: Mobile Convention Center 202 A

Sponsors: ALSCA Program Level: Intermediate

School Counselors are uniquely poised to be part of creating safer school climates. Current professional literature is used to explore the role of school counselors as leaders in prevention, collaboration, and advocacy for safer schools.

67. Benefits of the National Model and AL Counseling Program of Distinction

Presenter: Cindy Davis M.S., NBCT cindy.davis@knology.net

Location: Mobile Convention Center 202 B

Sponsors: ALSCA, ALACES Program Level: Intermediate

Benefits of aligning your school counseling program with the ASCA National Model and applying for the Alabama School Counseling Program of Distinction which recognizes counseling programs for exemplary implementation of the national /state model.

Thursday, November 17, 2022 - 3:00 pm - 4:15 pm

68. The ABC's of an Effective High School Counseling Program

Presenter: Amy Smith Ed. Specialist amy.smith@pellcityschools.net

Location: Renaissance Hotel Grandbay I & II

Sponsor: ALSCA Program Level: Beginner

Proven strategies for developing a Comprehensive High School Counseling Programs will be demonstrated. Use of technology to assist with mental health issues with no cost to counselors will be shown. Academics and Career/College Readiness will be addressed.

69. Counseling Persons with Disabilities: Utilizing Motivational Interviewing

Presenter: Yvette Q. Getch Ph.D., CRC ygetch@southalabama.edu

Location: Renaissance Hotel Clipper

Sponsors: ALDARCA, ALMHCA, ALMFC, ALACES Program Level: Intermediate

Often counselors have limited experience counseling individuals with disabilities Motivational Interviewing (MI)can be effective for both group and individual counseling with individuals with disabilities. Vignettes and case studies will be presented.

70. School Counseling Strategies: Working with Children of Incarcerated Parents

Presenters: Malti Tuttle PhD, LPC, CPCS, NCC, NCSC <u>mst0022@auburn.edu</u>

Dylan Hebert M. Ed. In School Counseling djh12321@live.com

Location: Mobile Convention Center 203 B

Sponsors: ALSCA, ALMHCA, ALCA, ALCCA Program Level: Intermediate

School counselors often seek strategies, knowledge, and resources in working with children of incarcerated parents. The presenters will discuss interventions focusing on individual and group counseling, collaboration, resources, and trauma-informed approaches.

71. Reconceptualizing Self-Harm from an Overcontrolled Perspective

Presenter: Sara Ellison MS, LAPC, NCC <u>szm0194@auburn.edu</u>

Location: Mobile Convention Center 201C

Sponsors: ALMHCA, ALAMCD, ALSCA, ALSERVIC, ALAMCD Program Level: Intermediate

Although overcontrolled clients engage in self-harm at high rates, their related behavior is not well understood. Rather than resulting from distress-intolerance or impulsivity, OC self-harm is usually planned, rule-governed, and extremely secretive.

Thursday, November 17, 2022 - 3:00 pm - 4:15 pm

72. Myths, Misconceptions, and Promises We Can't Keep

Presenters: **Stephanie G Puleo** PhD <u>stephaniegpuleo@gmail.com</u> Connie Couch M.Ed. <u>stephaniegpuleo@gmail.com</u> ccouch@montevallo.edu

Location: Mobile Convention Center 201 B

Sponsors: ALMHCA, ALSCA, ALAMCD, ALCCA, ALACES Program Level: Intermediate

In a Dateline podcast produced by NBC News, Josh Mankiewicz discussed "the myth of closure" after tragic loss. Might counseling goals such as closure, anger management, or stress management be promises we can't keep.

73. Spiritual Trauma: The Harmful Effects of Purity Culture

Presenters: Joanna Collins

Location: Mobile Convention Center 204 B

Sponsors: ALCA Program Level: Advanced

Learn how to implement narrative-informed interventions with clients who have experienced religious or spiritual trauma.

Content Sessions

Thursday, November 18, 2022 - 4:30 pm - 5:45 pm

74. The Beauty of Neuroticism

Presenter: Brad Willis PhD LPC-S <u>drbradwillis@gmail.com</u>

Location: Mobile Convention Center 202 A

Sponsors: ALASGW, ALAMFC, ALMHCA, ALSCA, ALACES Program Level: Advanced

Neuroticism has been identified as a predisposition for multiple disorders and is generally viewed as a negative aspect of one's personality. This session aims to describe the positive aspects of a neurotic personality from a positive psychology perspective.

75. The Strong Black Woman Influence on Black Women's Mental Health in Higher Education

Presenter: Amber Richardson M.ED., ALC, NCC

Location: Mobile Convention Center 201 D

Sponsors: ALCCA, ALAMCD, ALCDA, ALACES Program Level: Intermediate

The SBW identity has been used as a tool to cope and overcome racial barriers but has also caused harm to black women's mental health. This presentation will examine the SBW schema and address its effects on Black Women as they journey through higher education.

76. Application of Infant Mental Health Concepts Across Counseling Settings

Presenters: Elizabeth Brittany Dennis Ph.D., ALC, NCC <u>edennis@troy.edu</u>

Samantha Booker Ph.D., LPC-S, IMH-E

Location: Mobile Convention Center 201 A

Sponsors: ALCCA, ALCDA, ALAMFC, ALMHCA, ALSCA Program Level: Intermediate

This presentation will provide an overview of the tenants of infant mental health and how the concepts can be applied to counseling across setting

77. Counselor vs Courthouse: When Legislation Challenges Counselor Ethics

Presenters: Paul Hard PhD, LPC-S, NCC pfhard@gmail.com

Eric Darch PhD, NCC, NCSC edarch@aum.edu

Susan Walker ALC, NCC, NCSC <u>susanlambwalker@gmail.com</u>

Location: Mobile Convention Center 204 A

Sponsors: ALMHCA, ALSCA, ALCCA, ALSGW Program Level: Intermediate

Abide by the law or professional counseling ethics? Mandatory disclosure, refusal legislation, limits to counseling practice, legislated/legalized discrimination, and other emerging issues impacting both School and Clinical Counselors are addressed.

Thursday, November 18, 2022 – 4:30 pm – 5:45 pm

78. Using Choice Theory and Mindfulness to Help Clients Gain Control

Presenter: Dana Hampson LPC-S, MBA danawhampson@yahoo.com

Location: Renaissance Hotel Schooner

Sponsors: ALACES, ALAMCD, ALASERVIC, ALAMFC, ALMHCA Program Level: Intermediate

Join Dana to learn some strategies based in Choice Theory and Mindfulness to help clients get out of the third row of their

lives and into the driver's seat!

79. Spirituality as a Therapeutic Factor in Trauma Treatment

Presenter: Gary Lehn Hicks MA, LPC gary.childhaven@gmail.com

Location: Mobile Convention Center 201 B

Sponsors: ALASERVIC, ALAMFC, ALMHCA, ALSCA Program Level: Intermediate

Discuss spirituality as an element of therapy with particular emphasis upon the treatment of trauma victims and their primary

supports.

80. Overview of the Gottman Method Couple Therapy

Presenter: Holly Walker LPC, NCC holly@thebalancedlifellc.com

Location: Mobile convention Center 201 C

Sponsors: ALCCA, ALAMFC, ALAMCD, ALACES, ALSCA ALMHCA Program Level: Intermediate

Have you ever wanted to know more about the Gottman Method, but haven't pursued it yet? This will answer questions,

explain the Sound Relationship House Theory, and offer tools & interventions for couple work.

81. Supporting Young Children's Mental Health in Alabama

Presenter: Dallas Rabig MS, LPC, IMH-E® dallas.rabig@ece.alabama.gov

Location: Renaissance Hotel Windjammer

Sponsors: ALACES, ALMHCA, ALSCA, ALAMCD, ALAMFC Program Level: Intermediate

Alabama has a great need to expand and sustain infrastructure to improve effective mental health services for young children and families. Learn how professional counselors can positively impact our children's mental health system of care.

Thursday, November 18, 2022 - 4:30 pm - 5:45 pm

82. The Invisible Women: Unseen Yet Highly Desired

Presenters: Angelene Kendall <u>angelenek@icloud.com</u>

Sara Ellison

Location: Mobile Convention Center 203 A

Sponsors: ALAMCD, ALASGW, ALDARCA, ALAAOC, ALMHCA Program Level: Intermediate

The presenter will discuss the depiction of black women, their sexual relationship in pornography, and the schemas that are perpetuated.

83. Telecounseling: Ethical Safety Assessment & Planning

Presenter: Celeste C. Neil PhD, LPC-S, NCC, NCSC, ACS, BC-TMH, RPT-S celestecneil@gmail.com

Location: Mobile Convention Center 204 B

Sponsors: ALMHCA, ALACES, ALSCA, ALASGW Program Level: Beginner

Safety assessment is an ongoing process in counseling with distinct concerns in telecounseling. The presentation will include telecounseling suicide assessment, ethical safety planning, and non-suicidal self-injury protocols for telecounselors.

84. See My Color: Being a culturally competent counselor

Presenter: Katesha Reid MS, ALC <u>Katesha.reid.rcs@gmail.com</u>

Location: Renaissance Hotel Clipper

Sponsors: ALAMCD, ALACES, ALCCA, ALASGW Program Level: Intermediate

With all of the racial tension going on in today's world it is more important than ever that we as mental health professionals show up with full cultural competency. But, what does that mean?

85. Repeat After Me: Parroting Practices Over Cultural Competence in Counseling and Counselor Education Graduate Programs

Presenter: Dr. Latonya Graham Ph.D., NCC, LPC (AL), LCMHC-S (NC) dr.Lmgraham@gmail.com

Location: Mobile Convention Center 202 B

Sponsors: ALACES, ALCCA, ALAMFC, ALMHCA Program Level: Intermediate

This presentation will explore gatekeeping responsibilities as it relates to encouragement and acceptance of parroting practices over required cultural competence in Counseling and Counselor Education graduate programs.

Thursday, November 18, 2022 – 4:30 pm – 5:45 pm

86. Part 2: Working with sexual violence in a sexually explicit media world

Presenters: **Jessica Melendez Tyler** PhD, LPC-S, BC-TMH, NCC <u>jim0001@auburn.edu</u> **Rachael Estes** ALC, NCC, M.Ed., M.S. <u>rfe0001@auburn.edu</u>

Evan M. Collins B.S. emc0110@auburn.edu

Location: Renaissance Hotel Mobile Bay Ballroom III

Sponsors: ALMHCA, ALDARCA ALAMFC Program Level: Intermediate

It is crucial to treat the mental frameworks of survivors and perpetrators of sexual violence that is rooted in power and control. This presentation highlights approaches to treating individuals in a sexually explicit media world.

87. Winning strategies for the family of a special needs child!

Presenter: Chris D. Johns M.Ed., LPC-S CJohns@Alasu.Edu

Location: Mobile Convention Center 203 B

Sponsors: ALMHCA, ALDARCA, ALAMFC, ALSCA Program Level: Advanced

The facilitator will show clinicians and parents winning techniques that provide support to families. A solution-based approach to managing day-to-day activities at home, school, and in social settings will be discussed.

Content Sessions

Friday, November 18, 2022 - 10:30 am - 11:45 am

88. Assisting Clients or Students in Rewriting Narratives through Play Therapy

Presenter: Mindi Amberson LPC-S, NCC, RPT-S, Certified School Counselor mindiamberson@gmail.com

Location: Renaissance Hotel Windjammer

Sponsors: ALAMFC, ALMHCA, ALSCA, ALSERVIC, ALASGW Program Level: Intermediate

Utilizing play therapy techniques to explore the incorporation of narrative therapy with clients and/or students.

89. Infusing CBT& Creative Counseling Approaches with Children & Adolescents

Presenters: Lindsay S. Harrell M.S., LPC, NCC les0084@auburn.edu

Hillary Ellerman PhD, ALC

Location: Renaissance Hotel Schooner

Sponsors: ALMHCA, ALSCA, ALCCA, ALASERVIC Program Level: Intermediate

This presentation will discuss how to apply CBT & creative counseling approaches when working with children & adolescents. A variety of activities will be discussed to address the various developmental levels & client concerns.

90. Memory Lane: Exploring the Therapeutic Effects of Nostalgia

Presenter: Keith Huffman kmhuffman86@gmail.com

Location: Mobile Convention Center 202 B

Sponsors: ALMHCA, ALCCA, ALACCA, ALASGW, ALDARCA Program Level: Advanced

This presentation will address research highlighting the therapeutic effects of nostalgia (e.g., increasing positive emotions, promoting identity continuity and social connections, safeguarding against existential concerns), with implications for counselors.

91. Identity Development: Implications for Intimacy in Emerging Adulthood

Presenter: Brittney Barnett PhD, LPC, NCC brittrbarnett@gmail.com

Location: Renaissance Hotel Riverboat

Sponsors: ALACES, ALASGW, ALAMFC, ALMHCA, ALSCA Program Level: Beginner

Erik Erikson (1959) suggested identity development in adolescence is critical to intimacy development in emerging adulthood. This presentation will highlight recent dissertation findings on the implications of identity development on intimacy development.

Friday, November 18, 2022 - 10:30 am - 11:45 am

92. What do you mean it's not depression? A journey with burn out

Presenter: Andrea D. Echols M.S., LPC, NCC andreaechols89@gmail.com

Location: Mobile Convention Center 203 B

Sponsors: ALACES, ALAMFC, ALMHCA, ALASGW Program Level: Intermediate

Burn out and depression have similar symptoms, which can lead those experiencing or diagnosed with depression to confuse the cause of their symptoms to be depression instead of burn out, leading to prolonged burn out.

93. Happiness: Love the Life You Lead

Presenters: Jared Hood M.Ed., LPC-S jared.hoodlpc@gmail.com

Christa Stephens MA, ALC csstephens@chiltonboe.com

Location: Mobile Convention Center 201 B

Sponsors: ALCCA, ALACES, ALAMCD, ALSAIGE, ALSCA Program Level: Intermediate

Come learn tools to help those who bring their deep wounds to us and give them the strength to help themselves. Learn to build resilience, peace and a flourishing hope for happiness.

94. Helping Build a Better Future: Supervising the nontraditional clinician

Presenter: Tamela Hughes @gmail.com

Location: Mobile Convention Center 204 B

Sponsors: ALACES, ALAMCD, ALMHCA, ALSCA Program Level: Beginner

Exploring creative ways to supervise nontraditional students and create an atmosphere of collaboration and flexibility to obtain licensure.

95. Why Do Bad Boundaries Happen to Good Therapists

Presenters: **Kezziah McDaniel** EdD, LPC-S <u>kmcdaniel3377@gmail.com</u>

Isabella C. Ashley ALC <u>isabellacashley@gmail.com</u>

Location: Mobile Convention Center 204 A

Sponsors: ALCA, ALAMFC, ALACES, ALMHCA, ALDARCA Program Level: Intermediate

An ethical exploration of the dynamics and boundaries associated with counselors providing therapy and services to other counseling professionals.

Friday, November 18, 2022 - 10:30 am - 11:45 am

96. Cultural Competence in Action: Self-Perceptions of Counselor Educators

Presenter: Ashley Brown Ph.D., NCC <u>abb0010@auburn.edu</u>

Location: Renaissance Hotel Clipper

Sponsors: ALACES, ALCDA, ALAADA, ALMHCA, ALSCA Program Level: Intermediate

Counselor Educators commit themselves to professional standards to have an awareness, knowledge, and skill sets, especially when working with diverse populations. This study examined self-perceptions of culturally competent practice among Counselor Educators.

97. Grief Support and the Church: It takes more than prayer

Presenter: Belinda Kock M.Ed., NCC, ADEC Certified Thanatologist free2grieve@gmail.com

Location: Mobile Convention Center 201 A

Sponsors: ALMHCA, ALAMCD, ALASERVIC, ALAADA, ALAMFC Program Level: Intermediate

Using Dr. Alan Wolfelt's Companioning model and my own experience as a grief counselor, we will discuss the "6 needs of mourning" and how they can be used to create a grief support program for churches that address Mind, Body, and Spirit grief work.

98. Spiritual Considerations in the Counseling Relationship

Presenters: Juanita Barnett PhD, LPC, NCC jbarnett@alasu.edu

Jayla Wells BS Wells.jayla1@yahoo.com

Location: Mobile Convention Center 203 B

Sponsors: ALASERVIC, ALMHCA, ALAMFC, ALAMCD Program Level: Intermediate

Presenters will discuss the importance of integrating spirituality into the counseling relationship. Greater than 70% of persons have a spiritual identity and consider this when navigating life. Techniques and interventions will be provided to Counseling Professionals.

99. Making Yourself Better: Motivation in Practice and in Life.

Presenter: Jeremy Michael Smith LPC-S, NCC jmsmith7054@gmail.com

Location: Mobile Convention Center 202 A

Sponsors: ALMHCA, ALAADA, ALASERVIC, ALAMFC, ALACES Program Level: Beginner

Rediscover your motivation and your drive. Spend this time on you. Refocus on your mission and your purpose. Learn to put yourself first to improve every role you fill.

ALABAMA COUNSELING ASSOCIATION

Mission Statement

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



ALABAMA COUNSELING ASSOCIATION Benefits of ALCA Membership

Outstanding Annual Conference Ongoing Drive-In Workshops Ongoing Opportunities for CEU Credits The ALCA Journal, Refereed Professional Journal The ALCA Facebook Page Chapter, Division & Affiliate Newsletters Chapter Division & Affiliate Facebook Pages/Websites Affiliation with the American Counseling Association Comprehensive Liability Insurance Legislative Monitoring Counseling Issues Advocacy Centralized State Office Liaison with LicensureBoard Administrative Advice from Executive Director Free Legal Advice from Legal Counsel Informative Website Continuously Updated Listserv **Activities Calendar** Statewide Counselor Locator Service

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ALABAMA COUNSELING ASSOCIATION



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Chapter IV Jefferson, Shelby.

Chapter V Calhoun, Cherokee, Cleburne, DeKalb, Etowah, St. Clair, Talladega.

Chapter VI Autauga, Bibb, Butler, Chilton, Choctaw, Dallas, Lowndes, Marengo, Perry, Wilcox.

Chapter VII Bullock, Chambers, Clay, Coosa, Elmore, Lee, Macon, Montgomery,

Randolph, Russell, Tallapoosa.

Chapter VIII Baldwin, Clarke, Conecuh, Escambia, Mobile, Monroe, Washington.

Chapter IX Barbour, Coffee, Covington, Dale, Crenshaw, Geneva, Henry, Houston, Pike.

Divisions and Affiliates

ALCCA – Alabama College Counseling Association: Serves professionals who are involved in counseling in the post-secondaryeducation setting.

ALACES – Alabama Association for Counselor Education and Supervision: Emphasizes the need for quality education and supervision of counselors in all work settings.

ALAMCD - Alabama Association for Multicultural Counseling and Development: Develops programs specifically to improve ethnicand racial empathy and understanding.

ALCDA – Alabama Career Development Association: Provides vital services to counselors and allied professionals working inschools, colleges, military services, correctional institutions, business, and community agencies.

ALSAIGE – Alabama Chapter of the Society of Sexual, Affectional, Intersex, and Gender Expansive Identities: Advocate and empower LGBTGEQIAP+ populations within the counseling profession.

ALASGW – Alabama Association for Specialists in Group Work: Assists and furthers interests of children, youth, and adults byproviding effective services through the group medium.

ALASERVIC – Alabama Association for Spiritual, Ethical, and Religious Values in Counseling: Seeks to examine the roles of values, theological, philosophical, and ethical principles in counseling and personnel practices.

ALDARCA – Alabama Division of the American Rehabilitation Counseling Association: Promotes the welfare of people with disabilitiesthrough rehabilitation counseling research, education and practice.

ALAMFC – Alabama Association for Marriage and Family Counseling: Serves to enhance marriage and families by fostering programsof education, promoting and conducting research, and working to remove family and couple difficulties.

ALAAOC – Alabama Association for Addictions and Offender Counselors: Strives to support and enhance the practice of addictionand offender counseling.

ALAADA – Alabama Association for Adult Development and Aging provides leadership, information, and professional development ocunselors and service providers in the helping professions on matters related to counseling and development of adults across the life span.

ALMHCA – Alabama Mental Health Counselors Association: Maintains and improves quality of mental health services nationwide and promotes prevention practices. (Affiliate)

ALSCA – Alabama School Counselor Association: Provides a common framework for all professionals engaged in student services. (Affiliate)

ALCA MEMBERSHIP TYPES

- Professional Membership is open to all active American Counseling Association members and to all persons professionally engaged inguidance, counseling, or
 personnel activities in educational, vocational, religious, rehabilitation, employment agencies, or other such similar agencies. (Minimally holds Counseling Degree).
- Regular Membership shall include persons whose interests and activities are consistent with those of the Association, but who are notqualified for Professional Membership.
- Student Membership is open to any graduate or undergraduate student who is not employed full-time in a counseling-related positionand who is actively engaged in a program of study in counseling, guidance, or personnel. (Certification by advisor is required).
- · Retired Membership is open to persons who were members of ALCA at the time of their retirement.
- Past Presidents are persons who have served as ALCA Presidents: Dues are complimentary.

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Alabama Association for Play Therapy (AAPT) Presents:



Neuroscience Informed Play Therapy: Models and Applications

Friday, January 27, 2023 8:00AM-4:00PM



Franc Hudspeth, Ph.D., LPC-S (AR & MS), NCC, ACS, RPT-S, R.Ph.

Bruno Conference Center
St. Vincent's Hospital
Birmingham, Alabama
6 Contact Hours

Registration Information:

Early Registration is recommended and space is limited to 100 attendees. Spaces are not guaranteed until your registration is processed and the registration link has been paid.

AAPT/APT Member: \$125 - Non-Member: \$155 - Full Time Student: \$100

Come see us at the AAPT Booth for more information and PRIZES!

Objectives:

- 1. Discuss basic neurobiology, neurotransmitters, and brain functioning
- 2. Describe what is meant by neurobiologically-informed play therapy
- 3. Hypothesize the reciprocal interaction between neurobiology and Play Therapy
- 4. Explore how to incorporate neuroscience research into play therapy practice
- 5. Evaluate the components of neurobiologically-informed, relationally-focused, play therapy treatments
- 6. Examine which theoretical models of play therapy have been aligned to neuroscience principles



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20 NBCC CEUS (4 ETHICS)

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WHAT THE EXPERTS ARE SAYING:

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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."

U.S. CHAMBER OF COMMERCE COMMERCIAL CONSTRUCTION INDEX:

"88% of contractors report moderate-to-high levels of difficulty finding skilled workers. Of those, nearly half (45%) report a high level of difficulty."

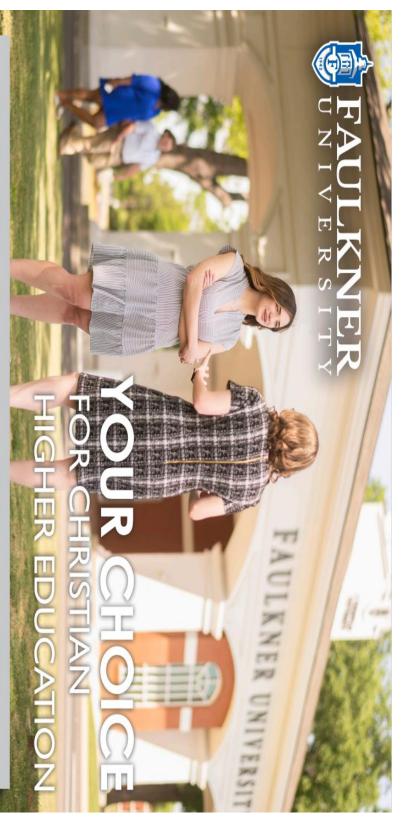
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Common Diagnosis

- ADHD/ADD
- Anxiety
- Behavioral Issues
- Conduct Disorders
- Depression
- Trauma
- Identity Disorders
- Mental, Sexual & Physical Abuse
- Personality Disorders
- Suicidal Threats/ Attempts
- Severe Mood Swings



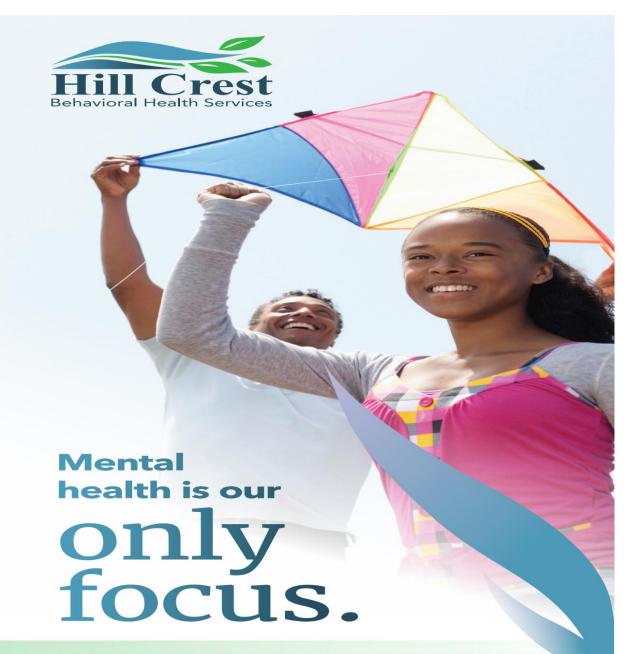
Dr. Shah, Medical Director is a board certified psychiatrist with over 15 years of experience providing patients in the State of Alabama with personalized care.



Beacon Behavioral is accredited by The Joint Commission (TJC) and accepts Medicaid, BCBS and most commercial insurance.

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Our Mission



Behavioral Sciences of Alabama, Inc. is a full-service outpatient counseling center in Huntsville, AL, specializing in diagnosing and treating a full range of mental health issues. We bring many years of multidisciplinary experience to client care. As a practice philosophy, we follow a cognitive behavioral therapy (CBT) approach. We treat individuals, parents, children, couples, and families at the outpatient level. Our intensive outpatient program for obsessive-compulsive disorder features exposure and response prevention, the gold standard for treating OCD. If you'd like to refer a client or learn more about treating OCD as a clinician, please contact us using any of the above methods. We look forward to hearing from you!

66 Solving life's problems compassionately and comfortably, one person at a time.

99

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Minding the Gap Podcast



approach to treatment and address the multiple needs of children, At Health Connect America, our programs offer a fresh, innovative

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- Peer Support Services

Outpatient Mental Health

- Intensive Outpatient Program –Substance **Use Disorders**
- Therapeutic Foster Care
- **Psychological Assessments**
- Community Based Autism Seriveces



FOR A LIST OF LOCATIONS AND SERVICES OFFERED AT OUR LOCATIONS, PLEASE VISIT: WWW.HEALTHCONNECTAMERICA.COM

.................





How could you better serve your clients with sexuality training?

The Alabama Campaign has been training youth-serving professionals on human sexuality for over 20 years. Our trainings can give you the skills and confidence you need to provide research-based sexuality information to your clients.

Contact us at 334-265-8004 or christina@alabamacampaign.org







Diverse group of students trained to offer support to peers



CUSTOM SOFTWARE

Online software for curricula access and data assessment





PREVENTION & AWARENESS FOR TOTAL HEALTH

Curriculum offers K–12 school wide prevention on bullying, abuse, mental health/suicide, and substance abuse



Unlimited support from a program

coach that lives in your area

ThriveWay is the leading peer-to-peer prevention and support company in the nation, empowering students to be academically, socially, and emotionally successful; to recognize and resolve conflict; to value diversity; and to be advocates for positive change and healthy choices. Through their evidence-based Peer Helpers PLUS program, they partner with schools to promote the mental health of youth, teach peer advocacy, and reduce student violence and suicide.



To learn more or schedule a free consult:

ThriveWay.com | info@thriveway.com | 844.705.1981

THE VOCATIONAL EVALUATION FORENSIC CERTIFICATE PROGRAM AT AUBURN UNIVERSITY IS NOW ACCEPTING APPLICATIONS

This training certificate will increase your knowledge in forensics and vocational evaluation skills applicable to the field of rehabilitation.

Prospective students, students and professionals currently in the field are invited to apply.

Classes available on campus and Distance Education (online).

DURATION: One year to complete six courses including vocational evaluation and forensic rehabilitation.

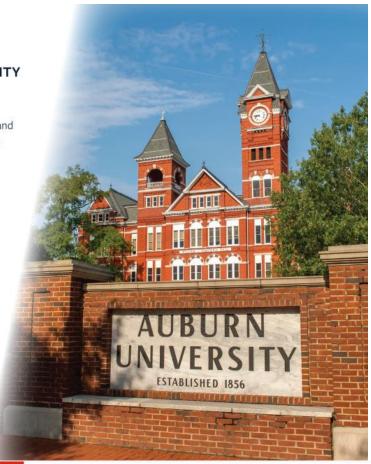
FINANCIAL ASSISTANCE: Scholarships are available but competitive.

SUBMISSION DEADLINE: February 12th, 2023, applications are reviewed as received. Application: aub.ie/grad-application.

CONTACT: forensicrehab@auburn.edu for more information.



Auburn University is an equal opportunity educational institution/employer.



Alabama Mental Health Providers

Join for free!

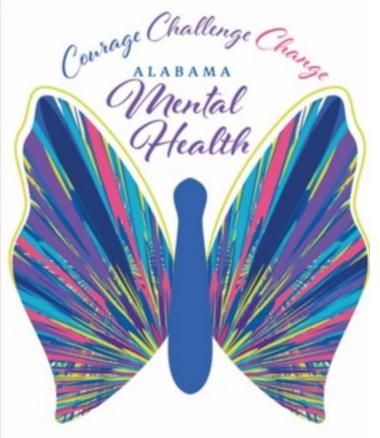
No yearly fees

Submit your practice or organization's information.

Submit a training event, fundraising event, or any event relating to mental health.

If you have a program working with children adolescents, adults or seniors, place your program on this website.

www.alabamamentalhealth.org contact:info@alabamamentalhealth.org





VISIT: myAEA.org • EMAIL: myAEA@alaedu.org

CALL: 800.392.5839 • FAX: 334.262.8377

JOIN AEA TODAY!



The AEA is an advocate organization that leads the movement for excellence in education and is the voice of education professionals in Alabama.

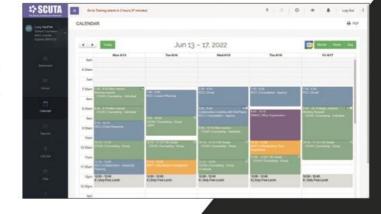


THE SCHOOL COUNSELOR'S ADVOCATE

SCUTA is the easiest way to document your time and become a data-driven School Counselor.



SCUTA is used by school counselors and school districts across the United States and in 73 countries. It is an invaluable tool for school counselors who implement best practice, keep accurate records and develop an evidence-based, data-driven school counseling program. SCUTA add-ons provide surveys, appointments, RAMP tools, and Google or Outlook calendar integration.



Use-of-Time Analysis

SCUTA aligns with the ASCA National Model®, ISCA International Model, and all state models.

Our well-designed reports allow users to share their data and powerfully advocate for their programs and students.

ОК	CATEGORY GOAL	%TIME (Actual)	CATEGORY		%TIME	HOURS	FREQ
	Student Services	Direct Student Services 56%	Instruction		8.7	3,936	4,317
			Appraisal and Advisement		8.8	3,971	2,471
×			Counseling		38.6	17,464	21,17
×		Indirect Student Services 23%	Referrals/Consultation/Collaboration	-	22.7	10,254	15,64
,	Program Planning & School Support	16%	Defining, Managing, Assessing Activities	•	7.6	3,422	3,558
	20% or tess		Fair-Share Responsibility Activities	=	8.3	3,772	6.63
×	Non-School- Counseling 0%	5%	Non-School-Counseling Tasks		5.3	2,380	2,481



"At Hatching Results, we love it when districts use SCUTA because it is a comprehensive and sophisticated tool that helps school counselors organize, collect and share data as they design, develop, implement, evaluate and improve their programs for students!"

- Trish Hatch, PhD., President & CEO, Hatching Results, LLC



TRY FOR FREE

mySCUTA.com/tryforfree



BUY 50% OFF

mySCUTA.com/AL22

Special Thanks to Our Sponsors

Alabama Home Builders Association – Breakfast

Renaissance Hotel - Break

Alabama Council on Compulsive Gambling – Breakfast

ACT - Reception

Isaac McPherson and Associates-Graduate Student Reception

Graduate Student Poster Reception-Ambridge University

Ambridge University – Breakfast

ALCA Chapters, Divisions & Affiliates – Breaks

Special Thanks to Individual Contributors & the many wonderful

ALCA Conference Volunteers

LISTSERV GUIDELINES

The ALCA Listserv is a service for active ALCA members. All an active ALCA member has to do to join the listserv at any time is contact THE ALCA OFFICE at alca@alabamacounseling.org to be added. However, each time you renew ALCA membership, please respond "Yes" to the question about the ALCA Listserv and you will subscribe to the ALCA Listserv. Answering "No" will not provide a subscription. ALCA Listserv subscriptions are active for one year. When your ALCA membership expires there is a 30 day grace period for the ALCA Listserv subscription, after which you will be automatically unsubscribed.

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

Please note the following hints that should make us all more effective in using the ALCA Listserv:

- 1. Remember the ALCA Listserv is a monitored listserv. This means that only the listserv manager 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 ALCA Listserv subscribers. 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 with which you disagree. 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 ALCA Listserv manager. If you want to respond to a message, you must respond to the email address or phone number found inside the announcement. DO NOT HIT "REPLY". You are not responding to the message. You are only responding to the ALCA Listserv manager. The ALCA Listserv manager cannot answer your question, however, someone listed on the announcement can respond to you.
- 4. The only way to get a message posted is by sending it to the ALCA office (alca@alabamacounseling.org) 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. We consider whether or not the message would be of interest to a significant cross-section of our members. We try not to distribute advertisements about practices or events that seems to benefit the asker more than the target audience.
- 5. ALCA Listserv messages should be sent in "plain text" (part of body of email message) so that all we have to do is forward it. 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. If you think you are not receiving the ALCA Listserv announcements, please check your SPAM or junk files and see if your network system is blocking it. Then release it from there and you should correct that issue.
- 6. Announcement regarding events that are not sponsored by ALCA or its Chapter/Divisions/Affiliates are only sent when they appear to carry a possible benefit or interest to our members. We avoid promoting events that conflict with planned ALCA events. For example, we promote almost nothing that might affect attendance at the ALCA Annual Conference either in that timeframe (September, October, November, December) or in the conference's general location. Since Fall of the year is the time for our annual conference and recognizing that the primary purpose of our conference is training and professional development (including offering professional development hours), it is not very logical to promote 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 ALCA Chapter/Division/Affiliate 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 a membership benefit for active ALCA members. The announcements sent on the ALCA Listserv are sent to be of assistance to our members. ALCA Listserv is tied to ALCA membership and thereby if one does not renew membership, one will be deleted thirty days after ALCA membership expires.

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 (In-Person)

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): Wedne	sday Th	ursday	Friday				
	Lowest				Highest		
OVERALL PROGRAM	1	2	3	4			
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 chapters, division/affiliate social functions							
Quality of luncheons, dinner, other socials							
Quality of services for new attendees							
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					
GENERAL SESSION 1 Attended: YesNo	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						
GENERAL SESSION 2 Attended: YesNo	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						
GENERAL SESSION 3 Attended: YesNo	1	2	3	4	5	
Session was well organized and delivered						
Presenter was knowledgeable						
Session was helpful to me						
My Chapter:						
1 Division/Affiliate:						
2 Division/Affiliate:						
Please list the three Content Sessions you most lik	ed and found n	nost useful.	Tell why?			
Please list any Content Sessions you would most li	ike to add at fut	ure conferer	nces.			
Comments:						

WEVALUE YOUR FEEDBACK

Turn this form in at the evaluation table in the Registration area, or complete the electronic submission at

2022 ALCA Annual Conference Evaluation Form: https://forms.gle/N4a36p7WtK1YmaEB9



submitting papers to a licensing board.

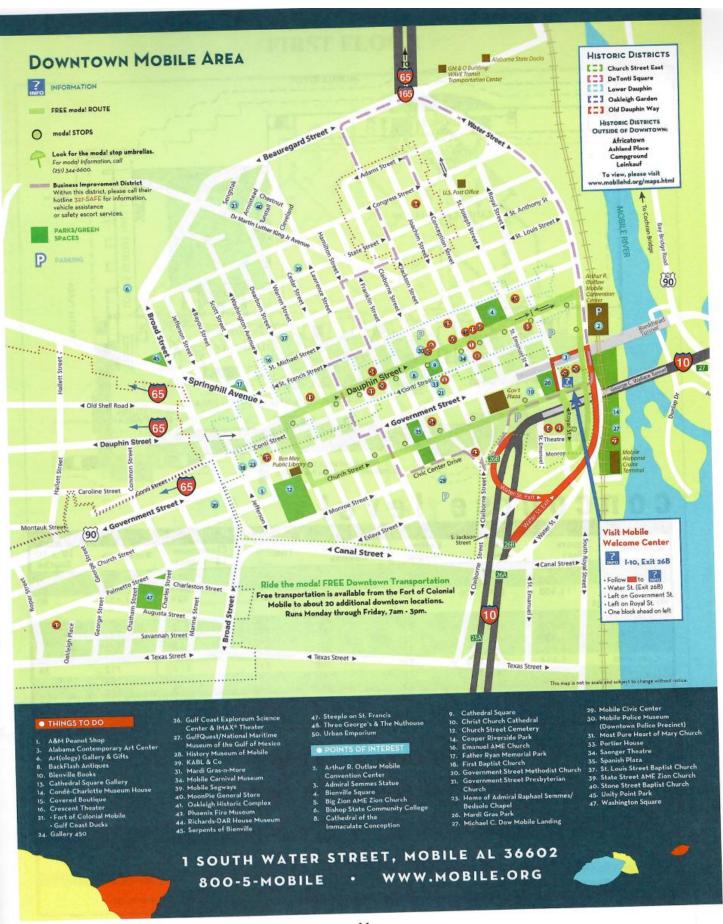
Alabama Counseling Association GENERAL CONFERENCE SESSIONS REPORT Professional Development (NBCC) Contact Hours

Full Name:

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.

Address:		City	State	Zip	
	E-Mail:			1	
ou may report any of the followin General Session (Keynote Speaker) Chould request credit only for progr	ED FOR THE CONFERENCE of the second s	ion (Keynote Speaker), hich programs you atten it cannot be granted for	Opening Gene ded. Insert titl ancillary progr	eral Session (Keynot e and number of Co rams, business meet	ntent Sessions. Y ings, committee
Vednesday, November 16, 0:00 AM - 12:00 PM	2022 Opening General Session	Attended: Yes	No)	2.00
:00 PM - 2:15 PM (Session	# / Title)				1.25
:30 PM - 3:45 PM (Session	# / Title)				1.25
Thursday, November 17, 20 :30 AM - 10:15 AM Gene		Attended: Yes_	No)	1.75
0:30 AM - 11:45 AM (Sessi	ion # / Title)				1.25
:30 PM - 2:45 PM (Session	# / Title)				1.25
:00 PM - 4:15 PM (Session	# / Title)				1.25
:30 PM - 5:45 PM (Session	# / Title)				1.25
Friday, November 18, 2022	ness & General Session	Attended: Yes	No)	1.50
	ion # / Title)				1.25
·	on this report form is complete a				
Signature:		Date:			
processing fee (\$20 for non-1 https://alca.memberclicks.net/o	by January 31, 2023. Certificate will be members). Make check payable to AI chapterdivisionaffiliatecerequest ertificate requests and for requests su	.CA. You may also pr	ocess CE app		
	submit certificate to the Alabama State				
	LCA Professional Development Progran ttendance at certain workshops (e.g.,				ertificate when

Conference Notes



See you in Birmingham at the

Sheraton Hotel and Birmingham- Jefferson Convention Complex

November 15-17, 2023

for our 2023 ALCA Annual Conference

Have a safe trip home!

Sincerely,

Dr. Tarmen Siaway
ALCA
President-Elect