


# 2023 alca conference

 November 15-17, 2023  
Birmingham, AL

57th Annual Conference  
Sheraton Hotel and BJCC



## NBCC - PROFESSIONAL DEVELOPMENT HOURS

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

The procedure for requesting NBCC hours for the 2023 ALCA Annual Conference is as follows: The Professional Development Clock Hours Request Form will be included in the 2023 ALCA Annual Conference Program Book and on the Conference App. You may pre-pay your CE fee with your registration. After the conference, please return the form to Dr. Laura Hodges at [ceu.alca@gmail.com](mailto:ceu.alca@gmail.com). It is recommended to pre-pay. If not, return the form along with 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, 2024. Certificates for Annual Conference attendance will be emailed no later than March 31, 2024. Requests submitted after January 31, 2024, will cost \$30.00 for members and \$40.00 for non-members.

You must be registered for the conference to claim NBCC hours credit. NBCC hours will not be issued until applicant's check clears bank. You may earn as many as 14 NBCC contact hours for the total conference. Presenters may not receive professional development credit for their own presentation(s).

## KEYNOTE SPEAKERS

**Dr. Edil Torres Rivera**  
Keynote Speaker



**Dr. Graham Sisson**  
Keynote Speaker



**Herbert Wilkerson**  
Keynote Speaker



## REGISTER NOW!

<https://alca.memberclicks.net/2023inpersonannualconference>

# schedule at-a-glance

Schedule subject to change

## tuesday november 14 2023

8:00-4:00 pm	Pre-Conference
3:00-5:00 pm	Conference Registration
6:00-8:00 pm	ALCA Executive Council Mtg.
8:15-9:00 pm	President's Reception for Executive Council - sponsored by ACT

## thursday november 16 2023

7:00-8:15 am	Breakfast
8:00 am-3:00 pm	Conference Registration
8:00 am-4:00 pm	Exhibits
8:30-10:15 am	GENERAL SESSION Keynote: Dr. Graham Sisson
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
11:45 am-1:15 pm	Division Luncheons
1:30-3:30 pm	Graduate Student Poster Session
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
8:30 pm-11:00 pm	Dance

## wednesday november 15 2023

8:00-9:30 am	Awards Breakfast Sponsored by: Alabama Home Builders Association
8:00-4:00 pm	Conference Registration
8:45 -5:00 pm	Exhibits
10:00-NOON	OPENING GENERAL SESSION Keynote: Dr. Edil Torres Rivera
1:30-4:30 pm	School Counselor Roundup
1:45-3:00 pm	CONTENT SESSIONS
3:00-3:15 pm	Break
3:15-4:30 pm	CONTENT SESSIONS
4:30-4:45 pm	Break
4:45-5:30 pm	Division Meetings
5:45-6:30 pm	New Member and 1st Time Attendee Celebration
5:45-6:30 pm	Chapter/Division Presidents & Pres.-Elect Mtg
6:30-7:30 pm	School Counselor Reception Sponsored by: Bryant-Jordan Scholarship Program
6:30 pm-until	Dinner On Your Own

## alabama counseling association

President	Dr. Tarmen Siaway
President-Elect & Program Chair	Dr. Debbie Grant
Annual Conference Co-Chairs	Dr. Necoal Driver Dr. Starrah Huffman Dr. Lynn Boyd Kelly Driver
Ads/Exhibits Chair	Lisa Patterson
Executive Director	Emily Rich

## friday november 17 2023

7:30-8:15 am	Biscuit Breakfast
8:30-10:15 am	BUSINESS AND GENERAL SESSION Keynote: Herbert Wilkerson
10:30-11:45 am	CONTENT SESSIONS
8:00-4:00 pm	Pre-Conference (carry over from Tuesday)

# meet our speakers



**Dr. Edil Torres Rivera, ACA President, Professor, Wichita State University**

Dr. Edil Torres Rivera is a professor and Director of the Latinx Studies at Wichita State University, Kansas. He is interested in multicultural counseling, group work, chaos theory, liberation psychology, technology, supervision, multicultural counseling, prisons, Puerto Rican studies, identity development, and gang-related behavior.

Specifically, his primary research focuses on complexity and how indigenous healing techniques are a necessary ingredient when working with ethnic minority populations in the United States. His work has appeared multiple journals and he serves on several editorial boards.

Since 1995, Dr. Torres has presented papers at national and international conferences such as the American Psychological Association (APA), American Counseling Association (ACA), the Association for Counseling Education and Supervision (ACES), the Association for Specialists in Group Work (ASGW), National Latinx Psychology Association (NLPA), the American Educational Research Association (AERA), and the Interamerican Society of Psychology (SIP). His invited presentations include workshops in North Carolina, Washington, and New Hampshire. He is the recipient of the Best Group Research Article of the Year (March 2000), the National Defense Service Medal (February 1990), the Army Commendation Medal (November 1986), the Army Achievement Medal First Oak Leaf (August 1986), a fellow at the American Counseling Association as well as the Specialists for Group Work, and the Ohana Award for social justice (March 2004).



**Dr. Graham L. Sisson, Jr., Executive Director - Governor's Office on Disability**

My Disability - On June 27, 1982, I became a person with a disability when I was injured in a head-on motor vehicle collision with a drunk driver. As a passenger in the back seat, I suffered injuries to my spinal cord and a closed head injury, which caused me to be in a coma for over 8 weeks. I have used a wheelchair for mobility for more than 30 years due to being paralyzed below the waist.

My Education - I am a 1987 summa cum laude graduate of the University of North Alabama with a B.S. degree in Accounting and minors in history and English. Additionally, I am a 1990 graduate of Vanderbilt Law School and have been a licensed attorney for over 26 years. I am a 2016 graduate of Auburn University with a PHD in Rehabilitation, Counseling, and Leadership.

My Hobbies - I enjoy woodworking, scuba diving, and vegetable gardening, among other activities.

My Personal Motto - Never give up, the sky's the limit. I will try my best to instill this belief in all aspects of the operation of GOOD as we attempt to assist people with all types of disabilities throughout the State of Alabama. Please do not hesitate to contact us.



**Herbert Wilkerson, MS, LPC, JSOCC | Director  
Student Multicultural and Diversity Programs/Student Experience  
PHD Student Public Health-Health Behaviors**

Herbert attended Jacksonville State University for his undergraduate and master's degree and is currently enrolled in a PhD program at the University of Alabama at Birmingham. Herbert Wilkerson is a licensed professional counselor that has been in the mental health field nearly 20 years. He has a residential facility mental health tech, a social worker, and a therapist.

Herbert has worked with in a variety of settings holding positions in leadership along the way. Herbert has worked with all ages in the counseling field and people with a variety of therapeutic needs. Most of his work has been in settings that serve the people society easily ignores. Herbert now works with college age students and is currently pursuing his PhD in Public Health- Health Behaviors and graduate certificate in Justice, Diversity, Equity and Inclusion. Herbert wants to explore the intersections social determinants of health, mental health and the person's identity to create systematic change. Herbert's main passion when it comes to his work is "genuine impact", he wants his work to be impactful and for it to always feel genuine. Herbert's motto is, "It's not about me" when it comes to serving his clients. Herbert is specifically passionate about mental health in the Black community, and other underserved populations, where the stigma towards mental health is a barrier to seeking help. Herbert wants to create a space for conversations about mental health that stretches beyond the typical conversation but to include the historical factors that have led to the current mental health challenges of the marginalized. Herbert believes that it is vital that complete health and well in being include the intersection of mental health, public health and DEI.

# advanced registration

Complete the Advanced Registration Form online at

<https://alca.memberclicks.net/2023inpersonannualconference> or mail (with your separate check or credit card information) by November 1, 2023. A registration confirmation will be sent. PAYMENT RECEIPTS WILL BE EMAILED TO ALL MEMBERS. DO NOT MAIL REGISTRATION FORM AFTER NOVEMBER 1. PLEASE REGISTER ON-SITE.

You must be an active member of ALCA to be eligible to pay the member's registration fee. ALL PRESENTERS MUST REGISTER FOR THE CONFERENCE. If you are not a current member, complete and mail the enclosed membership application along with your check (Please send a separate check for membership dues). If you are unsure of your membership status, email the ALCA office at [alca@alabamacounseling.org](mailto:alca@alabamacounseling.org), and they will advise you of your status. Your conference materials will not be presented to you unless membership dues are paid or you have paid the non-member fee. We will accept membership and registration fees at the same time.

All requests for refunds of registration fees must be submitted, in writing, to the Executive Director by October 31, 2023. No refunds will be made after that date. Please remember everyone has a reason if they do not come. We cannot judge among them; please do not ask for a refund after the deadline.

Students, to register at the reduced rate, must be actively engaged in an educational program in counseling, guidance, or student personnel and may not be employed in a counseling-related position. The student's faculty advisor must be designated on the registration form. Students must have paid the appropriate membership dues in order to register.

# on-site registration

It is possible to handle all matters related to registration on-site including joining ALCA/paying membership fee. Note that the registration fee is somewhat higher if registering on-site. PLEASE, after November 1, 2023, register on-site. Registrations must be post- marked by November 1 to avoid on-site registration rates. It is advised to register before November 1st.

# virtual conference

ALCA will be offering a Virtual Conference Component again this year during our Annual Conference. Like in previous years, the Virtual Conference will only have up to 7.5 CE's available and will take place on Wednesday, November 15th and Thursday, November 16th. We will only have a set number of spots available. Registration for the Virtual Conference is separate from In-Person. We will launch Virtual Conference Registration at a separate time, later in September.

# out-of-state colleagues

You may take advantage of our discounted member's rate for the conference if you send proof of your current membership in your own state's professional counseling association. Proof of membership may be current membership card with date, a letter of confirmation from your state's association, or some other form of verification. Those registering on-site must bring similar proof. We are glad to extend this courtesy to our colleagues from other states!

Alabama Counseling Association Annual Conference  
Advanced Registration Form - November 15-17, 2023 - Birmingham, AL

NOTE: PLEASE SEND A SEPARATE CHECK FOR REGISTRATION AND MEMBERSHIP  
NO PURCHASE ORDERS ACCEPTED

I. REGISTRATION AND BADGE INFORMATION (PLEASE TYPE OR PRINT)

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
First Middle Last

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
Street City State Zip

II. REGISTRATION FEES (All counselors or counseling related attendees are expected to join ALCA prior to registration for the conference. Others pay the non-member fee.)

	By October 1	Oct. 2 - Nov. 1	After November 1
___ Member, Regular/Professional	[ ] \$125	[ ] \$150	[ ] \$175
___ Member, Student or Retired (not working in counseling)	[ ] \$60	[ ] \$85	[ ] \$110
___ Non-Member	[ ] \$225	[ ] \$250	[ ] \$275
___ Conference T-Shirt (optional) Circle size S M L XL 2XL 3XL	[ ] \$16	[ ] \$16	[ ] \$16
___ Pre-Pay for CE - Member	[ ] \$5	[ ] \$5	[ ] \$5
___ Pre-Pay for CE - Non-member	[ ] \$20	[ ] \$20	[ ] \$20
TOTAL ENCLOSED:	\$_____	\$_____	\$_____

STUDENTS: Name of University Professor for Reference: \_\_\_\_\_

**DO NOT MAIL AFTER NOVEMBER 1, 2023  
PLEASE REGISTER ON SITE**

III. METHOD OF PAYMENT (No purchase orders accepted)

\*\*\* Make check payable to ALCA and mail with this Advanced Registration Form to:  
ALCA Executive Office, 5184 Caldwell Mill Rd. Ste. 204 #137, Hoover, AL 35244\*\*\*

If paying by credit card, please complete the following and mail back to the ALCA Office.

CREDIT CARD #: \_\_\_\_\_ TYPE: Visa MC Disc. EXP. DATE \_\_\_\_\_

CVV #: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

You may also Register ONLINE at the following link: <https://alca.memberclicks.net/2023inpersonannualconference>

# alca pre-conference

**The ALCA Pre-Conference will take place on Tuesday, November 14, 2023 at the BJCC, Forum B from 9:00 am to 4:30 pm and continue on Friday, November 17, 2023 in the same location and time frame.**

About DC: 0-5 Clinical Training:

Clinical DC: 0 - 5T training is designed to support mental health professionals in developing in-depth knowledge of the approach and content of DC:0-5T, understanding the multi-axial system, and utilizing the approach and system in their work with children birth through age five.

Participants will be supported in understanding the need for and development of a specialized diagnostic classification system for infancy and early childhood and adopting approaches to diagnosis and assessment that are developmentally informed, relationship based, and contextually and culturally grounded.

Participants will learn about the multi-axial approach to diagnosis as well understanding the contents of each axis including Axis I clinical disorders. Activities and case-based learning will support participants in using the many tools included in DC:0-5T.

Register Eligibility:

Mental health professionals who are responsible for clinical diagnosis and are contracted to provide mental health services to children birth through age five enrolled in Apple Health (either with or without managed care).

Professional Credits for DC: 0-5 Overview Training:

CEUs: Approved for 12 CEUs for mental health professionals

IMH Endorsement®: Will count towards the requirements for AL-AIMH Infant Mental Health Endorsement® through First 5 Alabama

**ONLY 40 SPOTS ARE AVAILABLE. THIS REGISTRATION IS SEPARATE FROM THE ANNUAL CONFERENCE. PLEASE REGISTER HERE: <https://alca.memberclicks.net/2023preconference>**

# alca membership

You can join ALCA by visiting our website:

If you would like join online, please follow this link:

<http://www.alabamacounseling.org/membership-application.html>

If you would like to print a Membership Application to mail into the office, please click here:

<http://www.alabamacounseling.org/uploads/1/2/3/9/123960750/membershipapp.pdf>

\*subject to change\*

## wednesday sessions 1:45-3:00

1. Introduction to Trauma-Focused Cognitive Behavioral Therapy
2. I Like Books and I Cannot Lie: A New Chapter in Bibliotherapy
3. Steps to Becoming a Kink Aware Therapist
4. Improving Black Maternal Mental Health
5. Career Counseling for Young Adults/Neurodivergent Clients
6. Maternal Muzzle
7. Ethics of Peer Support and Self Work to Reduce Counselor Secondary Trauma
8. SONG- A New Bio-Psycho-Social Spiritual Model for Conceptualization
9. Executive Functioning Skills- Resources to Help Students
10. Breathe for Change, Mindfulness, SEL, and Yoga Practice
11. Black Families and Body Image: The Need for a Holistic Understanding
12. Coding and Billing for Psychiatry and Outpatient Mental Health Providers
13. Modern Day Integration: Experiences of Black Administrators at PWI's
14. Hope to Heal: Breaking the Cycle of Childhood Trauma
15. Pixelated Personas: Video Game Characters and Their Impact on Identity

## wednesday sessions 3:15-4:30

16. Using Mandalas for Counselor Self-Care, Compassion, Reflection and Vitality
17. Enhancing Supervision and Professional Resilience Through Polyvagal Theory
18. Enneagrams in the Workplace: How to Build Authentic Connection
19. Promoting Positive Early Relationships: An IECMH Team Based Approach
20. Not Nice: Helping Clients Overcome People Pleasing Tendencies
21. Strategies and Techniques for Supervising School Counselors
22. Paradoxical Approaches in Counseling: "Failing" to Succeed
23. Future Counselors Are An Investment
24. The Lived Experiences of Students with Disabilities in Counseling Programs
25. Broken Heart Syndrome: A Tsunami Challenge for Counselors/Ethical Dilemma
26. "Behind the Resistance" Working With the Resistant and Unmotivated Client
27. Trans Alabama: Counseling Transgender and Gender Expansive Youth in Alabama
28. Students with ADHD: Implications and Interventions
29. Treating Sexual Addiction and Compulsivity
30. Reflections: Positive Ethics in Counseling from the ACT Perspective

# thursday sessions 10:30-11:45

31. Principle Perceptions About the Use of Play Therapy in Schools
32. STRENGTH: Compassion Based Treatment for Court Ordered Girls
33. Comorbidity of PTSD and OCD in Adults
34. Strategies and Skills for Being Successful in a Doctoral Program
35. Getting Off the Drama Triangle
36. The Importance of Attachment in Early Childhood Mental Health
37. Laying the Foundation for Healing: Simple EMDR for Kids
38. Building Resilience: Working with Victims and Perpetrators of Violence
39. Unmasking Autism in Adults and Adolescents
40. Navigating Grief with School Aged Children
41. Maximizing the Supervisor/Intern Relationship
42. Don't Crucify the Couch
43. Treating Eating Disorders in a Virtual Setting
44. Traumatic Brain Injury and Mental Health Therapy
45. Nostalgia: An Existential and Adlerian Resource

# thursday sessions 1:30-2:45

46. Self-Harm and Suicide: When It Hits Home
47. The Basics of Trauma Informed Care for School, Agency and Private Practice
48. Closer Than a Brother: The Power of an Ally
49. Introducing the New 2023 NBCC Code of Ethics
50. Understanding the Complex Post Traumatic Stress Disorder and Treatment
51. Success Teams: Student Mentoring Program That Works!
52. She Works Hard For the Money: Black Women in the Workplace
53. Professional Advocacy Through Service: Leadership Opportunities in ALCA
54. Mental Health Literacy and Efficiency Within our Schools
55. Emotional Maturity vs. Emotional Immaturity & It's Impact on Conflict
56. Fostering and Engaging in Leadership Within the Counseling Profession
57. Postvention Intelligence Framework Assessment: A Mental Health Multiplier
58. ESCAPE ROOMS- Can You Find Your Way Out?
59. Postvention is Prevention: The Uniqueness of Leading a Suicide Loss Group
60. Ethical Mindfulness Counseling: Consent, Spirituality, and Consciousness



# thursday sessions 3:00-4:15

61. What About the Caregivers: Providing Support to Caregivers in Child Trauma
62. Let Me HELP: Halt Destructive Behaviors, Educate, Love, Prepare
63. Skin Eruptions, Anxiety and Fairy Tales
64. Working with Personality Disorders: Ethical Considerations
65. The Storm: Children and Adolescents Experiencing Trauma and Grief
66. Leadership Diversity: Exploring Intentionality Through Vulnerability
67. The Power of Attachment: Better Couples Therapy Using EFT
68. Art for Health
69. Suicide and Me: How I Coped When Life Imitated Work
70. Let's Talk College: Involving Students and Parents in the Process
71. Addressing the Stigma of Mental Health Care in the Black Community
72. Treating Substance Use Disorders and Eating Disorders
73. Tension Rising/Tension Falling: The Rhythm of Addiction
74. What is the Bravest Thing You Ever Said?
75. Overcoming Fears Related to Group Therapy

# thursday sessions 4:30-5:45

76. Legal and Ethical Considerations When Counseling Children
77. Understanding Problematic Sexual Behavior in Youth
78. Trauma Informed- Family School Engagement
79. Facility Dogs in a School Setting
80. Trauma + School= An Equation for School Action
81. Playing with Purpose: Therapeutic Gaming As a Tool for Self-Discovery
82. Unpack: The Impact of Colorism Among Young Black Girls
83. We're All in This Together: Sharing Responsibility for Student's Development
84. Private Practice: Making Money the Ethical Way
85. Betrayal/Infidelity: It's Impact on the Family
86. A 20 Year Review of School Counselor Roles in Alabama
87. Aspiring Cultural Humillity : Crashing Barriers with Cross-Cultural Supervision
88. Career Exploration for Persons with Intellectual Disabilities
89. Distress in the Relationship: Personality Disorders and Attachment Styles
90. Composed in the Midst of Chaos

# friday sessions 10:30-11:45

91. Now Trending: Teenagers and Mental Health
92. (In)Tolerating Uncertainty and Anxiety in College with Spirituality
93. Right Brain Supervision: Creative and Reflective Strategies for Supervisors
94. Navigating Neurodivergence
95. Building a Resilient Individual in the Aftermath of Trauma and ACE
96. Nurturing Wellness: Enhancing Counselor Well-Being Through Supervision
97. Tickled or Tik Toc'd: Body-Esteem Challenges in the Tik Tok Era
98. Meaningful Play: School-Based Play Therapy
99. What Medications Are You Taking? Psychopharmacology Basics for Counselors
100. Supervising the Next Generation: Building the Best and the Brightest

## registration material pickup

Registration materials for those who pre-register may be obtained at the conference registration area of the Sheraton Hotel.

Registration Times Are:

Tuesday, November 14	3:00 P.M. - 5:00 P.M.
Wednesday, November 15	8:00 A.M. - 4:00 P.M.
Thursday, November 16	8:00 A.M. - 3:00 P.M.

## exhibit hall

Exhibits will be located in the Sheraton Hotel. The exhibitors will offer materials to fill many counseling needs: audio-visual aids, printed and other resource materials, college selection and financial aid books, and career information.

The exhibits will be open:

Wednesday, November 15	Thursday, November 16
8:45 A.M. - 5:00 P.M.	8:00 A.M. - 4:00 P.M.

see you soon in birmingham!