

## Speakers

### Jeff Yalden

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

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

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

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

### S. Kent Butler, Jr.

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

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

### Renee A. Middleton

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

Dean Middleton is a distinguished educator with a strong commitment to transforming teaching and learning in our schools. She has 21 years of experience with consulting, working with issues like public school strategic planning for diversity and rehabilitation counseling and multicultural diversity, within the Office of Special Education and Rehabilitation Services, the National Institute for Disability and Rehabilitation Research, the Food & Drug Administration: Center for Devices & Radiological Health and the Alabama Board of Examiners in Counseling working on Ethics/Consumer Protection.

### Monica Paige Mack

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

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

ALABAMA COUNSELING ASSOCIATION ANNUAL CONFERENCE  
 ADVANCED REGISTRATION FORM - NOVEMBER 14 - 16, 2018 - BIRMINGHAM, ALABAMA

NOTE: PLEASE SEND A SEPARATE CHECK FOR REGISTRATION AND MEMBERSHIP. THIS REQUEST IS APPLICABLE TO EVERYONE. **NO PURCHASE ORDERS ACCEPTED.**

**I. REGISTRATION AND BADGE INFORMATION: (Please Type or Print)**

NAME \_\_\_\_\_ DAY TELEPHONE: \_\_\_\_\_  
           First                      (Nickname)                      Middle                      Last

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

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

**II. REGISTRATION FEES: (No purchase orders accepted)**

NOTE: 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	By November 1	After November 1
_____ Member, Regular/Professional	[ ] \$96	[ ] \$120	[ ] \$135
_____ Member, Student (not working in counseling)	[ ] \$48	[ ] \$60	[ ] \$70
_____ Member, Retired (not working in counseling)	[ ] \$48	[ ] \$60	[ ] \$70
_____ Non-member	[ ] \$200	[ ] \$220	[ ] \$235
_____ Conference T-Shirt (optional) (Please circle size: S M L XL XXL XXXL)	[ ] \$9	[ ] \$9	[ ] \$9
TOTAL ENCLOSED	\$ _____	\$ _____	\$ _____

I certify that this person is a full-time student not employed in counseling.  
 (Student needs Professor's Signature)

Signature \_\_\_\_\_  
 \_\_\_\_\_ Professor

**DO NOT MAIL AFTER NOVEMBER 1, 2018. PLEASE REGISTER ON SITE.**

**III. METHOD OF PAYMENT: (No purchase orders accepted)**

\*\*\* Make a separate check payable to ALCA and mail with Advanced Registration Form to  
 Dr. Nancy J. Fox, ALCA Executive Director, P O Box 131425, Birmingham, AL 35213-1425  
 OR

\*\*\* If paying by credit card, please complete the following information and mail back to Dr. Nancy J. Fox or fax to 205.423.5947

CREDIT CARD # \_\_\_\_\_ TYPE \_\_\_\_\_ EXP. DATE \_\_\_\_\_

CVC2 Code \_\_\_\_\_ SIGNATURE \_\_\_\_\_

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 HOTEL REGISTRATION  
 ALABAMA COUNSELING ASSOCIATION ANNUAL CONFERENCE  
 November 14 - 16, 2018 ~ Sheraton Birmingham Hotel

The Sheraton Birmingham Hotel is pleased to host the Alabama Counseling Association. To ensure accurate reservations, your reservations should be made ASAP. Requests received after October 31 will be accepted based on room and rate availability. You may make reservations with the Sheraton Hotel either online or by phone. If by phone, give dates of November 14-16, 2018 and ask for the Alabama Counseling Association or ALCA as Group.

Online: [www.starwoodmeeting.com/book/alabamacounselingassociation](http://www.starwoodmeeting.com/book/alabamacounselingassociation)  
 or check ALCA website for link

Telephone: 1.800.325.3535 or 205.324.5000

Group Code: AK09AC

If by phone, give dates of November 14-16, 2018

Ask for Alabama Counseling Association or ALCA as Group

Base rate for one person should be \$125 (plus charges and taxes). The rate goes up for each additional person in room with a max of four per room. You are encouraged to go ahead and make your reservations as our "block" will fill.

# ALABAMA COUNSELING ASSOCIATION

## MEMBERSHIP APPLICATION

For Office Use Only	
Amount _____	Check # _____
Bank _____	
Process Date _____	
Membership # _____	

NAME \_\_\_\_\_

ADDRESS, CITY, STATE, ZIP \_\_\_\_\_

JOB TITLE \_\_\_\_\_ SPECIALIZATION \_\_\_\_\_

EMPLOYER \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

COUNTY \_\_\_\_\_ ALCA CHAPTER \_\_\_\_\_

EMAIL \_\_\_\_\_

Are you an LPC? Yes \_\_\_\_\_ No \_\_\_\_\_  American Counseling Association Member (ACA)?

Date first joined ALCA? \_\_\_\_\_

Are you on the listserv? Yes \_\_\_\_\_ No \_\_\_\_\_ Would you like to be added? Yes \_\_\_\_\_ No \_\_\_\_\_

I am a renewing member (was member last year).  I am reinstating membership (was formerly a member).

I am applying for a new membership (first time).  I do not wish to renew.

Type of Membership (membership in ALCA and at least one division is required)	Membership Dues	Amount of Payment
<b>A. ALCA Membership includes one geographic chapter</b>		
<input type="checkbox"/> 1. Active	Active	60.00
<input type="checkbox"/> 2. Student (full-time; not working)	Student	30.00
<input type="checkbox"/> 3. Retired	Retired	30.00
<input type="checkbox"/> 4. Past State ALCA President	Past President	N/A
<b>B. Divisions (you must join at least one; student and retired members pay 1/2 division dues):</b>		
<input type="checkbox"/> 1. Alabama College Counseling Association	ALCCA	5.00
<input type="checkbox"/> 2. Alabama Association for Counselor Education and Supervision	ALACES	15.00
<input type="checkbox"/> 3. Alabama Association for Multicultural Counseling and Development	ALAMCD	8.00
<input type="checkbox"/> 4. Alabama School Counselor Association	ALSCA	15.00
<input type="checkbox"/> 5. Alabama Career Development Association	ALCDA	6.00
<input type="checkbox"/> 6. Alabama Mental Health Counselors Association	ALMHCA	15.00
<input type="checkbox"/> 7. Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling of Alabama	ALGBTICAL	5.00
<input type="checkbox"/> 8. Alabama Association for Specialists in Group Work	ALASGW	6.00
<input type="checkbox"/> 9. Alabama Association for Spiritual, Ethical, and Religious Values in Counseling	ALASERVIC	6.00
<input type="checkbox"/> 10. Alabama Division of the American Rehabilitation Counseling Association	ALDARCA	4.00
<input type="checkbox"/> 11. Alabama Association for Marriage and Family Counseling	ALAMFC	10.00
<input type="checkbox"/> 12. Alabama Association for Addictions and Offenders Counseling	ALAAOC	5.00
<input type="checkbox"/> 13. Alabama Association for Adult Development and Aging	ALAADA	5.00
<b>Total Dues Enclosed</b>		

I certify that the applicant is not working full-time and is a full time student. \_\_\_\_\_  
 Signature of Professor Institution

Make check to ALCA and mail application to: Dr. Nancy Fox  
 (No Purchase Orders, please) ALCA  
 P. O. Box 131425  
 Birmingham, AL 35213-1425

OR

Card CVC2 Code \_\_\_\_\_

Type: \_\_\_\_\_ Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

I agree to adhere to the ethical codes of ACA and the National Divisions which govern ALCA and its Divisions. Copies of these statements are available upon request. I also grant permission for ALCA to release my name and other pertinent information as it deems appropriate.

Date: \_\_\_\_\_ Member's Signature: \_\_\_\_\_

## Conference General and Keynote Sessions

Wednesday, November 14, 2018, 10:00 A.M. ~ Noon  
"What's in Your Toolbox?"  
Jeff Yalden

Thursday, November 15, 2018, 8:30 A.M. ~ 10:15 A.M.  
"Privileged Equity: The Power Behind Culturally Biased Barriers"  
S. Kent Butler, Jr.

Friday, November 16, 2018, 8:30 A.M. ~ 10:00 A.M.  
"Called to LEAD"  
Renee A. Middleton

Presiding at all sessions: ALCA President Monica Mack

## Conference Events & Highlights

### AWARDS BREAKFAST

We will kick off the conference with the general awards breakfast on Wednesday morning. It will be sponsored by the Alabama Homebuilders Association. Join us to honor our volunteers, leaders and workers and those who have distinguished themselves during the past year.

### OPENING SESSION

Conference activities will begin on Wednesday morning with a full scale opening session and keynote speaker. You may pick up your name tag or use your registration confirmation.

### DINING OPPORTUNITIES

The Sheraton Birmingham and BJCC have worked to add dining options for the Conference Complex. Options now include:

Atrium Restaurant - Breakfast and Dinner

La Tazza - Coffee shop (open from 6:30 am - 11:30 am)

Texas de Brazil - Dinner only

OCTANE at the Westin - Coffee Shop (open from 6:00 am - 11:00 pm)

Todd English P.U.B - (Located in the Westin) Breakfast, Lunch, and Dinner

Casey's Sports Bar - Lunch and Dinner

Bottle & Bone - Lunch and Dinner

The South Kitchen & Bar - Brunch, Lunch, and Dinner

Mugshots Grill & Bar - Lunch and Dinner

Cantina Lorenda - Lunch and Dinner

### PARKING

Valet Parking is available at the Sheraton Birmingham for \$22 per night. Valet for Day Parking is \$14.00. Self-parking in the parking deck is available for \$12 per night. For self-parking, please obtain a hang tag from the front desk at check-in.

### Professional Development Hours for ALCA Conference



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 2018 ALCA Annual Conference is as follows: The Professional Development Clock Hours Request Form will be included in the 2018 ALCA Annual Conference Program Book. 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, 2019. Certificates for Annual Conference attendance will be mailed no later than March 31, 2019. Requests submitted after January 31, 2019, will cost \$10.00. Replacement certificates will cost \$10.00.

You must be registered for the conference to claim NBCC hours credit. NBCC hours will not be issued until check clears bank. You may earn as many as 14 clock hours for the total conference. Presenters may not receive NBCC hours credit for their own presentations.

**CERTIFICATES OF ATTENDANCE ONLY MAY BE OBTAINED FROM THE ALCA OFFICE.**

## The Alabama Counseling Association

President ..... Dr Monica Mack  
President-Elect and Program Chairperson..... Leslie Weaver-Martin  
Annual Conference Co-Chairs..... Dr Necoal Driver, Dr Starrah Huffman, Jacques Austin  
Ads/Exhibits Chair ..... Jerri Lynn Morrow  
ALCA Executive Director ..... Dr Nancy Fox

## ADVANCED REGISTRATION

Complete the Advanced Registration Form and mail (with your separate check or credit card information) by November 1, 2018. A registration confirmation will be sent. PAYMENT RECEIPTS WILL BE MAILED 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, call the ALCA office at 205-423-5989, 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 November 1, 2018. 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 sign 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, 2018, register on-site. Do not mail your registration or submit it online.

## A WORD TO OUR 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!

## REGISTRATION MATERIALS 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 13	3:00 P.M. - 5:00 P.M.
	Wednesday, November 14	7:30 A.M. - 4:00 P.M.
	Thursday, November 15	7:30 A.M. - 3:00 P.M.

## EXHIBITS

Exhibits will be located in the Sheraton Birmingham Ballroom. 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 14	Thursday, November 15
	8:45 A.M. - 5:00 P.M.	8:00 A.M. - 4:00 P.M.

## DIVISION BREAKFASTS/LUNCHEONS

Any division breakfast/luncheon information will be mailed directly to the division members.

## NAME TAGS/ADMISSION TICKET

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 without the badge.

## A NOTE TO OUR COLLEAGUES WITH DISABILITIES

Please notify Mr. Andrew Sparks (256.441.2100) or Dr. Nancy Fox (205.423.5989) as early as possible but no later than November 1 if you or someone you know needs assistance in applying for this conference or needs assistance in attending and understanding the sessions, speeches and other activities. ALCA needs adequate advance notice in order to facilitate accommodations.

## 2018 ANNUAL CONFERENCE IN BRIEF (Subject to Change Without Notice)

### Tuesday, November 13, 2018

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

### Wednesday, November 14, 2018

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

### Thursday, November 15, 2018

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

### Friday, November 16, 2018

8:30-10:15 am BUSINESS & GENERAL SESSION  
Keynote: Renee A. Middleton  
10:30-11:45 am CONTENT SESSIONS

### Content Sessions

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

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

#### **Wednesday, November 14, 2018 - 3:15-4:30 pm**

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



#### **Thursday, November 15, 2018 - 10:30-11:45 am**

1. Difficult Dialogues on Race, Ethnicity, and Culture: Moving Past the Forbidden!
2. Are We Next? Trauma Informed Schools Part 1- Prevention and Mitigation
3. Exploring Substance Abuse and Suicide: Shared Protective and Risk Factors
4. Healthy Social Media Behaviors and Boundaries: Implications for School Counselors, Administrators, Students, and Parents
5. The Perils of the Reintegration of Incarcerated African American Males
6. Postvention: Healing After Suicide
7. Using Chi Sigma Iota to Promote Career Development of Graduate Students
8. So You Want to Be A Presenter? Consider These Tips!
9. Everyone Needs a Bigger Toolbox
10. I'm a School Counselor and LPC. What Hat Do I Wear Today?
11. Reflective Supervision: Does It Have a Place in Clinical Supervision?
12. Do as I Say and Not as I Do: Self-Care and Stress Management for Mental Health Professionals
13. Multicultural Counseling: Helping Clinicians Work with Diverse Populations
14. Considerations on Therapists' Competence in Evaluating Couples Plagued by (Cyber) Sex Addiction
15. Response to Instruction or Relationships to Improvement? The School Counselor's Role in RTI

#### **Thursday, November 15, 2018 - 1:30-2:45 pm**

1. Are We Next? Trauma Informed Schools Part 2 - Response and Recovery
2. CollegeCovered: The Newest College Planning Resource
3. The Importance of a Mindful Lifestyle
4. Professional and Ethical Responsibility in Private Practice
5. How to be Successful in Graduate Education - Considering Doctoral and Master Degree Programs in Counselor Education
6. "No Boring Board Games!" Modifying Board Games for Therapy with Children
7. Codependency and the Impact on Family Systems
8. Ethical Considerations with The Use of Technology with Clients. How Counselors Can Incorporate Technology Into Their Practice
9. Combining Play Therapy and Bibliotherapy for School Related Issues
10. Counseling and Counselor Education in Cape Coast, Ghana: An Engagement Initiative
11. Communication Skills - Keys to Improving Any Relationship (Couples, Family & School)
12. Counseling African Americans: Culturally Adaptive CBT and CRT
13. Parent /Teacher Training for Children with Emotional and Behavioral Problems
14. Affirmations & Vision Boards: A Synergistic Intervention for Building Client Self-Efficacy

#### **Thursday, November 15, 2018 - 3:00-4:15 pm**

1. Practical Treatment of Anxiety and Depression Syndromes
2. Hospital to School: Creating a Successful Transition
3. Understanding the Criminal Mind
4. University and Elementary School Counselors' Partnerships to Ensure Student Success
5. The Use of Virtual Avatar Laboratory Technology to Enhance Group Supervision and Teaching
6. ACT Updates: Resources for College and Career Success
7. Navigating & Facilitating TeleMental Health Counseling
8. It's not your TRAUMA, But It's YOUR Trauma - A Guide for Secondary Trauma Exposure
9. Child Abuse Mandated Reporting: Recognition and Ethics for School & Clinical Practice
10. Integration of Person and Profession with Codes of Ethics
11. Student Anxiety and the School Counselor
12. Mindfulness Multiplied: Practical Techniques to Use in Individual, Couples, & Family Therapy
13. The Alabama School Counseling Program of Distinction Award: What Is It and How Do I Apply?
14. De-Escalation as a Means of Empowerment
15. Integrated Care in the Rehabilitation Setting

#### **Thursday, November 15, 2018 - 4:30-5:45 pm**

1. Best Practices for FAFSA Success
2. Ethical Considerations of Compassion Fatigue: A Look at Counselor Wellness
3. Art in Counseling
4. Developmentally Appropriate Support of Pre-K Children in Alabama Schools
5. Play Therapy Group Activities for School and Private Practice
6. University and Secondary School Counselors' Partnerships to Ensure Student Success
7. Difficult Adults: Moving from Tension to Teamwork with Our Clients' Caregivers
8. Self-Care: The Practice and Implementation for Clinicians, Supervisors, Clients, Counselor Educators and Students
9. Infant and Early Childhood Mental Health: How Best Practice is Influencing Policy in Alabama
10. Yes, But: Effective strategies for Resistant Clients
11. A 10 Step Guide to Building a Private Practice
12. I Am Enough: The Power of Culturally Relevant Text
13. The Forgotten Approach to Healing: Long Term Psychodynamic Psychotherapeutic Care
14. Honor Walk: A Treatment Modality for Trauma
15. The First Three Years: Perspectives of Emerging Mental Health Professionals in Community Mental Health

#### **Friday, November 16, 2018 - 10:30-11:45 am**

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

Alabama Counseling Association  
P O Box 131425  
Birmingham, AL 35213-1425

RETURN SERVICE REQUESTED



## Celebrating Counselors

**LEADERSHIP • ADVOCACY  
COLLABORATION • COMMITMENT**

Please Note:

This is the Annual Conference Advanced Registration Form and Information.



## Celebrating Counselors

**LEADERSHIP • ADVOCACY  
COLLABORATION • COMMITMENT**

52nd Annual Conference  
November 14-16, 2018 Sheraton Birmingham (Civic Center) Hotel, BJCC, and The Forum

You are cordially invited to attend the 52nd Annual Alabama Counseling Association Conference to be held at the Sheraton Hotel / Medical Forum / BJCC. The Conference once again promises to be an outstanding event with opportunities for you to hear noted national speakers, attend workshop content sessions presented by your peers and enjoy the renewal of friendships and the making of new ones. Mark November 14-16 on your calendar, send in your registration early, and join the 1200 counselors expected to attend this rewarding event.