

# ROACA SPRING FORUM



## Program At-A-Glance

- 8:30a-9:00a Breakfast & Registration
- 9:00a-9:10a Welcome Greeting
- 9:10a-11:10a Keynote Speaker
- 11:15a-11:45a Lunch Provided
- 12:00p-1:00p Breakout Session 1
- 1:00p-1:10p BREAK
- 1:10p-2:10p Breakout Session 2
- 2:15p-3:15p Counselor Self-Care
- 3:15p-3:30p WRAP-UP

**Please bring diapers or baby wipes to participate in our service project to support**



Roanoke College  
221 College Lane  
Salem, VA 24153

Friday, April 20, 2018  
8:30 am – 3:30 pm  
Roanoke College Colket Center

## *Keynote Speaker ~ Dr. Kevin Doyle, Longwood University*

“How Counselors Can Respond to the Opioid Crisis” (2 NBCC Contact Hours/1 Ethics)

Presentation will include an overview of the current opioid crisis in the United States, review how counselors can respond in both their personal and professional lives, outline the diagnostic criteria for an opioid use disorder, and discuss treatment options for this with an opioid use (or other substance use) disorder.

## *Breakout Sessions*

Linda Grubba *“Incorporating Play into Your School Counseling Program and Becoming a School Based Registered Play Therapist”* (2 NBCC Contact Hours)

School counselors are well aware that play is the language of children. Are you using play in your school? If not, would you like to learn more about incorporating play into your program? The presenter has over twenty years of experience using play in the public school setting. She has recently become the first school based registered play therapist in Virginia. Participants in this session will have an introduction to creating an effective play environment in a school setting, garnering support from administration, teachers and parents. In addition, they will develop an understanding of the process of becoming a SB-RPT through the Association for Play Therapy. With the increasing number of children identified with mental health concerns there is no better time for school counselors to step up and provide needed support.

Jenna Haynes *“Motivational Interviewing”* (2 NBCC Contact Hours)

Motivational Interviewing (MI) is a counseling method that assists individuals in exploring ambivalence. During this session, the presenter will identify basic principles of MI, techniques used in MI, and demonstrate how these principles and techniques are utilized in MI.

Angie Anderson *“Counselor Self-Care”* (1 NBCC Contact Hour in Ethics)

Participants will explore diverse mindfulness strategies that could be utilized to enhance professional and personal development as counselors. In the helping profession, we commonly take care of others at the expense of taking care of ourselves. Through this one hour session, we learn that we do not have to set ourselves on fire to keep others warm. It is imperative to put on our own oxygen mask first in order to properly and ethically serve others in the professional field of counseling.

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**Complaint policy:** If you have a complaint or dispute regarding this event, please write a letter and include the following: Name, address, telephone number, email, name of event, date, location of event, complaint, and desired resolution to 4542 Blue Ridge Blvd, Blue Ridge VA 24064 or email to [serenitycounselingcenter@verizon.net](mailto:serenitycounselingcenter@verizon.net). You will receive a reply in 30 days from submitted date.

**Cancellation Policy:** To receive a full refund, minus a \$10 admin fee, registrants must cancel at least 7 days prior to the start of the workshop. Submit cancellations/refund requests to: 4542 Blue Ridge Blvd, Blue Ridge VA, 24064 or email [serenitycounselingcenter@verizon.net](mailto:serenitycounselingcenter@verizon.net).

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