James Madison University’s 19th Annual
Summer Institute in Counseling

Summer 2015
“Building Competence and Resilience”

The 19th Annual Summer Institute in Counseling at James Madison University invites school counselors, clinical mental health counselors, and other mental health practitioners to join us for a series of workshops designed to enhance professional practice. This year’s workshop offerings include:

When Children and Teens “Clam Up” in Counseling:
Expressive and Creative Interventions
Friday June 19
Lennie Echterling, Ph.D., & Anne Stewart, Ph.D.
Miller Hall G004

For a variety of complex reasons, children and teens often “clam up” in counseling. The purpose of this one-day workshop is to help counselors to recognize the factors that inhibit verbalization and to use expressive techniques that deepen and enrich the positive impact of counseling.

Learning Objectives
As a result of engaging in this workshop, participants will be able to:
   1. Describe an integrated model of attachment and resilience for inviting children and teens to engage productively in the counseling process;
   2. Summarize the developmental, systemic, and situational factors that influence the ability to verbalize one’s experiences, thoughts, and emotions; and
   3. Use a variety of expressive and creative interventions to meaningfully involve clients who may “clam up” in counseling.

Anne Stewart is a Professor in the Department of Graduate Psychology at James Madison University, and has a private practice working with children, adults and families. She is president of the Virginia Association for Play Therapy and is the co-editor of “Play Therapy: A Comprehensive Guide to Theory and Practice.”

♦ = sessions covering at least two hours of ethical or legal practices
Lennis Echterling is a Professor of Counseling at James Madison University. He has more than 30 years of experience in promoting the resilience of crisis, trauma, and disaster survivors. He is the author of several books, including the recently published third edition of “Thriving! A Manual for Students in the Helping Professions.”

**Hypnosis I: Introduction to Hypnosis and Relaxation Techniques**  
Monday June 22  
Kent Massie, Ed.S., LPC  
Miller Hall G007

This session is capped at 8 participants. Please register early if you are interested in attending!

This workshop is an introduction to the use of relaxation and hypnotic techniques in clinical settings. Interventions related to deep focus and relaxation can be beneficial for counselors working with clients regarding anxiety, distraction, and related-concerns. This session will provide an overview and foundation for counselors who have not had formal training in clinical hypnosis.

**Learning Objectives**
As a result of engaging in this workshop, participants will be able to:
1. Use the relaxation response to mediate emotional arousal;
2. Use guided imagery; and
3. Induce hypnosis in appropriate clinical settings.

Kent Massie is a Licensed Professional Counselor and an Approved Consultant (by the American Society of Clinical Hypnosis) in clinical hypnosis. He is an adjunct faculty member at JMU and has a private practice in Lexington.

**Nature-Deficit and Vitamin N: Counselors and the Connection to Nature**  
Friday, June 26  
Debbie Sturm, Ph.D., LPC & Renee Staton, Ph.D., LPC  
Shenandoah Hall Multipurpose Room

This workshop explores the benefits of time spent in nature to mental health and the negative health and emotional effects of being disconnected to the natural world. We will

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examine Nature Deficit Disorder and the impact of our growing relationship with technology. Participants will be equipped with a toolbox of ideas to practically engage in prescribing “Vitamin N” to their clients. This is beneficial for those in schools as well as clinical mental health counseling settings.

**Learning Objectives**
As a result of engaging in this workshop, participants will be able to:

1. Effectively explain to children and adults the importance of involvement with nature as related to mental health and wellness;
2. Assess clients’ needs and readiness for nature-based involvement in counseling; and
3. Identify appropriate nature-based interventions for children and adolescents.

Debbie Sturm is an Assistant Professor in the Department of Graduate Psychology at James Madison University. She is a member of the JMU Arboretum Collaborative and has presented on the effects of involvement in nature on well-being. She has experience with trauma, community violence, and has a strong interest in social class issues. Renee Staton, Ph.D., LPC, is a Professor in the JMU Department of Graduate Psychology and former president of the Virginia Counselors Association and the Virginia Association for Counselor Education and Supervision. She is the lead author of “Becoming a Community Counselor: Personal and Professional Explorations.”

- **Hypnosis II: Treating Anxiety Disorders with Hypnosis**
  Monday July 6 and Tuesday July 7  
  Kent Massie, Ed.S., LPC  
  Miller Hall G007

This session is capped at 8 participants. Please register early if you are interested in attending!

This 2-day workshop introduces participants to the use of hypnosis in the treatment of anxiety disorders. According to the National Institute of Mental Health (2015), anxiety disorders are among the most common mental disorders experienced by people in the U.S. Clinical hypnosis, as well as interventions such as cognitive-behavioral therapy and medication, may be particularly helpful in soothing anxiety. This session will build on counselors’ existing skills and training to offer specific strategies for working with clients. Prerequisite – Completion of **Hypnosis I: Introduction to Hypnosis and Relaxation Techniques** (or its equivalent)

**Learning Objectives**
As a result of engaging in this workshop, participants will be able to:

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1. Evaluate clients diagnosed with anxiety disorders to determine the usefulness of hypnosis in treatment;
2. Create hypnotic inductions appropriate for successful treatment;
3. Implement hypnosis-based treatment plans; and
4. Evaluate the efficacy of the treatment protocol.

Kent Massie is a Licensed Professional Counselor and an Approved Consultant (by the American Society of Clinical Hypnosis) in clinical hypnosis. He is an adjunct faculty member at JMU and has a private practice in Lexington.

Enhancing Coping Skills to Alleviate Stress and Anxiety
Friday July 10
Aimee Brickner, Ed.S., Jamie Rice, M.Ed., NCC., David Ford, Ph.D., LPC
Miller Hall G004

Anxiety is one of the most prevalent mental health diagnoses in both school and clinical settings. Therefore, it is imperative that school and clinical mental health professionals understand the various ways of how anxiety presents itself and appropriate interventions. This workshop will begin with a focus on assessment and intervention for anxiety-related concerns. The presenters will address school and clinical populations, offering suggestions from recent research and opportunities for practice. Additionally, ethical implications will be introduced throughout the day in regard to learning competencies regarding trauma/anxiety and interventions as well as self-care for mental health professionals.

Morning Learning Objectives
As a result of engaging in this workshop, participants will be able to:
1. Understand the physiological and psychological effects of anxiety;
2. Discuss the role of trauma in anxiety and issues with diagnosis;
3. Learn and practice assessment tools and interventions for children in school and clinical settings; and
4. Learn and practice assessment tools and interventions for adults.

Then, after lunch, this session will emphasize counselor self care, with the assumption that counselors who themselves are able to effectively manage stress are best equipped to help their clients.

Afternoon Learning Objectives
As a result of engaging in this workshop, participants will be able to:
1. Explore the importance of self-care, including nutrition, with regard to stress levels;

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2. Learn tools to manage our own stress and anxiety levels, including the Lazarus model of progressive muscle relaxation; and
3. Develop tools, including guided imagery scripts, to use with clients, students, and supervisees regarding stress, anxiety, and mood.

The presenters for the morning session are Aimee Brickner, Ed.S., and Jamie Rice, M.Ed. Aimee is a counselor and counseling supervisor at Compass Youth and Family Services. She specializes in youth and family wellness. Jamie Rice is a school counselor for Pendleton County Schools and counseling supervisor for James Madison University. She specializes in working with children and adults in crisis. The presenter for the afternoon session is David Ford, Ph.D., LPC. David is a faculty member in the Counseling Programs at James Madison University, specializing in the mental health and development of young adults.

Registration is available here: https://commerce.cashnet.com/JMUSIC

Registration will close Friday June 19. A registration fee refund will only be granted if a written request is received by Monday June 15. Please check the JMU Summer Institute website for additional information: https://jmusummerinstitute.wordpress.com

Workshop fees are:
$90 for 1-day workshops
$160 for 2-day workshop

VCA members receive a 10% discount on workshop fees.
The student workshop fee for non-JMU students is a flat rate of $50.00 per day.
The student workshop fee for JMU students is $25.00 per day. A JMU ID number is required.

The Counseling Program of James Madison University is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. All Summer Institute workshops offer 6 hours of continuing education per day.

The JMU Counseling Programs are fully committed to conducting all activities in strict conformance with the ethical principles of the ACA and NBCC. We comply with all

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legal and ethical responsibilities to be non-discriminatory in promotional activities, program content, and in the treatment of program participants. We work to assure fair treatment for all participants and prevent potential problems, but if there are issues that require intervention or action on the part of the continuing education administrator, the following steps are guidelines for handling such grievances.

All Summer Institute presenters are encouraged to immediately resolve grievance issues to the satisfaction of the participant. If needed, staff may consult with the administrator (Renee Staton, statonar@jmu.edu) or other counseling faculty members.

The administrator will evaluate all grievances and take any necessary corrective action, which may include:
1 specifically correcting the grievance to the person’s satisfaction or
2 provide a partial or full refund of the course fee, and
3 notify the NBCC of the concern and outcome, as well as of subsequent changes to content and/or policy.

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