



VASGW

The Virginia Association
for Specialists in Group Work

Group-a-Rama March 31, 2017



Ernst Community Cultural Center
8333 Little River Turnpike
Annandale, VA 22003

8:00-8:45am Check-In, Breakfast & Coffee, Visit with Vendors, Raffle Tickets for Sale
8:45-8:55am Opening Remarks
8:55-9:55am Keynote Speaker: **Andres Gonzalez, Holistic Life Foundation**

Breathing Life into Communities

Andres Gonzalez has been the Co-Founder and Marketing Director for the Holistic Life Foundation, Inc. in Baltimore, MD since 2001. For fifteen years, Andres has taught yoga to a diverse population, including Baltimore City Public School students, drug treatment centers, mental crisis facilities, homeless shelters, wellness centers, colleges, private schools and other various venues throughout the nation and throughout the world. He has partnered with John Hopkins Bloomberg School of Health and the Penn State's Prevention Research Center on a Stress and Relaxation Study and is a published author in the Journal of Children's Services. His work with the Holistic Life Foundation has been featured on *Making a Difference* on the *NBC Nightly News* as well as *Mindful Magazine*, *Yoga Journal*, *Shambala Sun*, and many other publications. He maintains a B.S. in Marketing from University of Maryland, College Park and an MBA from the University of Maryland, University College

10:05-11:05am Session A

A-1 Social/Emotional Learning, Mindfulness, and Yoga – An Integrated Approach

Presenter: Erin Hurley, School Counselor FCPS, Kerry Wekelo, Founder Zendaway Cubes, Yoga Instructor

Intended Audience: ES, MS, Private Practice, General Population

Summary: Participants will learn the core components of Social/Emotional Learning, Mindfulness, and Yoga and how they are interrelated. We will share hands on counseling strategies that promote the development of executive functioning skills that support students' ability to regulate their emotions. Participants will acquire a variety of mindfulness and yoga activities that can be used during classroom guidance lessons and small group counseling. An example of a small group that incorporates a physical yoga practice will be included.

A-2 How to Engage the Adolescent

Presenter: Lindsay Howard and Devra Gordon, MSW, Dominion Hospital

Intended Audience: MS, HS, Graduate Students, Private Practice

Summary: Engaging adolescents can be challenging! How do we help them to feel safe and accepted? How can we challenge their resistance while honoring their need for independence? This workshop will explore ways to creatively and actively invite the adolescent client into group work, using techniques drawn from dance/movement therapy and social work practice. Together, we will participate in expressive and interactive 'exercises' designed to attract these adolescent clients, while at the same time, creating a sense of safety, support and acceptance.

A-3 Group Counseling Techniques Addressing Substance Abuse

Presenters: Diona Emmanuel, MPH, MA, NCC and Olivia Bentley, MA, NCC, Doctoral Students

Intended Audience: General Population, Private Practice, Graduate Students

Summary: Substance abuse and addiction are significant mental health and public health problems that lead to negative long-term consequences associated with physical health, mental health, and academic outcomes. The presenters will provide some background information about substance abuse including risk factors, protective factors, and consequences. Various group counseling approaches and techniques will be reviewed and practiced with participants including the transtheoretical model, motivational interviewing, cognitive behavioral therapy, dialectical behavioral therapy, expressive arts, and mindfulness.

A-4 Peer Process Social Skills Groups

Presenter: Christopher T. Haley, PsyD, Clinical Psychologist

Intended Audience: ES, MS, HS, Private Practice, Graduate Students

Summary: One of the greatest predictors of success in one's life is the ability to connect with others. Since 1999, Dr. Haley has been facilitating groups to teach these essential social skills to the children, adolescents, and adults of our community. However, rather than use the time-limited, structured approach that most professionals implement, Dr. Haley has developed a new and innovative way to foster social success. His approach, entitled Peer Process Social Skills Groups, encouraged natural, flowing communication and interactions among group members – as opposed to the scripted and unnatural role-playing exercises of the structured approach. In this dynamic and interactive workshop, Dr. Haley will teach participants how to facilitate Peer Process Social Skills Groups in both academic and clinical settings.

11:10am-12:10pm Session B

B-1 Superflex vs. Unwonderer and the One Sided Sid

Presenters: Larisa Perez deGraffenreid, LCSW, Director of Groups, Family Compass

Intended Audience: ES, Private Practice, Graduate Students

Summary: In this session we will explore how to reinforce social curiosity, joint attention, and perspective taking through utilizing the Social Thinking Superflex structure and play. We will review many of the games you likely already know, plus hopefully learn a few more games and activities all used to reinforce joint attention, joint intention, social curiosity, and more.

B-2 Empowering our Latinas: Group Counseling with Hispanic Girls

Presenters: Tonya Lathom, School Counselor, Cynthia Coogan, School Counselor and Mary Gonzalez, Parent Liaison

Intended Audience: MS, HS

Summary: High School is an important time of transition, but also a critical time to meet the academic, personal, and social-emotional needs of our students. For those students who enter not speaking English, it can be an even more daunting process. In this training, we will share the evolution of our group for Hispanic Girls in the ESOL levels 1-4 and how we have strived to meet their unique needs and support them through bi-monthly group meetings and an open door policy.

B-3 Good Grief Clubs, a Model for Grief Support in Schools

Presenter: Allison Stearns, MS, MPH, LCPC and Gilly Cannon, Director of Children's Bereavement Services, Hospice Caring, Inc.

Intended Audience: ES, MS, HS

Summary: This workshop will address how children understand death at various ages and developmental stages, how to support a grieving child, how to distinguish "normal" from complicated grief, and it will touch on the continuum of service options. The workshop will also provide a detailed overview of Hospice Caring, Inc's evidence-based and award winning program model. The Good Grief Club, a school-based primary prevention support group for grieving children of all ages that is facilitated by trained volunteers along with school counselors.

B-4 The Good Egg Group

Presenter: Sharon Steifel, School Counselor, Stafford County Schools

Intended Audience: ES, Private Practice

Summary: A group for students who struggle with believing that they or others are "good eggs" even if they are "slightly cracked". Using information about eggs and egg analogies, students will acquire an acceptance of themselves and others.

12:10-1:05pm Lunch, VASGW Business Meeting, Raffle, and Visit with Vendors

1:10-2:10pm Session C

C-1 Sunshine Circles Groups

Presenter: Marcie Cohen, MSW, LCSW (VA), LCSW-C (MD), Social Worker, Fairfax County Public Schools

Intended Audience: ES, General Population, Private Practice, Graduate Students

Summary: Sunshine Circles, created by the Theraplay Institute, are groups which foster social-emotional development at school. They are adult directed and structured. The goals of these groups encourage students and teachers to have fun, build friendships, practice good social skills, and can help facilitate a welcoming classroom community. These groups help all students build healthy self-esteem, social skills, and friendships. The Three Rules of Sunshine Circles are: No hurts; Stick together; Have fun! This presentation will briefly give some background about Theraplay and Sunshine Circles but will also have participants engage in several Sunshine Circle group activities.

C-2 Lessons in Adaptation/ESOL Students recently arrived in the U.S.

Presenters: Magaly Rivas Wyatt, Graduate Student, GMU and Kris Griswold, School Counselor, Fairfax County Public Schools

Intended Audience: ES, MS, HS, Graduate Students, Private Practice

Summary: This small group addresses students who are new to the U.S. education system. Through a combination of art, discussion and storytelling, students are encouraged to embrace

the challenges of assimilation while also retaining appreciation for their language and culture of origin. The end goals of the group are stronger peer relationships and a more secure connection to school.

C-3 “It’s a Bug’s Life” Using the Movie to Teach Growth Mindset

Presenters: Ellen Bowditch, Mary Armstrong, and Teresa Chapman, School Counselors, Fairfax County Public Schools

Intended Audience: ES, Graduate Students, Private Practice

Summary: The support group lessons are divided into the steps of Growth Mindset using clips from “It’s a Bug’s Life”. The lessons include: Embrace Challenges and Persist in the Face of Setbacks, See Effort as the Path to Mastery, Learn from Constructive Criticism, Find Lessons and Inspiration in the Success of Others, and Review Growth Mindset/Celebration.

2:15-3:15pm

Session D

D-1 Reading, Writing, and Resilience: Using Stories and Writing to Learn and Practice Skills that Build Resilience!

Presenter: Elizabeth Mertens, Professional School Counselor

Audience: ES, Graduate Students

Summary: In today’s world, it is critical that students leave school armed with more than academic content—they must also learn “soft skills” like communication, cooperation, and coping with adversity. Incorporating children’s stories into group counseling sessions can be a fun, engaging way to explore these skills. Join us for an active session to learn how counselors can use children’s stories to help students explore ways to be persistent, regulate their emotions, and develop a strong sense of self in order to cultivate and enhance their resiliency. We will also explore different web-based tools and apps that counselors can use with students to write their own resilience stories!

D-2 Stress Reduction Techniques: Relax, Renew, Refresh – Simple Techniques that make a difference

Presenter: Cheryl Mirabella, Nutritional Health Coach and Wellness Educator

Intended Audience: ES, MS, HS, Graduate Students, Private Practice, General Audience

Summary: 85% of all disease is stress related, and is the biggest epidemic we face today. We all need to learn how to relax and this workshop will show you how. With the everyday stresses of trying to manage school, work and home life, you often compromise health and even forget how to relax. Science is beginning to understand how stress, diet, mood and immunity are interconnected and how they impact us every day. Together, we will learn new techniques to help manage your daily stress, leading to overall better health. We will explore and practice soft belly breathing, mindful meditation, guided imagery and much more!

D-3 What’s the Big Deal About Brain Skills?

Presenters: Maureen Loftus, Executive Director, LearningRx

Intended Audience: ES, MS, Graduate Students, Private Practice

Summary: Have you noticed that your students have different learning styles? Some students may be labeled as a visual, auditory or kinesthetic learner. As counselors or teachers, it helps to know how to identify a student’s learning style. This will explain why they perform and behave in

certain ways both in the classroom and general school environment. Peel back the label and understand what may be causing your students to avoid certain kinds of work and gravitate toward others. In this presentation, Maureen Loftus will present the cognitive learning model. You will learn how to survey your student's skills using the Learning Skills Rating Scale. By understanding the student's learning strengths, you can help to develop successful learning strategies. But, by understanding their weaknesses, you can unlock learning potential.

D-4 Art for Groups: Activities to Incorporate Art in Groups

Presenter: Holly Janson, School Counselor

Intended Audience: ES, MS, HS, Graduate Students, Private Practice

Summary: Are you interested in learning easy activities to apply art in group lessons? If so, please join this session for a hands-on workshop showing examples of how you can incorporate simple art activities into group lessons that students will love. It doesn't take a lot of preplanning, just the motivation to do something different and creative for everyone. Art can change your life, so let it!

3:15-3:30pm Drop Off Evaluations to Receive a Confirmation of Attendance

***Participants will receive a certificate of participation for 5 hours.**

Ernst Community Cultural Center

8333 Little River Turnpike • Annandale, VA 22003

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www.ernstculturalcenter.com

PARKING at NOVA Annandale: VASGW **FREE** parking is available in Parking Lot B12, B13, & B14.

DIRECTIONS to NOVA Annandale AND AREA INFORMATION:

FROM THE BELTWAY (495): Take 236 West (Little River Turnpike). Turn left at Wakefield Chapel Road. Turn left into the large parking lot behind the college (it is the third left turn).

FROM WEST ON 236: Right turn at the light at Wakefield Chapel Road. Turn left into the large parking lot behind the college (it is the third left turn).

FROM BRADDOCK ROAD: Turn right onto Wakefield Chapel Road. Drive 1.3 miles and turn right into the second entrance of the NOVA Community College parking lot.

Information for the On-Line Registration:

Name:

Email:

Current Work Setting:

Session A Choice:

Session B Choice:

Session C Choice:

Session D Choice:

Cost:

VASGW Members: \$70

Non-VASGW Members: \$85

Graduate Students: \$55 (please note which school)

Retired Counselors: \$55

Breakfast: Pastries, fruit, juice, coffee, and water

Lunch: Firehouse Sub, Chips, Soda/water, and Cookie

Please choose one:

Turkey

Ham

Tuna

Veggie

If you have any dietary restrictions and need to discuss alternative options, please contact Kris Griswold at kpgriswold@fcps.edu