



VASGW

The Virginia Association
for Specialists in Group Work

Group-a-Rama March 31, 2017

UNIVERSITY OF VIRGINIA
Curry School of Education
417 Emmet Street South, Charlottesville, VA 22903
Bavaro Hall

8:00-8:45am Check-In, Breakfast & Coffee
8:45-8:55am Opening Remarks
8:55-9:00am Connect Webcast System
9:00-10:00am Keynote Speaker: **Andres Gonzalez, Holistic Life Foundation (WEBCAST)**

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 P.O.W.E.R.: A Group Intervention for Young Men of Color

Presenter: Antoinette Thomas, PhD Associate Professor, Counselor Education, Clinical and School Psychology, UVA; Lora Henderson, doctoral student in Clinical and School Psychology; Devante Cunningham, Master of Public Health

Audience: Secondary (MS/HS) School Counselors, General Population, Private Practitioners, Graduate Students

Summary: Recently in this country we have witnessed an increasing number of incidences of police victimization of African American males. Given the impact that exposure to these events as well as experiences of microaggressions can have on the emotional, behavioral, social, and academic adjustment of young men of color, we developed a small group intervention that

focuses on teaching participants how to survive and thrive as young men of color despite the inequalities and injustices that exists in society. Facilitators helped participants find ways to cope with racial stress and trauma while acknowledging their experiences and affirming their strengths.

During the presentation we will share the 10 week curriculum we developed: Promoting Our Worth, Esteem, and Respect (P.O.W.E.R.) that can be modified for use with different age groups and in a variety of settings. We will also provide information about specific techniques used as well as our successes, challenges, and other lessons learned while implementing P.O.W.E.R.

A-2 You're Not in Middle School Anymore!

Presenters: Lindsey Collins and Kimberly Turnage, Professional School Counselors

Audience: MS, HS, Graduate Students

Summary: Transitioning from Middle School to High School can be difficult for many reasons. When students are worrying about the newest pimple on their face to whether or not they will fit in; this is where our group work helps students refocus on what matters. The lessons help the newest students on the block overcome their fears for the changes in academic rigor, personal and social relationships (aka hormones) and figuring out why students should take woodshop.

A-3 WEBCAST: 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.

11:10am-12:10pm Session B

B-1 A Spirited Contending: Developing Critical and Moral Thinking With the Use of African Dilemma Tales Within the Group Setting.

Audience: General Population

Presenter: Les Schaffer, retired as a Licensed Professional Counselor and Clinical Supervisor

Summary: Dilemma tales are found throughout the world and are used to spark conversation and develop critical, moral and ethical thinking skills. A Dilemma tale takes the form of a story whose ending is either open to debate or morally ambiguous. This open ended ambiguity allows the audience to comment, speculate and debate the correct solution to the problem posed in the story. Though Dilemma tales exist throughout the world, African culture, in particular, abounds with such tale, where they represent a key component in the education of children. Use of these stories in group, individual, and classroom settings encourages animated discussion and invites children and adolescents to think about right and wrong behaviors, and about how to appropriately live in society. While events in the stories might be fantastic or supernatural, the underlying message is always relevant to the problems of life.

In this workshop, participants will learn how to access, tell and use dilemma stories in a variety of

settings and situations. We will demonstrate how young people can learn to disagree safely and respectfully. Instruction will be experiential, participatory, practical and fun.

B-2 DBT-Informed Skills Psychoeducational Group for Adolescent Complex Trauma Survivors

Presenter: Josephine Olson, MA, LPC, NCC, CCMHC, BCPC, DAPA, RPT

Audience: Private Practice, Graduate Students, General Population

Summary: According to the International Society for the Study of Trauma & Dissociation, a phase-orientated approach to treating complex trauma is recommended by leading trauma experts. Phase I of the 3 phase approach is creating safety, stabilization, and reduction of trauma related symptoms (Cloitre et al. 2012). Building resiliency, maintaining support systems that provide stability, incorporating coping skills to manage PTSD symptoms is crucial before the individual can withstand trauma processing (Phase II of ISSTF model) without the risk of retraumatization. Dialectical Behavioral Therapy (DBT) developed by Marsha Linehan, is designed to build resiliency and replace poor coping skills with healthy adaptable coping providing the adolescent complex trauma survivor the essential tools to process trauma. The presenter will share specific DBT skills group activities related to: Mindfulness (deep breathing, FLAME technique, & orientation to the 5 senses), Distress Tolerance (Radical Acceptance, relaxation, & visualization), Emotional Regulation (recognizing emotions, survival of fight, flight or freeze, opposite action, & Wise Mind), & Interpersonal Effectiveness (DBT skills techniques for making requests, expressing needs & setting appropriate boundaries: PLEASE MAN, GIVE, & I messages for handling conflicts) (McKat et al 2007).

B-3 WEBCAST: 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.

12:10-1:05pm **Lunch, Business Meeting, Networking**

1:10-2:10pm **Session C**

C-1 Empowering Minority Adolescent Clients to Express Emotion through Music in Group

Presenter: Dr. Felicia Pressley, LPC

Audience: MS, HS, Graduate Students

Summary: This program will enhance the knowledge and skill base for Counselors working with Minority populations. For students who share limited knowledge in sessions. This program will help students share their feelings in a non-traditional way in group and build cohesiveness.

C-2 Elementary (K-6) Idea Sharing Session

Presenters: Dr. Terri Mason, and Jamee Lyons, Professional School Counselors, Fairfax County Public Schools

Audience: ES, Graduate Students, Private Practice

Summary: Do you have an example of an effective and successful group you have run or lesson you have taught? Are you looking for more ideas to integrate into current groups and lessons?

This idea sharing session is a great way to stock your toolbox! Participants are asked to bring 20 copies of a group outline or classroom guidance lesson plan to share.

C-3 WEBCAST: “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 Roleplaying and Beyond: Inventing Fictional Worlds for Real World Problem-Solving

Presenter: Mecca Burns, RDT-BCT

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

Do you use roleplaying in your groups? Would you like to expand your toolbox of experiential techniques? When engaged in imaginative play, children tend to be relaxed, energized and curious. They proceed with a spirit of adventure to tackle problems and unravel mysteries. Participatory drama creates a fictional zone for practicing social skills and trying on new roles and behaviors.

D-2 Secondary (6-12) Idea Sharing Session

Presenters: Dr. Terri Mason, and Jamee Lyons, Professional School Counselors, Fairfax County Public Schools

Audience: MS, HS, Graduate Students, Private Practice

Summary: Do you have an example of an effective and successful group you have run or lesson you have taught? Are you looking for more ideas to integrate into current groups and lessons? This idea sharing session is a great way to stock your toolbox! Participants are asked to bring 20 copies of a group outline or classroom guidance lesson plan to share.

D-3 WEBCAST: 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!

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

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



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curry.virginia.edu/academics/areas-of-study/counselor-education

PARKING at Central Grounds Parking Garage (400 Emmet St S): VASGW will validate your parking at the registration.
<http://www.virginia.edu/parking/facilities/central.html>

DIRECTIONS to UVA CHARLOTTESVILLE AND AREA INFORMATION:

FROM I-64 W: Merge onto US-29 N via Exit 118B toward Charlottesville/Culpepper. Take the exit toward Fontaine Research Park/Charlottesville. Turn Right onto Fontaine Ave. Fontaine Ave becomes Jefferson Park Ave. Turn Left onto Emmet St. S. Central Grounds Parking Garage in on the Right.

FROM US-29 S: Exit 43 A toward Gainesville/Warrenton. US-29 S becomes N Seminole Trl. Stay straight to go onto US-29 S/N Seminole Trl. Continue to follow US-29S. Stray straight on to onto Emmet St N. Central Grounds Parking is on the Left.

FROM Central Grounds Parking Garage to the Conference site Bavaro Hall: Walk across the street. Bavaro Hall is on your immediate Left. The Registration, breakfast, the keynote speaker, and lunch will be at the Holloway Hall (Rm 116) on the first floor inside the building of Bavaro Hall.

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 alternatives, please contact: Kris Griwold at kpgriwold@fcps.edu