VCA 85th Anniversary:
Celebrating the Past, Preparing for the Future

November 5 - 7, 2015
The Homestead Resort & Spa
Greetings VCA Members and Convention Attendees!

On behalf of the Virginia Counselors Association, I would like to warmly welcome you to the 2015 VCA Convention at the Homestead Resort & Spa. We are so excited to have you join us in celebrating 85 years of VCA History. Hot Springs, VA, is the ideal location for this year’s theme, VCA 85th Anniversary: Celebrating the Past, Preparing for the Future. One can start the day out with some mindfulness or a soak in the Jefferson Pools while preparing for a day of professional growth, learning, and networking. We are so grateful to Adele Walker-Blue, Convention Coordinator, and her dynamic Convention planning committee who have put together an exciting and informative professional development program.

Our keynote speaker, Sherene McHenry, will help us prepare for the future in her address, Strengthen Families, Improve Relationships, and Increase Resilience from 10:30 – 11:30 am, followed by a book signing. She is also presenting a concurrent session on Triumph Over Tragedy on Thursday from 12:45 – 1:45 pm. Both are in the Grand Ballroom West.

On Saturday morning, we will offer a bonus keynote and Meet and Greet with Joseph Wharff, the new School Counseling Specialist at VDOE. He will be discussing School Counseling with 20/20 Vision from 8:30 – 9:30 am, in the Grand Ballroom West. Mr. Wharff will also be presenting a concurrent session on Thursday, School Counseling and Career Development with "The End in Mind" in the Empire room from 4:15 – 5:15 pm.

Take the time and look through our great convention program; find those workshops that will help you refresh, renew and revitalize your professional repertoire! Make new connections and/or reconnections with colleagues and friends. Please plan to enjoy the progressive receptions, Thursday evening, offered by various VCA Chapters and Divisions- this is a great chance to find out more about what VCA has to offer our membership. Talking to the leaders of the Chapters and Divisions will afford you the chance to find out about the missions of these groups and how they fit into VCA’s overall structure. Don’t forget to visit and welcome our newest Division, VA-ALGBTIC.

I look forward to seeing all the new and familiar faces this year at the Homestead Resort & Spa. I hope you will take advantage of the Spa discount and activities offered. Please stop me and any other VCA Board Member if you have questions or just want to say “Hi”. I look forward to seeing you all at the fun filled receptions!

Here’s to a GREAT 2015 VCA CONVENTION!

Warmly,

Hillary Press
VCA President 2015-2016
### Wednesday, November 4, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00 p.m.</td>
<td>Convention Registration</td>
<td>South Parlor</td>
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<tr>
<td>6:00 p.m.</td>
<td>Exhibitor Set-Up</td>
<td>Grand Ballroom East</td>
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### Thursday, November 5, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Continental Breakfast</td>
<td>Grand Ballroom East</td>
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<tr>
<td>7:30 a.m.</td>
<td>Convention Registration</td>
<td>South Parlor</td>
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<tr>
<td>7:30 a.m.</td>
<td>Silent Auction Items on Display</td>
<td>Garden Room</td>
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<tr>
<td>7:30 a.m.</td>
<td>Concurrent Session A</td>
<td>See Program Page 10</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>VCA Marketplace</td>
<td>Grand Ballroom East</td>
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<tr>
<td>8:30 a.m.</td>
<td>Concurrent Sessions I</td>
<td>See Program Pages 10-12</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>VCA Business Meeting &amp; Advocacy</td>
<td>Grand Ballroom West</td>
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<tr>
<td>10:30 a.m.</td>
<td>Keynote Speaker: Sherene McHenry</td>
<td>Grand Ballroom West</td>
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<tr>
<td>11:30 a.m.</td>
<td>Grab &amp; Go Boxed Lunch</td>
<td>Grand Ballroom East</td>
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<tr>
<td>11:30 a.m.</td>
<td>VCA Chapter &amp; Division Meetings/Networking</td>
<td>See Program Page 6</td>
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<tr>
<td>12:45 p.m.</td>
<td>Concurrent Sessions 2 - (1 Hour Sessions)</td>
<td>See Program Pages 13</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Concurrent Sessions 2 - (2 Hour Sessions)</td>
<td>See Program Pages 14-15</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Concurrent Sessions 3</td>
<td>See Program Pages 16-17</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Homestead Afternoon Tea &amp; Snacks</td>
<td>The Great Hall (Hotel Lobby)</td>
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<tr>
<td>4:15 p.m.</td>
<td>Concurrent Sessions 4</td>
<td>See Program Pages 18 - 20</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Opening Night Gala/VCA 85th Anniversary</td>
<td>Commonwealth Room</td>
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<tr>
<td>6:00 p.m.</td>
<td>Graduate Student Social</td>
<td>See Program Page 6</td>
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<tr>
<td>6:30 p.m.</td>
<td>VCA Chapter &amp; Division/President Receptions</td>
<td>See Program Pages 6-7</td>
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### Friday, November 6, 2015

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Convention Registration</td>
<td>South Parlor</td>
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<tr>
<td>7:30 a.m.</td>
<td>Continental Breakfast</td>
<td>Grand Ballroom East</td>
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<tr>
<td>7:30 a.m.</td>
<td>Silent Auction Items on display</td>
<td>Garden Room</td>
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<tr>
<td>7:30 a.m.</td>
<td>Concurrent Session B</td>
<td>See Program Page 20</td>
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<tr>
<td>8:00 a.m.</td>
<td>VCA Marketplace</td>
<td>Grand Ballroom East</td>
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<tr>
<td>8:30 a.m.</td>
<td>Concurrent Sessions 5 – (1 Hour Sessions)</td>
<td>See Program Page 21</td>
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<tr>
<td>8:30 a.m.</td>
<td>Concurrent Sessions 5 – (2 Hour Sessions)</td>
<td>See Program Pages 22-23</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Concurrent Sessions 6</td>
<td>See Program Page 25</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>VCA Awards Ceremony &amp; Luncheon</td>
<td>Grand Ballroom West</td>
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<tr>
<td>12:20 p.m.</td>
<td>Silent Auction Winners Announced</td>
<td>Grand Ballroom West</td>
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<tr>
<td>12:45 p.m.</td>
<td>Concurrent Sessions 7 – (1 Hour Sessions)</td>
<td>See Program Pages 26 - 28</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Concurrent Sessions 7 – (2 Hour Sessions)</td>
<td>See Program Pages 28-29</td>
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<tr>
<td>2:00 p.m.</td>
<td>Concurrent Sessions 8</td>
<td>See Program Pages 29-30</td>
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<tr>
<td>3:00 p.m.</td>
<td>Homestead Afternoon Tea &amp; Snacks</td>
<td>The Great Hall (Hotel Lobby)</td>
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<tr>
<td>4:15 p.m.</td>
<td>Concurrent Sessions 9</td>
<td>See Program Pages 30 - 32</td>
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### Saturday, November 7, 2015

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<tr>
<td>7:30 a.m.</td>
<td>Convention Registration</td>
<td>Grand Foyer</td>
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<tr>
<td>7:30 a.m.</td>
<td>Continental Breakfast/Meet Joseph Wharff</td>
<td>Grand Foyer</td>
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<tr>
<td>8:30 a.m.</td>
<td>Keynote Speaker: Joseph Wharff</td>
<td>Grand Ballroom West</td>
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<tr>
<td>9:45 a.m.</td>
<td>Meet Joseph Wharff</td>
<td>See Program Page 33</td>
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<tr>
<td>10:45 a.m.</td>
<td>Concurrent Session C</td>
<td>See Program Page 33</td>
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<tr>
<td>12:45 p.m.</td>
<td>Lunch Break (On Your Own)</td>
<td>See Program Page 34</td>
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GENERAL INFORMATION

Registration Desk Hours
On-site convention registration and check-in is located in the South Parlor. Volunteer staff will be able to assist pre-registered participants. VCA Staff will be able to assist with on-site registration and other needs, such as convention receipts or membership renewal/confirmation. Presenter and exhibitor check-in and support, will also be available:

**Wednesday, November 4th, 6:00 PM—10:00 PM**  
**Thursday, November 5th, 7:30 AM—5:00 PM**  
**Friday, November 6th, 7:30 AM—5:00 PM**  
**Saturday, November 7th, 7:30 AM—12:00 PM**

Meals & Refreshments
Registration fees include a continental breakfast, Grab-N-Go lunch, (afternoon break is served by the hotel in the main lobby at 3:00 pm), Opening Gala, VCA Chapter/Division and the President’s Reception on Thursday, November 5. Continental breakfast, Awards Ceremony Luncheon and afternoon break in hotel lobby on Friday, November 6 and continental breakfast on Saturday, November 7.

National Board of Certified Counselors (NBCC)
VCA is a NBCC approved provider (#2047) of continuing education for National Certified Counselors. Forms for documenting NBCC credit, up to 23.00 contact hours, are in your tote bag and also available at the on-site registration desk. This documentation is only applicable to those holding NBCC certificates.

Certificate of Participation
All registered participants will receive a certificate of participation. The certificate can be used to document up to 23.00 contact hours for licensure renewal and recertification by LPCs and School Counselors. A certificate can be found in registration materials picked up at on-site check-in.

FOR SALE -- VCA Logo Items & Merchandise & Desk Novelties
Men’s and women’s VCA embroidered shirts, fleece car/picnic blankets, drink tumblers with lid & straw, wine glasses & coffee mugs w/spoon. Also available, an assortment of desk novelties, stress balls, talking figures, etc. will also be on sale! Look for the VCA sales tables at the on-site registration & help desk. Major credit cards, personal checks, and of course cash are accepted. The VCA Foundation will also be selling t-shirts that say *I’m a counselor, what’s your superpower?* The VCAF table is located outside the Exhibit Hall, in the Grand Foyer.

VCA Convention App Using YAPP
YAPP is free and can be installed from your Smartphone’s Playstore.
Go to http://my.yapp.us/HPLXAG on your cellphone to download the VCA convention program, session descriptions & events to your smart phone. You can even share your convention photos or let us know what your thoughts using the news feed blogging feature!

BusyConf
View up to the moment changes and updates on your mobile device. Go to http://vcaconvention2015.busyconf.com/schedule *Please note, wireless internet connectivity is only available in the public rooms & hotel room. Wireless internet is not available in the meeting rooms or the Exhibit Hall; however, the technology allows you to still view the program, even when you are not connected to the internet. Any changes that are made in the interim will be updated when you re-establish your connection.
Keynote Speaker

Thursday, 10:30 - 11:30 AM

Sherene McHenry

Strengthen Families, Improve Relationships, Increase Resilience - Do you want to strengthen families? Would you like an effective, often immediate way to improve relationships? What about helping couples on the brink of divorce fall in love all over again? Would you like to increase resiliency in children? Cut down acting out referrals in schools by up to 50%? Through stories, humor and concrete, easily implementable information, you will learn the various ways individuals are wired to give and receive love, respect and appreciation. Relationships can be rescued and restored. Clients can flourish. Counselors can quit beating their heads against the wall.

Human relations expert, Dr. Sherene McHenry is passionate about helping counselors avoid burnout and enhance their relationships so they can reignite their passion and be more effective on a daily basis. Sherene has a Ph.D. in Counselor Education from the University of Wyoming, speaks internationally and is the author of Pick: Choose to Create a Life You Love and The Busy Student’s Guide to College and Career Success. Having invested nearly two decades training counselors, she’s a former full professor, a member of the American Counseling Association, the National Speakers Association and is President-Elect of the National Speakers Association, Michigan.

BOOK SIGNING – Immediately following keynote

VCA SILENT AUCTION

Garden Room

Final bids: Friday 12:00 pm
Winners: Announced 12:30
Keynote Speaker

Saturday, November 7, 8:30 – 9:30 AM

JOSEPH WHARFF

School Counseling with 20/20 Vision - School counselors are vital to overall school operation and culture. Our career is complex, dynamic, frustrating, entertaining, and rewarding all at the same time. Why? Because we wear so many hats and our work makes its way into every aspect of the school environment. When school counselors are fully engaged in a comprehensive and developmental school counseling program, the benefits to students, parents, administrators, and the community are clearly evident. As we near the year 2020, school counselors will be confronted with even more complex issues that will require us to act together professionally and personally to respond in a manner that positively affects our students and their futures. In this keynote, Joe will discuss important aspects of all three school counseling domains and the important impact that school counselors will have as we operate with 20/20 vision.

Joe is the School Counseling Specialist at the Virginia Department of Education. His duties in the Office of Student Services include the Academic and Career Plan Initiative, student assistance programs, school safety, and technical support for school counselors in Virginia. Prior to the position in Student Services, he was the Career Connections Specialist in the Office of Career and Technical Education and School Counseling Specialist in the Office of Instruction at the Department. Joe has worked as a school counselor and director at Hermitage High School in Henrico County. He earned his Bachelor's degree from Ohio University and his Masters and Post-Masters degrees from Virginia Commonwealth University, where he currently is an adjunct faculty member. He is a Board Member for the Virginia School Counselors Association (VSCA), Virginia Career Development Association (VCDA), which is a division of The Virginia Counselors Association (VCA), and the VCU Counselor Education Advisory Board. He is the father of three sons, Jack 12, Luke, 10, and Connor, 7.

Please join us for a Meet & Greet Joseph Wharff, Saturday, 7:30 – 8:30 am, during the continental breakfast, located in the Grand Foyer.

Sponsored by VASC – Virginia Alliance for School Counseling
Special Events...

VCA Marketplace
Thursday & Friday, 8:00 am-6:00 pm
Grand Ballroom East

Come experience an interactive opportunity for idea and information exchange, knowledge sharing, and learning. The VCA Marketplace features exhibitors offering the opportunity to learn about products, services, and ideas that you can use every day in your workplace. The VCA Marketplace also features artisans and crafters offering unique holiday gifts or maybe a little something special for yourself!

You can also receive a few extra raffle tickets for the door prize drawings at the Awards Ceremony & Luncheon on Friday!

VCA Annual Members’ Meeting
Thursday, 9:45 am – 10:30 am
Grand Ballroom West

This is your opportunity to be involved in YOUR professional organization. The annual business meeting offers members a forum to interact with VCA leadership, address any questions, and “take care of business.” VCA Lobbyist, Becky Bowers-Lanier will also provide a snapshot of the current challenges and opportunities for counselors in Virginia, and provide information on the VCA Legislative Agenda for the coming year.

VCA Chapter & Division Meetings
Thursday, 11:30 am – 12:30 pm

Grab your boxed lunch in the Grand Ballroom East and go connect during the VCA Chapter or Division Meetings. Come, meet and network with colleagues who share similar interests or live right in your neighborhood.

PCA - Peninsula Chapter - Blue Ridge Room
PWRCA - Prince William Chapter - Chesapeake Rm
RACA - Richmond Chapter – Grand Ballroom West
ROACA - Roanoke Chapter - Piedmont Room
VACES - Counselor Ed. & Supervision - Mt. Vernon Rm
VACFC - Couples & Family Counseling - Lexington Rm
VAMCD-Multicultural Counseling & Devel – Crystal Rm
VASC-School Counselors - Regency Ballroom East
VCCA - Clinical Counselors – Stratford Room
VCDA - Career Development – Regency Ballroom West
VA-ALGBTIC-Lesbian, Gay, Bisexual & Transgender Issues in Counseling – Appalachian Room
Reactivating VCA Inactive Chapters – (Jefferson, Rappahannock and Southside) - Empire Room

Graduate Student Social
Thursday, 6:00 – 7:00 pm
Suite 1400 (East Wing)

Calling all graduate students! Join VCA for a kickoff to the progressive receptions Thursday night and an opportunity to speak with a variety of seasoned counselors ready to answer your most pressing professional questions!

Opening Night Gala Reception
Thursday, 5:30 pm – 6:15 pm
Commonwealth Room

ALL receptions are open to EVERYONE!!

Please join us for VCA’s 85th Anniversary celebration! Come dressed in attire from your favorite decade and dance to songs from every era! Have fun reminiscing with all of your VCA friends and colleagues. Meet VCA President, Hillary Press, along with many other current and past VCA leaders. Enjoy light hors d’oeuvres and cash bar, followed by receptions hosted by many VCA Chapters and Divisions.

Receptions to Celebrate Decades of VCA Excellence!
Thursday, 6:30 pm – 9:30 pm

Everyone is invited to stop by the VCA Chapter and Division receptions to celebrate VCA through the years, and pick up tickets to win a door prize at Friday’s Awards Ceremony & Luncheon. They will be celebrating VCA through the decades. Come dressed in your favorite retro attire!

Round One: 6:30 pm – 7:30 pm

CVCA will be wearing bright colors, leg warmers, bangles, and big hair! Come visit us to hear the best of the 80’s! CVCA members will be wearing bright colors, leg warmers, bangles, and big hair! Come visit us to hear the best of the 80’s! (Suite 1005 - East Wing)

OMG! PWRCA and NVCA are gonna party like it’s the year AFTER 1999. Bring your crocs, trucker hats, hoodies, flares...even a Snuggie, if you wish. We'll be cranking up the sweet auto-tune hits of the decade on our iPods, and serving up some mini-cupcakes (high-carb), cheese and meatballs (low-carb), etc. All peeps and newbies are welcome. Come see us; you'll LOL!" (Suite 1419 - The Tower)

VA-ALGBTIC will be celebrating...diversity through the decades (Suite 1441 - Main - near the Tower)

VACES will be celebrating the people and events that helped shape our history in the field of counselor education and supervision! Join us for a fun game of VACES History BINGO -- must be present to receive prize. (Suite 1406 - East Wing)
VAMCD – Come and meet the VAMCD Co-Presidents, Helen Runyan and Retta Brown. (Suite 1482 – West Wing)

VASC & LACA will be celebrating 50’s style in bobby socks, jeans, ponytails, maybe even a poodle skirt or two. Be ready to rock around the clock to some cool music! (Suite 1405 - East Wing)

VASGW will be celebrating the 1940s with swing and remembering the important role counselors played as our troops came home from war (Suite 1205 - East Wing)

Round Two: 7:30 pm – 8:30 pm

HRCA - (Suite 1105 - East Wing)
NRVCA – (Suite 1198 – West Wing)
PCA - Please join the PCA Chapter in Suite 1474 as we chit-chat while listening to the sounds of smooth jazz and enjoying some light refreshments (Suite 1474 - West Wing)

OH SNAP! It's RACA's 90's party! Come celebrate 90's style at the RACA crib. (So, it's, like, a 90's party; let's get jiggy with it!) Come dressed in your old school 90's threads and mad props to the flyest and the phattest. Junk Food (score!), Twister (the bomb!), Pop Rocks (sweet!). Come ready to get crunk (yo mamma is) or you can talk to the hand. (Suite 1533 – The Tower)

ROACA - Come get down with Groovy Smoothies and dance under the disco ball. It is in Suite 1206 - East Wing, just down the hall. It will be a gas, super bad, and such a blast. Come with us to the 60's, into the distant past. Your smoothie can be spiked or not but blitzed, no one will be. Be there or be square; When we see you, we will be happy!! (Suite 1206 - East Wing)

VACFC & VCCA will bring back the 70's with music, games, food, and fun! Be ready to indulge in your favorite food and drinks from the 70's. VCCA will also test your knowledge with a groovy 70's trivia game. And of course the atmosphere and attire will bring back all those 70's memories! Come and enjoy the evening as we "Play that Funky Music" and "Boogie Oogie Oogie!!" (Suite 1006 - East Wing)

VCDA will be celebrating our start in the 1930s highlighting some important events in career counseling history and playing some good music! (Suite 1106 - East Wing)

From 8:30 - 9:30 pm, the receptions finish up with the VCA Presidents’ Reception. VCA President Hillary Press will be celebrating the FUTURE decades of fun, fellowship, and innovation we all have in store! (Suite 1400 - East Wing)

Radford University Alumni Reception
Thursday, 7:00 – 9:00 pm
Dominion Room

Don't miss your chance to bid on wonderful items at this year’s silent auction. Bids will wrap up Friday, November 6th at 12:00 pm. Winning bids will be announced during the VCA Awards Ceremony & Luncheon (Grand Ballroom West) at 12:30 pm. Items can be picked up and paid for at the registration desk, located in the Garden Room on Friday until 5:00 pm or Saturday until 11:30 am.

Silent Auction
Bids close Friday @ 12:00 pm
Garden Room

Radford University Alumni and Friends Reception for cookies and snacks with Radford University Counselor Education faculty, graduate students, and fellow alumni.

VCA Advocacy
Thursday & Friday
Grand Foyer

Take a few minutes to chat with Becky Bowers-Lanier, VCA Lobbyist, and Advocacy Committee Chair, Stephanie Kasperek about counseling issues, advocacy, and our upcoming Legislative Day in Richmond, January 25, 2016. In the Grand Foyer outside the Exhibit Hall

Awards Ceremony & Luncheon
Friday, 11:00 am – 12:30 pm
Grand Ballroom West

Take time to honor your fellow colleagues’ significant contributions to the counseling profession at VCA’s Annual Awards Luncheon. VCA awards include the John R. Cook Award, Counselor of the Year, Humanitarian and Caring Person of the Year, William H. Van Hoose Career Service Award, and Chapter of the Year (Large & Small). Additionally, VCA Chapter and Division Members of the Year are recognized. There is no charge for the awards luncheon. Registrants who specified attending in advance will find a meal ticket in their registration envelope.

Longwood University
Counselor Education Program Reception
Friday, 5:30 pm – 7:00 pm

All Longwood students, faculty, and alumni are invited to a reception hosted by the Longwood Counselor Education Program. Come enjoy complimentary refreshments and reconnect with classmates and fellow Longwood students. For location or more information, see Dr. Kevin Doyle or contact him at 434-531-5124.
Can you belt out a tune? Are you pretty funny? Got some magic to share? Come and join us for some karaoke and open mic night fun! You will be among friends in a comfortable Coffee House environment. Stop by the Lobby Bar for a drink before you come sit down to enjoy the show. A suggested "entry fee" for performers ($10) and "cover charge" ($5) for the audience will benefit the VCA Foundation.

VCA Chapters & Divisions
Thursday & Friday
Grand Foyer

Peninsula Chapter Association (PCA)
michele.hamilton@nn.k12.va.us; tawan.maner@nn.k12.va.us

Prince William Region Counselors Assoc (PWRCA)
henryas@pwcs.edu; http://pwracounseling.wix.com/pwrc

VA Counselor Education/Supervision (VACES)
parksac@evms.edu; http://www.vaces.org

VA Assoc. Lesbian, Gay, Bisexual & Transgender Issues in Counseling (VA-ALGBTIC)
lbfarmer@vt.edu

VA Assoc. Couples and Family Counseling (VACFC)
josephineolson79@gmail.com

VA Assoc. Multicultural Counseling & Devel (VAMCD)
hrunyan1@cox.net; rmbrown@vsu.edu; http://www.orgsites.com/va/vamcd/
Virginia Alliance for School Counseling (VASC)
katiebaird@gmail.com; www.vca-vasc.org

VA Assoc. Specialist in Group Work (VASGW)
tamason@fcps.edu; https://vasgw.wordpress.com

Virginia Clinical Counselors Alliance (VCCA)
Erika6397@aol.com; http://www.vcca.us

Virginia Career Development Assoc (VCDA)
agf6n@virginia.edu; http://www.vcdaweb.org

VCA Foundation (Convention Silver Sponsorship)
vcaf@vcafoundation.org; www.vcafoundation.org
VCA’s 2016 Convention will be held at The Williamsburg Lodge. Come and enjoy the comforts of country living and the convenience of being located in the heart of Colonial Williamsburg.
Morning Mindfulness Practice Group
Mindfulness - Stratford Room
Alan Forrest, Ted Edlich
Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each others' teachers; therefore we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.

A Holistic Approach to College Readiness for ESL Students
Career & College Counseling - Piedmont Room
Silvia Restivo
It is critical that educators equip ESL students with skills necessary to access college by implementing instructional strategies which are designed to meet the needs of these students. The continuous influx of immigrants from various countries to the US has led to a need for educators to increase their knowledge and education regarding ESL challenges, in order to provide assistance and support for furthering the education of the ESL population.

How Do I Work With a Birth Parent?
Child, Marriage & Family - Dominion Room
Kimberly Harrell
We now understand that what we once thought was a simple decision to place a child with an adoptive family is really a selfless and heartbreaking choice. We have moved well beyond counseling these women on decision-making and acknowledge the need to address multiple clinical issues. This presentation addresses those issues and gives participants a tool box filled with appropriate interventions.

Using Improv to Improve Counseling Skills
Clinical Tools - Regency Ballroom East
Lennis Echterling, Anne Stewart, Matt Bukowski
Improvisation is an unrehearsed process of engaging in a craft fully in the moment. In other words, it has many parallels with counseling. However, students often yearn for scripted lines to say to their clients. In this session, we describe five principles of improv that can improve counseling skills. Participants engage in exercises that are designed to abandon effort, trust the process, and find flow in their counseling work.

Act, Dance and Sing, Let Character Ring
Creative Interventions - Regency Ballroom West
Kristin Ullrich
Get ready to sing, dance and rap as participants learn about the Bully Nots program, a successful school-wide bullying prevention program that gives students the opportunity to use their creative talents to spread messages about kindness, respect and inclusion to their peers, teachers, parents and community. The Bully Nots encourage, instruct, and inspire positive character traits and participants will take away specific strategies for creating a school community of Upstanders! Participants will also learn how to integrate music, dance and skits into their classroom guidance lessons and gain access to materials and lesson plans.

Strategies for Working with Newly Arrived Immigrant Students in the Schools
Diversity & Social Justice – Empire Room
Analia Almada, Kelly Carruthers, Veronica Covarrubias, Sarah Snyder
The workshop will cover the acculturation process and stages for newly arrived immigrant students, and how school counseling groups can help alleviate the impact of the transition into a new school, a new language, new culture, sometimes new families, and a new environment. This session will concentrate on organizing a six to eight session counseling group, discussion topics, group process, group dynamics and evaluation results. The session will also cover other strategies that could be used for facilitating the acculturation process of our immigrant students.

Understanding the 2014 Changes to the ACA Code of Ethics
Ethics & Professional Issues - Crystal Ballroom
Kristy Carlisle, Madeline Clark
The ACA Code of Ethics is considered a "living document" designed to change as society changes. The 2014 changes to the ethical code reflect pivotal court cases and legal issues, as well as the impact technology has had on the
counseling profession over the last decade. This presentation will address five main areas of change in the 2014 ethical code, including values, technology and social media, the counseling relationship, teaching, and research. Multiple real-life scenarios will accompany explanations of the code’s changes in order to specify daily work implications for clinical and school counselors. Particular attention will be given to nondiscrimination, ethical referral, avoiding imposition of counselor values, using software within HIPAA compliance, technology and informed consent, social media usage, client privacy, end of life issues, and duty to inform. A resource list will be provided so that participants can further explore the changes beyond the scope of the presentation.

How Counselors Can Use Yoga In The Treatment Of Eating Disorders
Mindfulness – Stratford Room
Hayley O’Brien
The benefits of yoga for eating disorders is well documented in the literature. However, mental health professionals may lack adequate knowledge and confidence to implement a non-conventional intervention. This session aims to teach attendees specific yoga techniques that will help compliment traditional eating disorder treatments. Teaching therapeutic yoga techniques to our clients who struggle with eating disorders can assist in cultivating introspective awareness and emotional regulation. This experiential session will be divided into three segments: mindful eating, gentle movement and breath work. Each segment will allow time for attendees to practice the techniques and conclude with an opportunity to reflect on the experience as a group.

The Wisdom of Ancient Healing Practices
More Potpourri – Lexington Room
Annmarie Early
Current neuroscience demonstrates the essential role of right hemisphere processing- as distinct from the verbal realm of the left hemisphere- as the source for emergent, wise knowing. I will offer my experiences interviewing and participating with native healers in Peru as a platform from which to consider a re-awakening to potentials for healing that rely on the nonverbal, not yet formed realms of the right hemisphere.

Being More Than One Story: Contemplative Psychotherapy and Counselor Formation
Narrative Therapy – Georgian Room
Michael Horst, Stewart Nafziger
The single story of mindfulness as a tool has become increasingly popular in the counseling profession. The growing interest in this story has offered effective avenues for evidence-based counseling approaches, but may be limited in its potential to address counselor identity development. What would it be like to explore another story of mindfulness and similar forms of contemplative disciplines as practices in counseling? This session will explore the role of contemplative practice in counselor formation, identity development, and clinical work. The presenters will share their perspectives on how mindfulness and Centering Prayer fostered their counselor identities. In this session you can expect to gain insights into new perspectives on mindfulness and contemplative disciplines. You can also expect to learn how these disciplines may be incorporated into counselor formation. Finally, envision with the presenters how approaching contemplative disciplines as “practices”, rather than “tools” can be transformative in your own life and clinical work.

What I Wish I Knew...
Potpourri - Chesapeake Room
Dana Ripley, Mia Mickenburg
The purpose of this presentation is to address concerns and issues that are met in the first year as a counseling resident. The transition from graduate student to resident in counseling is difficult and scary at times. In the first year of counseling we encounter situations that cause us to question our skills, training, and even our career choice. Issues that will be addressed include burn-out, ethical dilemmas, mandated reporting, and problems in supervision. The importance of finding opportunities for growth and support will also be discussed. In addition, this session will include a question and answer session to address the needs of attendees.

VCA Foundation Grantsmanship 101
Professional Development & Supervision - Appalachian Rm
Susan Leone, Celeste Hall, Etta Jane Hall
So you have a good idea for a counseling activity to support your work and to address a need in your setting but lack funding to get started. Then this is the session for you. Members of the VCA Foundation grant committee will share suggestions for writing comprehensive and subsequently successful proposals. In addition, previous grant recipients will share their experiences and outcomes followed by Q&A. A list of funded grants will be distributed.

Using Therapeutic Mentoring to Improve Youth’s Social Skills and Emotional Regulation Skills
School Tools - Mount Vernon Room
Susanne Preston-Josey, Keith Josey
Mentoring has been shown to be an effective intervention for at-risk youth. Youth who are at risk need positive relationships in their lives, to help them develop into healthy adults. Often, at-risk youth are unable to form these positive relationships in their families or find resources for them in their communities. Therapeutic mentoring can be provided through schools or agencies in order to help these youth benefit from having a positive, supportive person in their
lives. Participants in this content session will learn about effective therapeutic mentoring programs from presenters who are mentors themselves, and who have supervised mentors and run mentoring programs for over twenty years. Practical models for providing mentoring programs will be described. Best practices for mentors will be discussed, as well as strategies and methods for effective mentoring. The do's and don't of effective mentoring will be discussed. The presenters will also discuss the rationale behind mentoring and why/how it is effective for youth who are at-risk. Participants will learn how to support families, while connecting them with community resources. Participants will learn how mentoring can be used to prevent out-of-home placement of youth. Advantages and disadvantages of mentoring will be discussed. Participants will also learn how to teach at-risk youth social skills and skills to regulate their overwhelming emotions. Case examples will be provided, and a question and answer segment will follow the discussion. Participants will be able to take home strategies and techniques for forming positive relationships with at-risk youth.

Meeting Them Where They Are: Considerations for Culturally Displaced Clients
Specialized Techniques & Populations - Blue Ridge Room
Michael A. Williams, Sr
Multicultural Counseling is an ever changing part of the Counseling profession. This has never been more true than now. With the constant state of change in this area, professionals need to be as dynamic as the circumstances facing their clientele. This session will examine the needs of clients who immigrate due to economic distress, natural disasters and/or violence. This session will also identify culturally relevant sources of support for people from a variety of non-western cultures.

Cultural Oppression from Practice to Policy: Engaging Marginalized Youth and Families Through a Social Justice Lens
Understanding & Treating Trauma - Theatre Room
Christian Chan, Monica Band, Laura Molina, Amanda Friday
Meeting the needs of the 20/20 Vision definition of the counseling profession (Kaplan, Tarvydas, & Gladding, 2014) and the ACA Code of Ethics (2014) relies heavily on a more emphasized orientation towards multicultural counseling (Comas-Diaz, 2012) and social justice (Ratts, 2008, 2009; Ratts & Wood, 2011). Utilizing the values embedded within both domains of multicultural counseling and social justice requires a humanistic foundation in which counselors organize around affirming diverse cultural identities, self-actualizing growth, and strengths-based approaches (Hansen, 2013; Perepiczka & Scholl, 2012; Vereen, Hill, Sosa, & Kress, 2014). The extensive contributions of each movement have enhanced the counseling profession's approach to counseling services and advocacy, but a diversity of client populations continues to face immediate barriers to treatment and help seeking. There are several factors contributing to these barriers, including internalized oppression, lack of accessible services, and unethical interactions. The more dangerous effects result in internalized stigma and negative views towards counseling practices and help seeking. Consequently, as Wilcoxon, Magnuson, and Norem (2008) described, clients face these barriers as a result of oppression on both the micro-level and macro-level. Another major issue within marginalized populations is the silencing of lived experiences, which increases isolation and a lack of trust in the systems intended to assist these individuals (Brown, 2009; Watson & Miller, 2012). Our presentation will address the constructs underlying treatment variables in engaging youth and families while addressing micro-level and systemic interventions to create spaces that engage clients. Through a collaborative dialogue with the audience, we will utilize diversity of language in counseling, changes in policy affecting community agencies, community outreach, and relational aspects of counseling.
Triumph Over Tragedy
Keynote Speaker, Grand Ballroom West
Sherene McHenry
Trauma and tragedy are an increasingly regular part of living, negatively impacting our sense of safety and creating fear, vulnerability and the pain of loss. While most do fine, many limp along with barely noticeable scars. Others become trapped in trauma and experience fear, vulnerability and isolation. Utilizing her Ph.D. in Counseling and personal experiences with tragedy Sherene offers hope and healing for those impacted by trauma and tragedy. Learn concrete strategies for resolving trauma, increasing resiliency and overcoming fear and intrusive thoughts.

Upstanders: Promoting a positive and respectful environment in schools
More Potpourri - Lexington Room
Analia Almada, Kelly Carruthers, Veronica Covarrubias, Sarah Snyder
"Upstanders" is a Wakefield community project that actively promotes the ideals of respect, dignity and human rights among students, faculty and families. Student-leaders, traditional and non-traditional, have participated in an intensive day-long workshop to learn positive pro-social skills to combat bullying, harassment as well as stereotypical and prejudicial behaviors among their peers, in their own spheres of influence. The goal is to help move individuals from 'bystanders' to 'upstanders,' or those who take a stand against discrimination in any form. The Upstanders meet throughout the year in small groups to develop and organize activities to raise awareness and promote acceptance.

Helping the Helpers
Potpourri - Chesapeake Room
Connie Honsinger
Helping professionals invest a considerable amount of energy both physical and emotional in caring for others. These caring helpers are often impacted by the difficult work they do and their chronic exposure to challenging situations and the traumatic experiences of others (Figley, 1995). Burnout, compassion fatigue (CF), secondary traumatic stress (STS), and vicarious trauma (VT) are all potential consequences of working with people who have experienced trauma (Stamm, 1999). This workshop will highlight the signs, symptoms, and differences among these terms as well as address protective factors. Participants will have an opportunity to practice self-care strategies with some fun and interactive activities and develop their own self-care plan. Resources and free take aways provided! Come and learn how to "put your own oxygen mask on first" and have some fun learning how to make caring for yourself a priority!

The Counselors Are in: A Panel of Experienced School Counselors Answering Your Questions
Professional Development & Supervision - Appalachian Rm
Linda Grubba, Hillary Press, Katie Baird, Susan Cook, Matt Lord
Being a school counselor is a very rewarding profession, however, many counselors work as the solitary mental health professional in the building or have little or no supervision at the district level. This creates unique challenges for counselors who desire to grow in their setting. The intent of this panel is to give school counselors, from all levels, a forum for resource sharing, problem solving, case supervision, and professional networking. A segment of the presentation will be open for individual support and consultation. The members of this panel represent large and small school systems, rural and urban settings, one counselor is an LPC, and another is a district supervisor. All panel members are active members of VCA and VASC serving in a variety of Board positions.

Health Careers Admissions 101: You Decide!
School Tools - Mount Vernon Room
Amy Taloma, Logan Vetrovec
Health Careers are competitive and in demand! By understanding the many components of the health professional application, you can begin to counsel your students towards the necessary preparation for achieving their health career goals. Through this session, participants will review health professional school admissions criteria, make admissions decisions, and learn about resources available for students and educators. This session will include online learning tools and small group activities.

Training Graduate Students in Trauma Informed Counseling to Enhance Practice Standards: What Counselor Educators Can Do to Increase Skills
Understanding & Treating Trauma - Theatre Room
Benjamin Keyes
Trauma and trauma-informed care have become one of the most sought after trainings for students who are in professional counseling training programs. The counseling field, regardless of application, has seen a tremendous rise in trauma oriented disorders, which has been mirrored in the current DM 5 with its own separate category - Trauma and Stressor-Related Disorders. Universities have responded to this shift by creating certificate programs, workshops outside of the curriculum, and significant changes to core courses in the areas of Career and Psychopathology. This workshop will focus on a variety of strategies that counselor educators can use to enhance education of trauma and trauma disorders. Strategies at the classroom workshop and programmatic levels will be explored with emphasis on practical skills development and enhancement of theoretical perspectives. This workshop will also encourage a discussion regarding the implementation of strategies used to implement various methodologies to enhance curriculum development both inside and outside of the classroom.
How Credentials Are Impacting The Definition of Career and College Readiness
Career & College Counseling - Piedmont Room
Paul Nichols
Career and College Readiness is redefining K12 education. The accumulation of academic, skill, and soft skill credentials through formal and informal education experiences is becoming the definition of accountability and mastery. This reality has tremendous implication for school and career counselors. This session will give definition and history of the credentialing process, open discussion on the impact for counselors, and provide insight on tools that will become very important for counselors, students, and clients in the lifelong learning process.

Divorce Drama - Navigating High Conflict Families
Child, Marriage & Family - Dominion Room
Monica Johns
Divorce Drama - Navigating High Conflict Families: Parenting Coordination, Hostile Aggressive Parenting, and Parental Alienation is a fresh, new perspective on working with high-conflict co-parents and their families. This course is taught by a Licensed Professional Counselor with a specialty in high-conflict families and Parent Coordination. High conflict co-parents are destroying their children in order to win. The children of these divorces watch their parents turn their family inside-out as they are caught in the turbulence of the parental conflict. The losers are always the children. This workshop offers a glimpse into these high-conflict families. These families are often very difficult to manage as some of these parents are addicted to conflict and revenge. Co-parents are often stuck in vilifying their ex-spouse to anyone who will listen (including the children). The good news is co-parents CAN become "un-stuck" and learn to find a level of communication and exchange of information that will benefit the children. Parents can learn to put their differences aside and deal directly and rationally with one another for the wellbeing of the children. Co-parents can undo their past errors and restructure their post-divorce co-parenting so that the children can grow up in a healthy, happy, conflict-free, and loving environment in both parents' homes. It is NOT an unrealistic goal, with the appropriate professionals in place, to move co-parents to a more neutral playing ground, reduce extreme conflict, decrease litigation, and take children out of the middle. It takes all team members but it can be accomplished.

Harnessing the Power of the Implicit
Clinical Tools - Regency Ballroom East
Annmarie Early
This experiential workshop will explore embodied awareness processes that activate the power of the implicit in clinical work and support clinician sustainability. Current neuroscience will guide our engagement using right hemisphere processes including attunement, resonance, and regulation within, between, and extending beyond the boundaries of the skin. Description of key processes will be paired with practices that participants will engage during the session.

Magic Wands, Top Hats, and A Bag Full of Tricks
Creative Interventions - Regency Ballroom West
Wendy Eckenrod-Green
Incorporating creativity (e.g., drawing, painting) in counseling is a powerful way to facilitate depth within your session. Creative expression often serves as the pathway for unearthing feelings that were previously hidden beneath the surface. Learn strategies and tools to utilize with your clients to assist your client's growth and well-being.

Utilizing Play Therapy to Draw Upon the Strengths and Address the Unique Needs of Military Connected Children
Diversity & Social Justice - Empire Room
Kathleen Levingston
With initiatives such as Joining Forces providing national attention to the needs of military families, play therapists have the opportunity to assist in bridging the gap for service delivery. Although military families are extremely resilient, unique issues such as deployment, relocation, and injury can challenge the family system. This workshop will provide an overview of military lifestyle and the various issues faced by military children and their families so that counselors can effectively provide therapeutic services that are tailored to this unique population. Specific interventions will be discussed, and objectives will be met through lecture, group discussion, and case studies.
Integrating the Principles of Adventure Based Counseling into the Classroom: A Unique Method to Develop the Counselor’s Group Facilitation Skills.  
Ethics & Professional Issues - Crystal Ballroom  
Jenny Wagstaff  

Group work is a part of the foundational course work in counselor education programs. CACREP requirements state that students are expected to gain both theoretical and experiential understandings of group work within a multicultural society at the time of graduation. An effective group counselor is identified as someone who understands group dynamics, stages of group development, and therapeutic factors of group work. Coursework in this area requires intentional design to help students increase their understanding of the theoretical foundations of group counseling and develop skills necessary to lead/facilitate a group. The purpose of this presentation is to introduce attendees to the theory of Adventure Based Counseling as an additional tool to teach counselors in training how to become effective group facilitators. In particular, the presenter will educate participants about typical facilitation techniques and activities used in ropes course settings and demonstrate how these skills can transfer to the group counseling setting.

Mindfulness Outside the Box: Nature Connection as a Tool for Counselor Self-Care  
Mindfulness - Stratford Room  
Matt Bukowski, Michael Horst, Anne Metz  

There’s an old Zen saying, "You should spend at least twenty minutes in meditation and nature everyday. Unless you're too busy, then you should spend an hour". Mindfulness practices have become popular as components of empirically supported therapies and as tools for counselors to maintain personal wellness. Nature connection has also often been cited as a cornerstone of self-care for counselors, but differs from "outdoor recreation" in important ways. This workshop explores research at the intersection of mindfulness and nature connection practices; and will present a series of techniques for counselor self-care. The presenters are doctoral students in a counseling and supervision program and have experience with both mindfulness and nature connection practice and research. Participants will have the opportunity to practice the techniques presented.

I’m So Mad! Evidence-based Strategies to Help Young Children Handle Strong Feelings and Use Self-Control  
Specialized Techniques & Populations - Blue Ridge Room  
Susan Geller  

Working with young children can be challenging for even the most seasoned mental health professional. Young children who are aggressive, withdrawn or defiant benefit from being taught in a systematic way to understand, identify, and express their feelings and use self-control. This interactive workshop offers evidence-based strategies that help preschool and early elementary-aged children learn to express feelings in words, self-regulate, care about others, establish and maintain positive relationships, cope in healthy ways, and solve problems peacefully. Drawn from the nationally recognized early childhood program, Al's Pals: Kids Making Healthy Choices, these techniques have been shown to significantly increase prosocial behavior and prevent increased aggression and anti-social behavior, with children at highest risk making the biggest gains. Strengths-based approaches that have been used successfully in clinical/therapeutic and school settings will be demonstrated. This workshop will help equip counselors, behavior specialists, and other professionals with developmentally appropriate tools including original music and hands-on learning activities to develop young children's key behavioral and social-emotional skills. The experiences of mental health professionals who have used these techniques will be shared. An array of free resources for families and counselors will be highlighted that foster children’s resilience and life skills.

Healing Stories and Stories that Heal  
Narrative Therapy - Georgian Room  
William "Wally" Scott  

The collaborative therapist as an audience to clients’ stories, empowers them to become author-ites, and more involved in the construction of their own healing stories while also using storytelling principles to construct and share stories that heal. Key elements in the use of narrative practices will be covered.
Concurrent Session 3
Thursday, November 5, 2015, 2:00 PM – 3:00 PM

Honoring the Gifts of the Learner: Recovering and Nonrecovering Masters-Level Trainees
More Potpourri - Lexington Room
Catie Greene

Whether or not we are in recovery from addiction to alcohol and other drugs, we all have a recovery status. Our personal experience with addiction and recovery, or lack of personal experience with addiction and recovery, impacts our learning. It is common for professionals who provide substance abuse-related treatment to have personally experienced recovery from addiction to alcohol and other drugs. Consequently, much research has focused on the recovery identities of substance abuse treatment providers working in the field, including differences in treatment style, etiological beliefs about addiction and recovery, supervision, and client perceptions of effectiveness. Though recovering substance abuse treatment providers sometimes lack specific training in counseling skills and techniques, recovering providers have been historically preferred over nonrecovering providers within the substance abuse field. Given that it is in professional training programs that recovering and nonrecovering providers gain this specific training in counseling skills and techniques, it is curious that there exists a paucity of literature on the recovery identities of masters-level trainees. How do recovering counselor trainees describe their learning experiences as related to their recovery identities in a master’s training program? How do nonrecovering trainees? And how do recovering and nonrecovering trainees professionally develop within a counseling training program? This presentation will highlight the results from a qualitative investigation aimed at responding to these questions. Attendees will learn the strengths to hone in on when teaching and supervising their masters-level trainees who do and do not identify as being in recovery. Emphasis will be placed on assets and how we can optimize integration of learning.

Adaptability, Flexibility, and Responsibility: Exploring International Professional Counselor Preparation
Potpourri - Chesapeake Room
Joy Mwendwa

Preparing to be a professional counselor is a journey that calls for adaptability, flexibility, and responsibility in practice. For students and professionals who have an interest in international counseling, these characteristics are especially critical. This presentation will define international counseling and give a brief history of professional counseling in East Africa as an example. Further, the presenter will discuss relevant issues in preparing international students who are seeking professional counseling degrees. East African examples will be given on preparing professional counselors who embrace adaptability, flexibility, and responsibility.

Addressing Privilege, Oppression, and Counselor Pedagogy with Counselors in Training
Professional Development & Supervision - Appalachian Room
Monica Band, Christian Chan, Maya Georgieva, Lillian Walker-Shelton

Multicultural counseling competencies and standards provide a foundation for culturally appropriate ethical practice. These standards are reflective of attitudes, knowledge, and skills that counselors should possess when working within an increasingly diverse society. According to Sue (2012), culturally skilled counselors will possess the knowledge and ability to understand how oppression, racism, discrimination, and stereotyping affect them personally and professionally. Thus, having knowledge about sociopolitical influences that impinge on the life of racial and ethnic minorities is essential to counselor practice. Although counselor preparation programs have increasingly focused on multiculturalism in counseling, there is a continued need to explore trainees’ self-awareness to facilitate multicultural competency (Hill, 2003). Research findings suggest that exploring privilege and oppression within course work facilitates multicultural counseling competency and provides educators with insight into the differential levels of counselor awareness of these constructs (Ancis & Szymanski, 2001; Hays et al., 2004). Previous research also highlights the consequences of not addressing privilege and oppression in counselor education and practice. Exploration of these constructs fosters introspection and significant personal and professional growth (Kiselica, 1998). Because counselors and clients bring to the session their personal experiences of privilege and oppression, it is imperative for counselors to address these issues to avoid unethical practice (Arredondo, 1999).

Counseling Clients Who Engage in Non-Suicidal Self-Injury
School Tools - Mount Vernon Room
Susanne Hayes

The session will cover characteristics of clients who self-injure, as well as what functions are served by the act of self-injury. Best-practices for counselor response and treatment options will be presented, along with legal and ethical considerations when working with these types of clients. Specific recommendations will be given for school counselors, including identifying warning signs, preventing contagion, and the development of a school protocol.
The Dynamics of Trauma: Understanding the Nature of Trauma, the Importance of the Therapeutic Alliance, and Evidence-Based Treatment Modalities
Understanding & Treating Trauma - Theatre Room
Aimee Brickner, Jamie Rice, Daria White
Trauma has a tremendous impact on individual's well-being, worldview, and relationships. In this presentation we will describe the types and causes of trauma, explore differential diagnoses for trauma, and discuss how counselors can identify their own vicarious trauma. Within the discussion of differential diagnoses, we will explore the multicultural issues and developmental needs of clients dealing with protracted or recent traumatization and ways of building a strong counselor-client alliance. The presentation will provide an overview of evidenced-based practices from our work with traumatized adults, children & refugees.

Homestead Afternoon Tea, Finger Sandwiches & Cookies
Afternoon tea at The Omni Homestead Resort is one of their most cherished, and historic traditions. Join this tradition from 3:00 p.m. to 4:00 p.m. in the Great Hall and enjoy this favorite pastime.

Convention Silver Sponsorship

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Providing Innovative, Collaborative and Effective services to at-risk youth, adults and families across the state through our LifeBridge Continuum of Care.
Long lasting psychological impact of bullying
Career & College Counseling - Piedmont Room
Sumi Mukherjee
This presentation is a unique combination of a number of timely issues such as acceptance of cultural differences and impact of bullying on mental health. The presentation is based on the book “A Life Interrupted - the Story of my Battle with Bullying and Obsessive Compulsive Disorder” by Sumi Mukherjee. It demonstrates that PTSD from bullying can dictate the development and progression of a severe long lasting mental health disorder which can devastate the life of a victim for many years. The purpose of this presentation is to emphasize the fact that millions of victims of school bullying suffer for years because of mental health issues triggered by bullying. It is very likely that if these individuals had received appropriate guidance and assistance in a timely manner the mental health impact would not have been as severe. Participants will be able to recognize severe anxiety disorders triggered by PTSD from bullying and will also be able to apply the knowledge gained from this presentation to assist individuals who might need help to overcome developing mental health disorders of this nature. Participants will also be able to gain an interesting psychological perspective on why bullies do what they do.

Working with Families: Play Therapy Interventions
Child, Marriage & Family - Dominion Room
Holly Tracy
Participants will learn and engage in the practice of several Play Therapy interventions for use when working with families. The goals of discussed interventions will include information gathering, communication enhancement, family team building and increasing insight.

DSM-5: Highlights for Counselors who work with Children and Adolescents
Clinical Tools - Regency Ballroom East
Laura Welfare
It is time to convert to DSM-5! The new manual, released in May 2013, instituted changes to general diagnostic processes, included new diagnoses to consider, and specified changes to existing diagnoses. This session will focus on the revisions that are most relevant to counselors who work with children and adolescents. Whether you are a primary rater or another important member of a treatment team, this information will help you best serve your clients. Handouts and case studies will be provided in this engaging session.

ABRACADABRA! Using Magic to enhance counseling with children and adolescents.
Creative Interventions - Regency Ballroom West
Mikhal Salzberg
Learn how you can use simple magic tricks to add excitement and wonder to your counseling practice. After discussing some of the benefits and ethical issues of using magic with children and teens, we’ll jump in and start learning some tricks you can start using right away. Don’t worry, no one will be sawed in half; these tricks will be easy enough for a beginning novice to implement!

School Counseling and Career Development with "The End in Mind"
Diversity & Social Justice - Empire Room
Joseph Wharff
Of the three school counseling domains (academic, career, and personal/social), the career domain is often the area in which counselors have the least amount of time to devote to students. The demands of academics, individual counseling, scheduling, college recommendations, and “other duties as assigned” leave little time for the school counselor to assist students in aligning their interests, skills, and values with coherent, rigorous programs of study to reach their goals for post-secondary education and the world of work. Career planning should start early and with “the end in mind.” This training session will walk participants through 21st Century school counseling and share resources and techniques to assist school counselors in moving forward with the knowledge and expertise to assist students in career development.

The Justification Process: A Tool for Building Accuracy, Confidence and Ethical Practice in Diagnostics
Ethics & Professional Issues - Crystal Ballroom
Cheree Hammond
Wherever you are in your journey within the mental health profession, from stepping into the field as a trainee to sharing your knowledge and skill as a professor, the skilled application of diagnostics is essential. However, historically, counselors have had a troubled relationship with the DSM and mental health providers across professions have struggled with low inter-rater reliability rates and poor accuracy in diagnosing cases. This session will introduce a structure (the Justification Process) for accurately and ethically diagnosing clients using the DSM 5 and avoiding bias. Participants can expect to leave this session having tools to add confidence, accuracy and ethical practice into their diagnostic skill set as well as a format for conveying to other clinicians how a particular diagnosis was achieved.
Mindfulness and Self-Care
Mindfulness - Stratford Room
Alan Forrest
In order to meet the needs of our clients, we must first care for ourselves. During this "time-in" program, participants will experience a guided self-care mindfulness practice and then engage in an open discussion. The intention is to experience and learn how to create a mindfulness-based self-care practice group within your work setting (school, community, private practice or higher education).

Going Back to Basics: Addressing Op-positional Behaviors through Positive and Negative Reinforcement
More Potpourri - Lexington Room
LaConda Fanning
Childhood is characterized as a period of innocence, impression and imagination. It is developmental period where historical values, beliefs and tradition meet social and cultural expectations. This period has been influenced by an erosion in family structure and complex family systems where creating a premature shift in maturity from dependence to independence. Could this shift be a result of the changing faces of parental authority, the lack of understanding of right and wrong, and children acquiring privileges without rights or responsibility? What happens when the success and achievement of a child has been negatively influenced by the complex cultural, religious and social changes within society? Answer: A child with multiple responsibilities, little motivation, a lack of vision and a distorted perception of their future. The ability to adapt to change and overcome is not "I will but I won't." Children have been faced with significant changes related to the restructuring of boundaries, roles, perception, knowledge and values of society. The primary goal of counselors who work with children is to assist in this phase of growth so that the client masters appropriate proficiency in adaptive coping strategies. M.A.P.P.I.N.G. is a program module designed to address three core areas of problematic functioning associated with today's youth: Behavior Modification, Social Skill Building, and Anger Management.

One Mother's (Counselor's) Journey through the World of Addiction
Narrative Therapy - Georgian Room
Susan Gum Catlett
How families are affected by the world of addiction in particular with the new speed for which heroin addiction as played a part in this drama in recent years will be explored. Heroin an extremely "contagious" disease is spreading rapidly among our communities, what can we as counselors do in fighting this battle? Participants will hear first hand experience of this counselor/mother's 5 year journey through treatments, counseling, incarcerations and various programs as she journeled beside her young adult son. Questions of "disease" or "self-choice"? - what's happening and not happening on the front lines of prevention? and are we as a counseling profession an active part or a silent majority in

this battle? As a licensed professional counselor with experience serving in private practice and public schools, working with agencies and with past experience on both the community college and four year college settings as well as in the field of human resources the thought of this disease touching one of her own seemed incomprehensible. From a professional counseling viewpoint counselors in school settings, community/agency and private practice settings will be challenged to offer up creative avenues of support and ways to "take our place" on the battle lines of this fight - progressively and positively addressing the issues.

Students and Information Technology: Make it Count
Potpourri - Chesapeake Room
Michele Seibert
"Underprivileged students are underexposed to technologies needed to develop 21st century skills and hence are unable to reach minimum standards" (Soujah, 2014). Do you want to interest students in technology careers? Do you want to enable your colleagues to integrate student technology use in the classroom? This session will capitalize on using skills students already know to play video games, text, and use apps to promote their interest in Information Technology Careers. This session provides free resources, comprehensive lesson plans, and information designed to promote girls in information technology careers, create after school technology clubs, and integrate technology into the classroom with "Outreach in a Box- Discovering IT". Each participant will receive extensive lesson plans to promote IT with students using electronic and printable resources. Hands on activities will be explored with simple, free ways to promote student interests in Information Technology Careers and develop 21st century skills integrating art, apps, e-textiles, coding and more!

Applying Core CACREP Standards to Real-World Counseling Practice
Professional Development & Supervision - Appalachian Room
Jamie Rice, Aimee Brickner
CACREP's 2016 standards encompass eight core competency areas required of all counselors. There are different areas of specialization within the field of counseling (Marriage and Family, Substance Abuse, Career, etc.). As a student, it may be challenging at times to envision how one will utilize some of the core concepts as a practitioner. As a counselor educator, these are valuable connections to help students make as part of engaging them in the education process. We will explore the use of the concepts of the core competencies in multiple practice settings, while drawing from our lived experiences.

The Emergence of Counseling with Queer People of Color: An Intersectionality Framework
School Tools - Mount Vernon Room
Christian Chan, Adrienne Erby, David Ford, Rufus Spann
When several cultural identities intersect to embody a unique, multidimensional individual experience, one of the
most creative theories to invite critical thinking about complex, interlocking experiences is intersectionality. Intersectionality operates from both cultural identity development and social justice frameworks to identify historical and institutional oppression perpetuating marginalization of minority populations and the diversity of salient experiences that capture a unique interpretation of cultural identities and worldviews (Bowleg, 2008; Cole, 2008; Collins, 2010; Crenshaw, 1991; Crenshaw, 1995; Shields, 2008). Intersectionality also embodies a critical theory lens to elicit the voices that have been silenced due to structural inequalities (Carbado et al., 2013). Consequently, this perspective requires movement between micro-level and macro-level interactions to engage social change within systems.

On both the micro and macro levels, queer persons of color often face numerous barriers to seeking counseling services due to increased rates of discrimination. Specifically, Meyer (2010) noted that queer persons of color expect to experience hate crimes and violence, which lessens their likelihood of utilizing services in the community. This discrimination also occurs within groups, where individuals carrying both the marginalized sexual and racial identities face an extensive invisibility both from dominant groups and within their own minority groups. The continued experience of bullying and violence (Robinson & Ross, 2013), internalized homophobia and racism (Henry, Richards, & Fuerth, 2011), and isolation (Haritaworn, 2010) leave this community with limited access to resources. Consequently, there are several aspects in counseling to be addressed, including the complex intersections of belonging and difference between counselor and clients; counseling practices to integrate an intersectionality model; and advocacy competencies to work against multiple forms of oppression. Utilizing the intersectionality conceptual framework, we will facilitate a collaborative dialogue to create more affirmative spaces and policies, discuss complex factors contributing to wellness, and co-construct new ideas for counseling practice and research.

In College and on the Spectrum: Supporting Neurodiversity in Higher Education
Anne Metz, Bryan Pecoraro, Matt Bukowski

Thanks to the success of IDEA compliance in the k-12 school system, more students with autism spectrum diagnoses are able to attend 2 and 4-year colleges and universities. Despite these students’ extraordinary intelligence and academic success, many may struggle with the unstructured environment of college. From dorms, to dining halls, to dating, the world of college can be fraught with challenges, which without intervention, could potentially derail a student's success. Professionals on and off campus may struggle with questions of how to best support the cognitive, behavioral, and interpersonal needs of this population. This presentation will provide practical guidance for professionals who work with this population at various stages during the crucial transition from k-12 schools to the post-college workforce.

Adverse Childhood Experiences: Helping Parents Emotionally Attune with their Child
Brandy Smith, Decca Knight

Children with a trauma history often have a very difficult time regulating their emotions. Parents of such children easily become overwhelmed when dealing with extreme behaviors. This presentation will highlight some techniques and strategies that counselors can use in teaching parents how to cope with dysregulation in children.

CONCURRENT SESSION B
FRIDAY, NOVEMBER 6, 2015, 7:30 AM – 8:30 AM

Morning Mindfulness Practice Group
Mindfulness - Stratford Room
Alan Forrest, Ted Edlich

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each others’ teachers; therefore we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.
Keeping Up With The Counseling Profession: Current Issues On The National Level
Ethics & Professional Issues - Crystal Ballroom
David Kaplan
ACA wants to help VCA members stay current with issues on the national level. ACA's Chief Professional Officer will discuss major challenges that would allow counselors to discriminate against LGBTQ clients, advances in licensure portability, the coalescence of professional identity, new employment opportunities, changes in the upcoming 2016 CACREP standards, and other current seminal issues.

Involuntary Mental Health Procedures in Virginia: What Counselors Need to Know
More Potpourri - Lexington Room
Kurtis Hooks, Yvonne Lynn
The purpose of this presentation is to provide a critical analysis of Emergency Custody Orders (ECO), Temporary Detaining Orders (TDO) and Involuntary Commitments in the state of Virginia. The presenters will begin by providing and "insider's view" to what actually happens during the ECO and TDO processes. The presenters will provide a historical context for current code and procedures, provide an overview of the specifics of the current Virginia code related to these processes, and discuss the impacts on clients and their families in addition to implications for providers. Specifically, the presenters will discuss the aftermath of involuntary mental health actions especially related to therapeutic alliance. Practical scenarios will be presented to illustrate challenging involuntary scenarios and audience feedback will be solicited.

Classroom Management Strategies for the Professional School Counselor
Potpourri - Chesapeake Room
Anda Weaver, Laura Jones
Working with and managing a large group of students on a time crunch can be quite challenging at times. The goal of this presentation is to increase comfort and skill level with classroom discipline and management techniques. Both presenters are former teachers and will use their knowledge of teaching and counseling to tackle the issue by explaining what classroom management is and why it is necessary. Basic techniques will be covered that may prove beneficial for school counselors as they engage in teaching classroom guidance lessons, leading groups, and consulting with classroom teachers.

Mindset Matters-Encouraging a Growth Mindset
School Tools - Mount Vernon Room
Denise Schmitter, Stacie Sexton
The mind and what one believes is very powerful. A person's beliefs can help or hinder student success. Participants will understand the difference between a fixed mindset and a growth mindset. The topic will be explored in greater depth with individuals taking a look at his/her own mindset and self-evaluating which mindset he/she most often uses when working with students. This session will include suggestions on ways to incorporate self-efficacy and growth mind-set into classroom lessons, counseling sessions, parent conferences, and general conversations with students. Recommendations will be provided on how to give feedback to students in a manner that encourages a growth mindset. Participants will be provided with resources designed to assist in changing mindsets.

The Essence of Self-Injury
Specialized Techniques & Populations - Blue Ridge Room
Megan Hines, M.S., LPC
Join us for an examination and discussion of the most current facts and leading therapeutic strategies for working with individuals who engage in self-injury.
"Stressed Out": Engagement and Strategies for Anxiety Management in College Populations
Career & College Counseling - Piedmont Room
Charlotte Chapman, Catherine Erickson
The popular song "Stressed Out" by Twenty One Pilots speaks to the fears and insecurities faced by young adults. As the demands of competitive college curriculums and social pressures stretch the available resources of today's college students, counselors are seeing an increase in the demand for anxiety and stress management in clinical settings. Social comparison, peer feedback, and self-evaluation are all factors that influence identity and can make college students particularly vulnerable to anxiety. Therapeutic engagement with this population can be difficult as students seek autonomy and individuation from other adults. In addition, student's over scheduled lifestyles, achievement oriented approach and preoccupation with social relationships can make retention difficult while also complicating efforts to manage stress. How do clinicians establish engagement while respecting the student's autonomy and personal goals? How do counselors collaborate with the student to help move them toward their goals in ways that foster expedient results and do not overwhelm them?

Motivational Interviewing (MI) is a collaborative conversation style that works for and with the client to move them toward change. MI is client centered and has proven effective with anxiety in college students. During this workshop, Catherine Erickson and Charlotte Chapman will discuss how to use MI to engage college students and identify change language. In addition, we will discuss a brief, solution focused CBT based model to address symptoms of anxiety and stress within this population. Anxiety manifests in a variety of ways for college students including perfectionism, body image concerns and social anxiety. There are therapeutic techniques that support increased self-awareness and autonomy, which align with student's values and often reduce perceived stress levels. Some of the strategies that we will discuss include mindfulness, acceptance, establishing choices, exposure and self-care. During the workshop, we will present a role-play that models this approach. We will also play the song "Stressed Out" and pass out the lyrics to attendees.

The Secure Child: Translating Attachment Theory into Practice
Child, Marriage & Family - Dominion Room
Somer George, Greg Czyszczon, Kelley Hunt
What is the significance of a healthy attachments and how can they be used to bring about healing? This session describes innovative practices for families whose children are dealing with emotional regulation and relationship difficulties. During this presentation, participants will explore ideas about attachment, and will be encouraged to think about ways to incorporate these ideas into their practice. They will learn how the Secure Child In-Home Program uses effective assessment and intervention strategies to bring about relational and behavioral change. The session includes a case study from a family who has participated in this therapy.

The Use of Metaphor and Story-Telling to Work with Codependent Behaviors
Clinical Tools - Regency Ballroom East
Nancy Johnston
The value of using metaphor and story-telling in counseling sessions is gaining increasing recognition and incorporation into the therapy process. Clients come to understand new things through various techniques and experiences, and the use of metaphor and story-telling provides the counselor with additional resources to help with learning and change. This session will offer an opportunity to look at several codependent behaviors from both a clinical perspective as well as through metaphor and story-telling. In September, 2012, my book, "My Life as a Border Collie: Freedom from Codependency," was published by Central Recovery Press. This session will work with material from that book including a careful look at the core features of codependency found through research, an application of those core features to specific behaviors associated with codependency, and time with Tales and Lessons about my Border Collie, Daisy, and me that demonstrate and teach about selected codependent behaviors: Serving, Herding, and Being Tenacious. In Border Collie/codependent language, these behaviors can be expressed in these ways: Serving - "Is there anything I can do for you?"; Herding - "What's everyone doing? Are you all okay?"; Being Tenacious - "I know you want me to stop, but I don't want to.

Creative Exposure Treatment: Using Art Focusing to promote emotional development, emotion regulation, and self-compassion. - Creative Interventions - Regency Ballroom West
Lisa Sosin
Focusing is an evidence-based counseling skill developed by Eugene Gendlin (1996). Focusing is taught and practiced across the world to promote mental health, peace, conflict resolution, creativity, and educational effectiveness (Rappaport, 2009). In this workshop attendees will learn to assess and conceptualize their own and their client's (of all ages and diverse backgrounds) emotional development to promote attunement with self and others, emotional
development, mind organization, affect regulation, and self-compassion in a creative, powerful, and, what I consider, a delightful manner (its fun and profoundly effective!).

White Southerners Remember When Segregation Seemed Normal {to Them) - Diversity & Social Justice - Empire Room
Walter (Andy) Anderson, Derick Williams
Counselors and counselor educators contribute to the national dialogue on race every time they help anyone understand relationships between current and past racial attitudes. For example, counselor educators teach multicultural courses to pre-service counselors, courses that rightly highlight the relationship between current racial attitudes and those behind acts of violent white racists during the Jim Crow and Civil Rights Eras. However, many of these courses are largely silent about an aspect of segregation that is less well known but was much more pervasive. Specifically, results of recent qualitative research suggest that many white Southerners accepted segregation as normal during the Jim Crow Era, but without actively supporting it or hating African Americans. We believe this attitude helps explain why legal segregation lasted so long and why people continue to tolerate injustice today. We believe our presentation will help all of us (counselors and counselor educators) to contribute even more to the national dialogue and to increase our awareness of contemporary injustices.

Brief yoga clinical interventions for pediatric populations experiencing anxiety.
Mindfulness - Stratford Room
Nadine Hartig
It is estimated that up to 13 percent of children will experience anxiety, making anxiety disorders among children more common than other mood disorders or attention deficit disorders. Often, children and families are looking for brief interventions to carry outside of the treatment room and into their lives at home and school. This session examines yoga, yogic breathing, and mindfulness interventions developmentally tailored to pediatric populations experiencing anxiety. Participants will be given foundational knowledge about yoga and mindfulness, guidelines for incorporating these interventions into brief therapy and integration, ethical considerations, follow up strategies, and specific interventions to try. Participants will have an opportunity to practice the interventions.

Neuroscience and Narrative in Trauma Treatment - Narrative Therapy - Georgian Room
William “Wally” Scott
New developments in the trauma treatment field continue to dramatically expand and inform our work. While verbal processing in trauma treatment remains an important aspect of this work, advances in neuroscience point to the need for a "bottom-up" approach that addresses traumatic experiences in the body, and affect regulation.

Meditation on the cushion and off: How meditation and mindfulness affect therapeutic relationships
Professional Development & Supervision - Appalachian Room
Michael Horst, Cheree Hammond
Come to this session to gain insights into how mindfulness and meditation on the part of the therapist can influence experiences of openness, compassion, empathy, attunement, and trust. You will explore how mindfulness and meditation help to facilitate shifts in identity and presence within the context of the therapeutic relationship. The presenters will also provide you with an opportunity to engage a brief mindfulness or meditation activity and a structure will be provided for developing your own mindfulness and meditation practice to support greater therapeutic alliances with your clients. The presenters will share findings from their spring, 2015 research.

Working with trauma: Neuroscience, multicultural issues, and evidence-based practices that facilitate a therapeutic alliance and post-traumatic growth - Understanding & Treating Trauma - Theatre Room
Aimee Brickner, Jamie Rice, Daria White
The experience of trauma has a complex impact on the neural networks and different areas of the brain (Cozolino, 2002). It can become the unspeakable terror that alienates the sufferer and fractures their worldview, relationships and meaning-making abilities. In this workshop we will discuss the neuroscience of trauma, explore various developmental, multicultural, and ethical considerations in regards to trauma, provide information that helps explain the challenges trauma presents to the counselor-client working relationship, and illustrate the efficacy of several evidence-based interventions. We will offer case-studies from our integration of brain and narrative work with victims of violence, traumatized children, and Middle-Eastern refugees.
The VCA Foundation Financial Goals:

- Our Founder, Dr. John Cook, bestowed us with a large gift of over $30,000 at his passing
  - We have a goal to double that money over the next 5 years, raising no less than $12,000 per year
  - This can ONLY happen with your generous assistance!
- 40% of the funds raised the previous year will be appropriated to individuals and programs serving the counseling profession
- Specific targets for our disbursements are:
  - John Cook Award – Honors a counselor for lifelong contributions to the profession
  - Virginia Counselors Journal – Sponsors each publication of the journal
  - John Cook Keynote Address – Sponsors the speaker annually
  - Other VCA Convention Support – Sponsor of the BusyConf technology
  - Pete Warren Foundation Fellows Program - Honors graduate students at counselor education programs for their achievement and potential for leadership
  - Foundation Grant Program - Supports counseling initiatives in the Commonwealth
  - Founders Leadership Development Fund – Designated funds targeted for leadership development initiatives
    1. Sponsored graduate students identified as emerging leaders to attend Leadership Academy

Congratulations to the 2015 Grant and Fellowship Winners!

- Grants
  - Spring – 3 $500 grants awarded
    - Jackie Robinson at Oak Grove Elementary School in Richmond for Women’s Empowerment Program
    - Josephine M. Olson, LPC at Light Counseling in Lynchburg, for Annie’s Tree House
    - Emily Goodman-Scott, Ph.D. at Old Dominion University for Use of Social Stories by School Counselors with Children with Autism Spectrum Disorder
  - Summer – 2 $750 grants awarded
    - Joshua Hurley and Karla Allen at Patrick Henry High School in Ashland for their Kindness Crew Project for building character and kindness traits in students
    - Dr. Laura Farmer and Dr. Gerard Lawson at Virginia Tech for Mindfulness and Anxiety Reduction Project for Juniors at Southwest Virginia Governors School

- Pete Warren Foundation Fellows

The VCA Foundation helps provide the resources, tools, and training for counselors to grow and prosper in their work environment. *Counselors are the Foundation, everyday,* and your **100% tax deductible** donation to the VCA Foundation is an investment in the future of counseling in Virginia. Donations can be made at [www.vcafoundation.org](http://www.vcafoundation.org), included with your annual VCA membership renewal or sent by mail to:

VCA Foundation
PO Box 721
Monroe, VA 24574

EASY installment or recurring donations can be set up at: [https://vca.site-ym.com/donations/default.asp](https://vca.site-ym.com/donations/default.asp)

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Counselors and Attorneys: Working Together on Behalf of our Clients
Ethics & Professional Issues - Crystal Ballroom
Kevin Doyle, Jon Huddleston
Working collaboratively with attorneys is an important skill for counselors to master. This presentation will feature contributions from both a counselor in private practice and an attorney who frequently refers clients to counseling. Suggestions about how to work most effectively on our clients’ behalf will be presented and discussed.

Role of a counselor in prevention of child sexual abuse
More Potpourri – Lexington Room
Sumi Mukherjee
This proposed presentation is based on a recently published book titled “Father Figure â€” my mission to prevent child sexual abuse”, by Sumi Mukherjee. The workshop focuses on prevention by intervention and how counselors can have a major role in this. Child sexual abuse (CSA) is a silent epidemic that takes place throughout the United States, creating social havoc for the children, adult survivors, and society. Even one single episode of child sexual abuse can scar the person for the rest of his/her life. Through a captivating story the presenter demonstrates how a timely intervention can dismantle a possibly abusive setup and thereby prevent possible child sexual abuse. The presentation elaborates on the numerous challenges involved in dealing with several inconsistencies in trying to work effectively with the various "systems". The workshop emphasizes the fact that prevention means doing something "before it actually happens" and how our systems such as child protective services and law enforcement services aren't always as effective in a preventive situation. Counselors can have a significant role in prevention of CSA because, (1) children often feel more comfortable discussing this with trusted adults such as counselors rather than family members, (2) many of our systems are more likely to respond to a concern brought in by a counselor.

Mental Health Recovery in Community Counseling
Potpourri - Chesapeake Room
Christina Dormstetter-O’Keefe, Cheryl Thompson
The Mental Health Recovery in Community Counseling session presents information from the literature related to the recovery movement in mental health treatment. It presents the audience with ways to integrate current treatment modalities into the recovery movement for maximum benefit for individuals who have mental health diagnoses including severe mental illnesses such as major affective disorders and psychotic disorders. This information is valuable in working with adolescents and adults in empowering individuals and providing hope for a healthy, active lifestyle integrated in the community in which the individual chooses to live.

The New IQ?: Understanding and Teaching Executive Function Skills in and Out of the Classroom
School Tools - Mount Vernon Room
Amy Fortney Parks
Teaching young minds to think clearly and efficiently is a universal goal of parents and teachers alike. Thinking skills such as planning, goal setting, organizing, prioritizing, self-monitoring, accessing working memory, inhibitory (impulse) control and sustaining focused attention are critical to academic, vocational and relationship success at every age. Most important, the development of these skills allows youth to mature into independent, healthy and functional adults. Despite the importance of these "executive function" skills, these thinking processes are not systematically taught at home or in schools and are not the focus of mainstream school curriculums. Rather, emphasis is on the content or the "what" of learning. Executive function skills are the "how" of learning. When a young person has poor or underdeveloped executive function skills, they can appear disorganized, unprepared and unmotivated. This is valuable to the target audience because by providing explicit instruction in executive function processes, parents and teachers can significantly elevate the thinking abilities in their children and students.

Ancient Perspectives on Healing after Death: Relieving the Pain of Complicated Grief in our Clients
Specialized Techniques & Populations - Blue Ridge Room
Radha Horton-Parker, Skip Horton-Parker
Every counselor will at some time encounter clients who wrestle with the deaths of loved ones or their own impending deaths. A majority of these clients will be Christians, as the religious population of the US is 88% Christian. Some of these individuals may experience complicated grief that can be caused or exacerbated by certain root theological assumptions common to western conservative Christianity, such as fear of damnation, belief in God as angry and wrathful, or unforgivable sin. To restore hope, this presentation will explore the possibility of healing and personal growth after death, based upon the Eastern Orthodox Christian notion of salvation as "therapeia". This theological approach is quite unlike that of modern Western Catholic and Protestant thought, yet was unquestionably present in the orthodox theology of the ancient church, and is finding increasing acceptance in western theology.
Helping Counselors Support First-Generation College Students in Multi-culturally Sensitive Ways: Career Exploration and Decision-Making
Career & College Counseling - Piedmont Room
Pierre Durant, Hannah Hall
While there are many resources available to first-generation students on actually getting into college, but with regard to career development, there is little available for counselors. Since a high percentage of first-generation college students are from underrepresented populations it is important that counselors are multi-culturally competent in their interventions. First generation students are characterized by having no immediate family members having obtained a college degree. These students often include but are not limited to immigrants, international students, and U.S. born minorities. We want to support counselors in furthering the career exploration options for first-generation students through building bridges to family members, utilizing effective and valid career assessments, and by helping students obtain resources to be successful in their given career fields. We will present findings from a recent survey about what career counseling methods have been most helpful to this population in their vocational exploration and thereby make recommendations for counselors in the field. We will also facilitate a career exploration activity within our presentation that helps organize an individual's preferences in discovering their ideal job.

Preparing Couples for the Happily Ever After: Premarital Counseling Tools for the Trade
Child, Marriage & Family - Dominion Room
Grace Viere
Marriage can be one of the most rewarding decisions made in a lifetime but oftentimes people enter in to this union ill-equipped for the challenges that lie ahead. Premarital counseling helps couples develop strong, healthy relationships while addressing topics that could lead to future problems.
This session provides counselors and future counselors the opportunity to increase their understanding of the needs of the premarital couple and offers practical strategies and techniques to utilize in their practices.
The session introduces key elements of strong relationships and provides a framework for counselors to use when working with couples. Topics addressed include: How to talk about money, expectations, family of origin issues and their impact on current relationships, how to disagree without ending the relationship, and healthy communication.

Creative Cool Counseling Techniques for Children (that can be adapted for children of all ages)
Creative Interventions - Regency Ballroom West
Susan Gum Callett
Come, Share, & have some Fun! Bring an idea or two to share as we explore creative, cool counseling tools. We will look at games that work and those that really don't. We will review books with fun activities skits, role plays, stories, songs, activities with movement and creative expressive arts that can be used with children (from 5 to 80) in the counseling setting. Activities that address different sensory needs and modes of learning will be explored. This will be a fun, participant shared presentation on ways connecting with our clients and creating ”Joy”.

Ethical Dilemmas and Title IX: Implications for Counselors, Counselor Educators, and Students
Ethics & Professional Issues - Crystal Room
Amy Williams, Catie Greene, Jill Russett
This session will provide an overview of Virginia’s Title IX laws and regulations, followed by exploration of several potential ethical dilemmas of this legislation on counselors in various practice settings with varying levels of expertise, on counselor educators working with students, and on student interns working with college students. Specific elements to be explored include dual relationships on campus, ethical versus legal requirements, and suggested areas for future research. Participants will receive a handout with an overview of Title IX information that they may reproduce to share with colleagues.

Mindfulness Across the Ages
Mindfulness - Stratford Room
Michele Kielty, Tammy Gilligan, A. Renee Staton
The practice of mindfulness is age-old. Ever since its introduction to modern culture, beginning with the medical community, there has been a growing body of evidence the therapeutic effectiveness of mindfulness practices with a variety of populations. This presentation will cover the following: basic principles and practices of mindfulness; how to integrate realistic and helpful mindfulness practices into the life of a counseling practitioner; and specific ways of being with clients in a mindful way as well as appropriate therapeutic tools for clients across the lifespan. The practice-base component of this presentation will be primarily focused on individual interventions.
Why Can't We Be Friends? Creating successful collaborations between community mental health providers within schools

More Potpourri - Lexington Room
Linda Grubba, Gary Wardlaw
Bringing community mental health providers into schools is not a new concept. Some Virginia schools began this practice in the 1980s with Safe and Drug Free Schools money. Unfortunately, the integration has not always been smooth, well planned, or well supported. The end results are systems within systems that do not collaborate or connect effectively. There can be feelings of resentment or misunderstanding amongst the professionals. Our goal is to expose the audience to a system that works. A school where the counselor and Day Treatment clinicians work as part of the total team; assisting and supporting one another with the ever-challenging job of helping students be successful. The presenters will share their experiences in creating a healthy and successful program that cultivated student growth beyond the need of support services.

The Brain Likes To Get Sweaty
Potpourri - Chesapeake Room
Mark Jones
A recently growing body of scientific research is demonstrating that exercise increases the size of the brain, increases the number of neuron branches and fosters production of a neurotransmitter (BDNF) that enhances brain electrical activity. Researchers studying the impact of exercise on the brain are showing that it benefits students in multiple ways. There is evidence that physical exercise helps improve school attendance, self esteem, concentration, executive function, grades and achievement scores. There are also studies that support the conclusion that the benefits are dose dependent (the more the better). Other studies have shown that when exercise is increased at the sacrifice of teaching time in core subjects, academic scores in core areas still go up. Some schools and school districts have embraced the evidence, but most have not. The CDC recommends 60 minutes of daily exercise for children. In this presentation, practical examples will be given for counselors who work in schools on how to help schools reach the 60 minute daily goal without necessarily increasing the school budget or length of school day. We will learn science and learn by doing.
Investigating the Implications of a Structured Peer Group Supervision Model
Professional Development & Supervision - Appalachian Room
Michael Kalkbrenner, Marina Kuzmina
This presentation will review various training models and best practices for teaching the Introduction to Counseling Skills and Supervision courses. A structured Peer Group Supervision Model will be discussed as an avenue for giving students direct practice through role plays and other experiential learning activities. Presenters will provide first-hand knowledge of this experience and provide tips for implementation.

The Power of Peers: Utilizing Students in Classroom Guidance Delivery
School Tools - Mount Vernon Room
Lauren Wynne
The impact of information shared by peers often carries more weight than when the same message is shared by adults. Student delivery of classroom guidance content in collaboration with the school counselor makes use of a dynamic human resource and offers opportunities for student leadership development. Please come hear about two student led programs focused on the academic, social/emotional, and college/career development of students and share ideas for how this has worked in your K-12 setting.

Enhancing Positive Emotions to Promote Posttraumatic Growth
Understanding & Treating Trauma - Theatre Room
Lennis Echterling, Daria White, Aimee Brickner, Jamie Rice
People facing traumas and crises struggle with intense feelings of anguish, turmoil, and distress. However, at times most survivors also are experiencing some positive emotions, however slight. These feelings include gratitude, compassion, relief, courage, awe, and hope. In this session, we describe and demonstrate innovative crisis intervention techniques counselors can use to identify and enhance these positive emotions that are so essential not only for surviving crises, but also for thriving in life.

CONCURRENT SESSION 7
FRIDAY, NOVEMBER 6, 2015, 12:45 PM – 2:45 PM
2 HOUR SESSIONS

Transforming Counselors: Embrace the Rainbow of Gender Diversity
Diversity & Social Justice - Empire Room
Laura Farmer, Dolly Davis
Binary concepts of gender are no more. This presentation is designed to increase counselors’ knowledge, awareness, and skill related to working with clients who identify along the gender spectrum. The presenters will address terminology, pronouns, and appropriate language to affirm and empower clients who identify as trans, gender nonconforming, genderqueer, or who have had a transgender experience in the past. The presenters will facilitate an open and safe environment for questions and discussion.

To Market, To Market: Growing a Private Counseling Practice in a Small Community
Clinical Tools - Regency Ballroom East
Jennifer Behm, Jennifer Cline
Utilizing personal knowledge and experience, the presenters demystify the requirements of initiating and maintaining an independent private counseling practice. The presenters discuss the personal skills, competencies, and perspectives required to build a thriving private practice. They provide a detailed plan that includes the "who, what, when, where, why, and how" of a successful counseling business. The presenters describe the daily tasks required in maintaining a private practice and a detailed discussion of the ethical and financial aspects of the counseling business. In addition to detailing general private practice requirements, the presenters address specific needs of a counseling practice in a small community. Small communities have unique needs around issues such as confidentiality and affordability. Using a gardening metaphor to organize the material, the presenters provide a clear picture of the pros and cons of a private counseling practice endeavor. While private practice is not without risks or potential difficulties, it is a viable option for clinicians who are motivated, creative, and ambitious.

Lead Like Lincoln: Mastering a Leader's Storytelling Skills
Narrative Therapy - Georgian Room
Leslie Schaffer
Leadership and leader behavior is important for any professional discipline. However, this issue has mainly been ignored or neglected throughout the history of counseling and the training of counselors. One lesson we can draw from Abraham Lincoln is that an effective leader is a master storyteller. Lincoln worked for years to master his skills. In this workshop, you will develop your storytelling and story-listening skills with purpose and a plan. You will learn basic
steps and skills, and as Lincoln discovered, you’ll get better by telling in front of an audience. There are no shortcuts to becoming a good storyteller, but there is a process to enhance and power-up what you may already be doing. This workshop will demonstrate how building leadership storytelling skills enhances a counselor’s impact on clients and students, and on their own personal career development goals.

Contemplative Psychotherapy with Adolescents Struggling with Anxiety
Specialized Techniques & Populations - Blue Ridge Room
Cheree Hammond
This session will introduce school and community counselors to the theory and techniques of Contemplative Psychotherapy, an approach based in Tibetan Buddhist Psychology, and its uses in addressing teen anxiety. This session will also include an integration of Mindful Self-Compassion. Participants will have an opportunity to engage mindfulness & meditation activities suitable for both the clinical and school settings and will leave the session with resources for their work with teens.

Opportunities, Obstacles, and Options: Career Planning with Collegiate & Professional Athletes
Career & College Counseling - Piedmont Room
Kelley Old, Jennifer Gerlach
Research indicates that many athletes enter professional sports with a one-dimensional lens with limited interest and exposure to career exploration and career decision making. Limited job security in professional sports often forces athletes to seek alternate career paths. Former professional athletes often face significant career problems when transitioning to the world outside of sports. Through current research on best practices, this presentation will address strategies appropriate for working with former student-athletes and retired professional athletes on life after sports. Information will include approaches to teaching transferable skills, career exploration and development, and personal counseling techniques specific for this population.

Relationship Rescue 101
Child, Marriage & Family - Dominion Room
Angie Anderson
In this session, we will explore a proactive plan on enhancing modern couples counseling by getting back to the basics. Clinicians will refocus on ways to introduce a more effective treatment plan with couples to help them stay focused on creating growth in self while establishing a healthier foundation as a unit. This treatment plan prepares couples to deal with issues that bring them into counseling by enhancing assertiveness, eliminating communication blocks, setting limits with effective conflict resolution skills, and exploring ways to enhance mutual respect through a review of Chapman's Five Love Languages. This session will help you revive your desire to schedule sessions with couples.

Presto-Chango: The Magic and Neuroscience of Play Therapy
Creative Interventions - Regency Ballroom West
Lennis Echterling, Anne Stewart, Somer George
Magicians take advantage of neurological processes to mystify audiences, but play therapists can use the same principles to empower their clients without trickery. In this session, we summarize neuroscience findings, engage participants in experiential activities involving magic, and demonstrate clinical skills, such as framing and tracking changes, that enhance awareness and promote therapeutic change.

Self-Care for Counselors: What the Ethical Counselor Needs to Know
Ethics & Professional Issues - Crystal Ballroom
Susanne Preston-Josey
In this ethics session, best care practices for the self-care of counselors will be examined. Specifically, the ACA ethics code will be explored as it pertains to self-care. The ACA Code of Ethics requires counselors to "engage in self-care activities to maintain and promote their emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities." In this session, the following will be discussed: how to identify impairment in ourselves; how to suspend or terminate services when impairment is identified; how to seek assistance for problems causing impairment; how to assist others in recognizing their own impairment; how to intervene when you note impairment in others in order to prevent client harm. Implications for students in fieldwork settings, residents in counseling, practicing counselors, as well as for licensed supervisors will be explored. Specific self-care activities will be demonstrated and case examples will be provided.
Mindful Transformation Through The Four Agreements
Mindfulness - Stratford Room
Alan Forrest
Mindfulness is a “waking up” and awareness of what is in the present moment without judgment. It has the potential of being a transformative process. "The Four Agreements" by Don Miguel Ruiz is grounded in the wisdom of Toltec knowledge that describes living with the brain fully awake. This session will describe the "four agreements," how they can be integrated into mindfulness practice, and used as a way to cultivate change in ourselves - thereby making us more accessible to our clients.

Design Thinking for Counselors: Radical Collaboration and Deep Empathy
More Potpourri - Lexington Room
Jonathan Wiley
William "Wally" Scott
This presentation will provide an introduction to design thinking, a collaborative, optimistic, and experiential approach to knowledge and solution generation. Design thinking is being used in analogous disciplines to transform organizations, services, and individual lives through empathic innovation. Attendees will be guided through an experiential group process to highlight design thinking principles and identify ways in which this approach can be implemented into their contexts of practice.

Social Justice in Counselor Education
Potpourri - Chesapeake Room
Madeline Clark
This presentation will discuss the results of a qualitative study which explored counselor educators’ implementation of social justice into their pedagogy. 12 counselor educators were interviewed and 24 syllabi were coded. Relevant literature, methodology, and results will be discussed. This presentation shares how counselor educators are using socially just practices in their teaching and includes strategies for counselor educators who are interested in increasing the use of social justice pedagogy in their classrooms.

Building a Collaborative Counselor Educator/District School Counseling Supervisor Leadership Team
Professional Development & Supervision - Appalachian Rm Donna Dockery
Creating a collaborative partnership between counselor educators and district school counseling supervisors is highly beneficial to increase the congruence of school counseling program standards and practice. Presenters will share initial steps, goals, and strategies used to develop their university/district partnership, as well as accomplishments to date. Participants will be provided with numerous tips and resources for replication of the leadership partnership.

All Aboard! Bringing STEAM to Your School
School Tools - Mount Vernon Room
Emily Fielder
“All Aboard! Bringing STEAM to Your School” explores how Science, Technology, Engineering, Art, and Mathematics share important skill sets necessary for career success. Through short discussion and group work, session participants will take home planning resources to design a STEAM-focused career week!

The Origins of Mindfulness: Eastern Spirituality - Western Mental Health
Mindfulness – Theatre Room
Eric Cowan
Over the past few years the concept of "Mindfulness" has become integrated into the vocabulary and modes of practice of many counselors. From DBT to "mindfulness meditation" techniques, many counselors recognize that helping clients to become more mindful enhances client's self-reflective awareness. This presentation explores the origins of mindfulness concepts in Eastern spiritual traditions and gives counselors a greater understanding of the goals of mindfulness practice.

Homestead Afternoon Tea, Finger Sandwiches & Cookies
Afternoon tea at The Omni Homestead Resort is one of their most cherished, and historic traditions. Join this tradition from 3:00 p.m. to 4:00 p.m. in the Great Hall and enjoy this favorite pastime.

Career Development - Enhance Your Brand and Skills through Credentialing
Career & College Counseling - Piedmont Room
Celeste Hall
The Career Development Facilitator Program leads to the Global Career Development Facilitator Certification which enhances school counselors' ability to deliver services to students in the career domain and strengthens their professional credentials. This session will provide information about the program content, delivery formats and how the certification will support your professional development.
Giving a Fish a Bath: The Untold Story of the Adolescent Mind
Child, Marriage & Family - Dominion Room
Amy Fortney Parks
Ever think the adolescent mind was impossible to understand? Recent discoveries in neuroscience offer exciting insights into how the brains of our teens really work and the special "brain-based" challenges facing adolescents as they mature. This workshop reveals why teens are especially vulnerable to drug use, high-risk peer influences and depression as well as the proactive measures adults can take to minimize a teen's exposure to these dangers. This seminar also addresses the often-mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offers strategies compatible with the many strengths and opportunities available during this miraculous developmental period, including helping teens to develop positive character traits. If you've ever thought that the adolescent mind could not be understood, this workshop will arm you with the latest insights and information on knowing and empowering the teenage brain.

Chutes, Ladders, & Jungle Gym Planning: Fostering Flexible Thinking in Rigid Minds
Clinical Tools - Regency Ballroom East
Jay Hayden, Sharon Lockaby
According to the rules of the classic, childhood game, "Chutes and Ladders", there is only one way to win the game. You must climb up the ladders and "succeed" or go down the chutes and "fail". To individuals with rigid minds and perfectionist thinking patterns, these rules go beyond the parameters of the game and parallel their view of how to "win" at life. This interactive program introduces Sheryl Sandberg's Jungle Gym framework and offers strategies to help rigid minds of any age cope and build flexible thinking. The Jungle Gym framework can benefit anyone and is particularly helpful for individuals that are struggling with decision making and major life changes. Games and group discussion will be used to explore examples of flexible and rigid thinking styles throughout the developmental spectrum. Playful strategies for teaching Jungle Gym Planning to clients will also be incorporated through interactive, craft activities.

Therapeutic Horseback Riding and Autism
Creative Interventions - Regency Ballroom West
Wendy Eckenrod-Green, Gabrielle Carraccio
Therapeutic horseback riding uses the multi-dimensional movement of the horse as treatment (Cuypers, DeRidder, & Strandheim, 2011). This type of therapy can be used to assist with some of the difficulties associated with particular disabilities (e.g. Autism Spectrum Disorder). Administering a therapeutic riding lesson is a trained team consisting of volunteers, the horse, and a certified riding instructor (Gabriels et al., 2011). The lesson is a comprehensive strategy that not only strives to improve physical or emotional goals, such as improved balance or increased happiness, but also positively affects daily activities, independence, and quality of life (Zadnikar & Kastrin, 2011). This is the main goal of therapeutic horseback riding: that the rider will function better off the horse, in their daily life (Cuypers, DeRidder, & Strandheim, 2011).

"I'm Not Jason, I'm Jessica": Advocating for Transgender Individuals
Diversity & Social Justice - Empire Room
Radha Horton-Parker, Jill Dustin
This session will explore the needs and challenges facing transgender individuals in our society. Varying cross-cultural views of transgender identity will be presented. Through the use of video vignettes and case examples, participants will begin to develop the ability to understand, appreciate, assist, and advocate for transgender clients.

Thruving Together: Strengthening Attachments That Enrich Our Growth as Counselors
Ethics & Professional Issues - Crystal Ballroom
Lennis Echterling, Anne Stewart, Eric Cowan, Michael Horst, Somer George
Thruving as a counselor is not a solitary venture. It involves being open to what peers, mentors, professors, supervisors, and clients offer us. In this session, we explore how deep, profound, and abiding attachments can enrich our personal growth and professional development as counselors. We engage participants in experiential activities, share practical suggestions, and provide handouts containing recommended readings and information on other resources.

Avoiding Legal Pitfalls In Counseling
Understanding & Treating Trauma - Stratford Room
Mark Jones
I will discuss some of the best means of avoiding a lawsuit and keys to defeating one after it is filed. Some of the most important tools for counselors include knowing what constitutes informed consent, how to discuss it with a client, and knowing what information to document within provider notes. I will offer examples and lessons learned from jury trials I handled while representing health providers who were sued by patients or patient families.

Techniques On How To Build Positive Relationships With Difficult Inner City Youths (Using a Proven Theory)
More Potpourri - Lexington Room
Rudolph Melvin Jr.
My session will assist Teachers, School Counselors, Administrators and other educators as well, to build lasting positive relationships with problems students. Using this proven theory, Maslow's Pyramid of Five Hierarchy of Needs, I will show you how to use these five theories to build those relationships. Maslow's theories has been successfully used in business practices, therapist sessions, supervisors, politicians and others. I will also demonstrate some
techniques that I have been using which have proven to be very successful with challenging students.

Writing Fiction from Counseling Experience**
Narrative Therapy - Georgian Room
Claire Cole Curcio, Christie Jones
Both presenters have written fiction based on counseling issues: Claire Cole Curcio, a novel, “The Death Law” on end-of-life issues, and Christie Jones, “Are We Home Yet”, a children’s book on homelessness. They will describe how they decided to write their books and how they got them published. Aspiring and published authors welcome! **NOTE: This session is not available for NBCC Credit**

Measuring Personal Growth
Potpourri - Chesapeake Room
Walter Anderson, Ishan Williams
Counselors seek to facilitate client Personal growth, whether their “clients” are students, agency clients, or counselors in training. Unfortunately, counselors lack a consensus definition of Personal growth and, therefore, a suitable measure.

We (two presenters) have been conducting research with a 21-item instrument originally developed to measure Posttraumatic growth (Tedeschi & Calhoun, 1996). We have used the item set to measure Personal growth in general, simply by modifying the original instructions to participants. During the last few years, we have used the item set to measure levels of Personal growth attributed to circumstances as diverse as naturally occurring life experiences and planned educational activities.

Our presentation has two purposes: (1) to describe the instrument and (2) to demonstrate its general applicability. We plan to accomplish the latter by helping each audience member to write a set of instructions for measuring the Personal growth of hypothetical participants in an activity of special interest to the audience member (classroom guidance, series of counseling sessions, substance abuse group members, for example).

Preventing Vicarious Traumatization and Compassion Fatigue Among New Professionals: Practical Tools for Clinical Supervisors
Professional Development & Supervision - Appalachian Room
Josephine Olson
In work with individuals and families, mental health professionals are privy to disturbing accounts of violent crime, physical and sexual abuse, neglect and great personal loss. The implications of trauma are devastating to the physical and psychological development of children and have long-term implications upon overall mental health. In order to effectively treat traumatized individuals, a therapist must attain a thorough understanding of the impact of trauma upon the individual and the family system. This presentation will empower the clinical supervisor with practical trauma-informed principles to promote healing and resilience in traumatized individuals. Models for culturally sensitive and strength-based clinical and peer supervision will be explored. The presenter will specifically address strategies to assist the supervisee in avoiding vicarious traumatization and re-traumatizing the client. The presenter will also facilitate experiential activities to assist the clinical supervisor and supervisee in developing specific self-care plans to prevent compassion fatigue and subsequent burnout in their practice with traumatized individuals and families.

Post-Secondary Planning Help: A multitude of tools and tips to help your students plan their future
School Tools - Mount Vernon Room
Leah Byrd, Lien Weakland
Fill your storehouse with resources to help your students and their parents plan for life after high school. You will learn how counselors can improve the planning process by employing specific strategies to assess student needs. You will be given material to help students who plan to attend 4-year/Community colleges, enlist in the Military, attend a Technical School or enter the World of Work. This session is great for new counselors and those who hope to rejuvenate their programs.

The Role of Meaning in Career Decision-Making
Specialized Techniques & Populations - Blue Ridge Room
Michele Kielty, Simone Lambert
A variety of career counseling theories and approaches acknowledge the multi-facets of the career decision making process. In a fast-paced and ever-changing world, individuals are faced with multiple and sometimes challenging realities, along with the desire to create a meaningful life, including a satisfying career. This presentation will cover a holistic perspective for career counseling and decision-making and provide tools for helping clients explore paths towards meaningful and balanced lives, while taking into account the realities and challenges of the times in which we live.

Shame on Me? An Attachment-based Perspective of Combat and Moral Injury
Understanding & Treating Trauma - Theatre Room
Lisa Kruger
With the number of returning Veterans diagnosed with PTSD on the rise, what are clinicians missing? Research on moral injury suggests that post-combat shame and guilt are not recognized or targeted in treatment. This session will explore moral injury through an attachment lens to investigate how internal working models relate to combat experiences and moral injury. Attention to this topic can yield future research and treatment of interpersonal factors that contribute to complex moral emotions following combat trauma. This presentation will propose a model that links the cognitive, emotional, and social factors to morally conflicting trauma-related conditions, which can inform of more effective therapeutic interventions clinicians can employ to support our returning veteran.
Morning Mindfulness Practice Group
Mindfulness - Stratford Room
Alan Forrest, Ted Edlich
Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each others' teachers; therefore we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.

Post-Convention Session S1
Saturday, November 7, 2015, 9:45 AM – 12:45 PM
3 hour sessions

Raising the Bar: Critical New Concepts in the Revised ACA Code of Ethics
Ethics & Professional Issues - Regency Ballroom West
David Kaplan
The latest revision of the American Counseling Association Code of Ethics substantially raises the bar for the ethical practice of professional counselors. This presentation will highlight new ethical imperatives in such areas as professional values, social media, the imposition of counselor personal values, defining the moment ethical responsibilities begin, and fee splitting.

Neurobiology 101: Chronic Stress and the Developing Brain
Stratford Room
Jeanne Brooks
High conflict divorce and the ongoing litigation have devastating effects on a child's emotional and physical development. Long after the divorce, parents often continue in high conflict, using the courtroom to battle out their differences. This workshop will provide professionals with the current research on the effects this chronic stress has on the developing brain and the devastating long term effects. This workshop will empower participants to work closely together to provide effective interventions such as parenting coordination and cooperative parenting. Research indicates that children adapt much better to divorce when the conflict stops and parents are respectful to one another and parent together. Gaining understanding of chronic stress on the developing brain can motivate the pertinent disciplines to reach more effective ways to quickly intervene when parents seem unable to resolve the conflict on their own.

An Adaptation of Kagan’s (1980) Interpersonal Process Approach to Supervision
Supervision - Regency Ballroom East
Teresa Haase
This workshop will be based on Kagan's (1980) IPR supervision strategy. The goals of IPR are to increase counselor awareness of covert thoughts and feelings of client and self, practice expressing covert thoughts and feelings in the here and now without negative consequences, and, consequently, to deepen the counselor/client relationship (Cashwell, 1994). An overview of the model and its key points will be offered, in addition to an opportunity to practice the strategy and discuss its application.

Cutting Through the Digital Haze: Helping Adolescents and Young Adults Thrive in the Age of Social Media
Trauma - Mount Vernon Room
Craig Windham
The new ACA Code of Ethics calls on counselors to become knowledgeable about social media. Participants in this lively, multimedia workshop will deepen their understanding of social media as well as key characteristics of social messaging which can pose problems for adolescents and young adults from "fear of missing out" to academic and sleep issues. Experiential exercises and role-plays will demonstrate practical approaches counselors can use immediately to help clients derive value from social messaging while avoiding the pitfalls.
Integrating the Creative Arts in Supervision
Supervision - Regency Ballroom East
Teresa Haase
Facilitated from the context of Bernard’s Discrimination Model of Supervision (1979), this workshop will offer creative arts interventions to integrate at poignant moments and stuck places. This model takes into consideration the development of the counselor in training, along with an emphasis on the supervisee as an evolving professional. Additionally, this model accounts for each supervisee’s specific needs, which will change from session to session or within the session itself. The Discrimination Model implies that the supervisor embraces the role of discerning (or discriminating) what is needed in the moment. Writing and drawing exercises, as well as sand tray suggestions, music and poetry will be presented, with the opportunity to practice and discuss application.

Spiritual and Psychological Interventions with Trauma Populations in the Caribbean
Trauma - Mount Vernon Room
Benjamin Keyes
The island nation of Trinidad/Tobago is located in the Caribbean Sea just off the coast of South America. The people of Trinidad have dealt with a long history of struggle and trauma which continues in areas of the country grappling with gang violence, murdered youth, domestic violence, sexual trauma, and natural disasters. Families, Youth, Churches, the community, and the nation are working hard to counteract these negatives influences on society and its ripple effect to other island nations in the area. A recent attempt to train volunteers in times of trauma, crisis, and disaster was met by government officials, church personnel, and outreach agencies with full support and attendance. Outreach efforts to train prison personnel, youth social workers, and volunteers involved a variety of intervention strategies and methodologies. Church workers with both youth and family were taught and encouraged to use both spiritual and psychological first aid techniques to intervene with traumatized individuals in order to heal and repair the family unit. The methodologies will be discussed and explored contrasting the spiritual with the psychological within the context of culture.
Planning to Supervise LPC’s in Virginia, but you haven't fulfilled all 20 hours of the new state requirements yet? A training, **Clinical Supervision in Virginia**, will be held at the VT Richmond Center, 2810 N. Parham Rd, Suite 333, Richmond, VA

**PRESENTER:** Dr. Gerard Lawson, Associate Professor of the Virginia Tech Counselor Education Program

The three day training will provide 20 NBCC contact hours required to supervise LPC residents, and will highlight the legal, ethical, theoretical, and practical requirements associated with providing clinical supervision. Participants attending the workshop in its entirety will receive a verification form for proof of contact hours fulfilling the Virginia LPC supervision requirements.

- Thursday, Friday & Saturday: $400 VCA Members; $450 Non-Members (20 Hrs.)
- Thursday & Friday Only - $300 VCA Members; $335 Non-Members (15 Hrs.)
- Saturday Only - $110 VCA Members, $135 Non-Member – (5 Hrs.)

**Register at** [www.VcaCounselors.org](http://www.VcaCounselors.org)

Virginia Counselors Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2047. Programs that do not qualify for NBCC credit are clearly identified. Virginia Counselors Association is solely responsible for all aspects of the programs.

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**VCA’s Annual Legislative Day**

**Monday, January 25, 2016**

**University of Richmond Downtown**

**ADVOCACY begins with YOU!**

As many counselors as possible are urged to participate in VCA’s [Annual Legislative Day](http://www.vcacounselors.org) on Monday January 25, 2016 in Richmond.

As a professional counselor, you can’t afford to miss this opportunity to make your voice heard. Please plan to attend Legislative Day and REGISTER at www.vcacounselors.org. Make appointments with your delegate and senator. Tell them how concerned you are about the state of mental health services and the strains on public education.

Please consider attending this year’s Legislative Day and make your voice heard to the leaders of the Virginia General Assembly. If you have advocacy-related questions in the meantime, please contact the VCA Lobbyist, Becky Bowers-Lanier, becky@b2lconsulting.com, VCA Advocacy Chair, Stephanie Kasparek, stephaniekasparek@gmail.com or the VCA Office, vcaoffice@cox.net.

**Registration is free!**
American Addiction Centers – Gold Sponsor
540-910-0524; tengles@contactaac.com
www.americanaddictioncenters.com
American Addiction Centers is a national behavioral healthcare provider focused on addiction treatment and rehabilitation. Our staff, which includes expert drug addiction specialists, seasoned physicians and caring therapists, is dedicated to providing our patients with the absolute best, proven methods of treatment and rehabilitation.

Arbonne
Janice Lively; 757-285-6157
Rbon4janice@gmail.com; www.janicelively.arbonne.com
For the best in botanical skin care and cosmetics: PURE, SAFE, BENEFICIAL - ARBONNE!

Argosy University – Washington, DC
703-526-5863; idsmithe@argosy.edu
www.argosy.edu/locations/washington-dc
Located in the Rosslyn area of Arlington, Virginia, our campus is a short distance from downtown Washington DC.

The Psychology programs offered at Argosy University include certificate and degree programs in fields such as Psychology, Clinical Psychology, Counseling Psychology, and Forensic Psychology. Courses offer both work inside the classroom as well hands-on experience working with mental health professionals. The Counselor Education program educates its students in post graduate degrees in Counselor Education & Supervision and Community Counseling. The curriculum in these programs teaches students the foundations of operating as advanced educators, practitioners, and supervisors. The Education programs offered at Argosy University include upper level degrees in Community College Executive Leadership, Educational Leadership, and Instructional Leadership, training graduates to effectively operate both inside and outside of the classroom.

Argosy University’s Business education programs offers students certificate, bachelor’s and post graduate degrees in all areas of the business world, including Business Administration, International Business, Marketing, and more.

Individuals interested in learning more about the American Criminal Justice System can work towards a Bachelor’s of Science in Criminal Justice. Founded in the core values of communication, case development, and research, this program’s curriculum educates students in elements in the world of criminal justice.

The Liberal Arts program at Argosy University, Washington DC offers students a venue to develop their abilities in the basic academic areas while enabling them to pursue a higher education after acquiring a Bachelor of Arts in Liberal Arts. Offering core courses which reinforce the foundations of education, this program is equal parts involved and accessible.

Artistic Designs
Julie Joyce; 434-978-1528
Bluebird1528@hotmail.com
All jewelry is carefully crafted from sterling silver, brass, leather, Swarovski crystals, glass and ceramic beads, with many pieces featuring hand-made Kazuri beads from Kenya. All tables are created with a hand-wrought iron base, and carefully hand-cut and ground stained glass or broken tiles. Each table is unique and will not be duplicated. Tables may live year-round on your covered porch or enjoy the beauty indoors! Mirrors are created in a similar fashion, however, are created on a wooden base and are made for indoor use. Children's aprons are created to fit children 3-8 years of age, are washable and made for hours of fun in the kitchen!

Career Solutions Publishing
888-299-2784; www.careersolutionspublishing.com
csp@careersolutionspublishing.com
Career Solutions Publishing provides online materials to teach employability skills, work ethics, career/academic integration, and personal finance. Job Ready Career Skills is highly successful for all students who must learn the soft skills for work. It's for Real Workplace Ethics teaches the work ethics employers say are essential. All of our online programs, including Job Ready Career Skills and It's for Real Workplace Ethics, feature The Teacher's Desktop, a simple student management system that offers pre- and post-tests, assessment, score reports and other features. Our online products are also available on CD without The Teacher's Desktop.
Caron Treatment Center
757-876-5640; www.caron.org
jshannon@caron.org
Thousands of patients and families have found hope and healing with Caron. For nearly 60 years, we have shaped the future of recoveries by using proven-evidence based practices and treating patients and families with respect and dignity. Our comprehensive treatment approach helps us get to the root of a behavioral health issue or addiction, putting patients and their families on the road to recovery. It is Caron's mission to transform lives impacted by addiction and substance use through proven, comprehensive and personalized behavioral healthcare solutions. We blend addiction treatment with the latest evidence-based practices and historically proven treatment modalities in order to form a solid foundation for an individual's sustained recovery and healthy way of living.

Center For Discovery
703-220-1538; www.centerfordiscoveryvirginia.com
Jordan.white@centerfordiscovery.com
At Center for Discovery, we are dedicated to providing successful residential treatment for children, adolescents and adult women as well as intensive outpatient treatment. For over 15 years, we have been committed to helping our clients along their path to long-term recovery. We have demonstrated a legacy of success and have developed a proprietary treatment model based on experience and research. The focus of our treatment programs is the specialized and personalized treatment we provide for each client. Each of our treatment locations focuses on one of our core programs. Our current Virginia location is an adolescent eating disorder program, treating children and adolescents, ages 10 to 18, who are struggling with an eating disorder as a primary diagnosis. We provide therapeutic treatment that addresses the eating disorder behavior as well as the underlying emotional issues that contributed to the development of the eating disorder. We educate on nutrition and practical kitchen and food skills to help support recovery.

Compass Counseling Services of Virginia
540-949-7045; www.compassva.com
Gretchen@compassva.com
Compass Counseling Service’s commitment to exceptional community mental health services begins with an emphasis on a healthy, supportive work culture wherein clinicians engage in ongoing professional growth via intensive training and supervision that includes a comprehensive residency program for LPC and LCSW licensure. We offer: community-based clinical and skill-building services, home-based autism behavioral support, therapeutic day treatment, outpatient therapy, and psychological testing in 7 localities throughout Virginia.

FIDM/Fashion Institute of Design & Merchandising
800-262-3436; www.fidm.edu
smcdowell@fidm.edu
FIDM/The Fashion Institute of Design & Merchandising is a private, coeducational, specialized, senior college university commission WASC and NASAD accredited four year California college. With campuses in Los Angeles, San Francisco, San Diego, and Orange County, FIDM specializes in degree programs leading to careers in the Fashion, Interior Design, Graphics, and Entertainment industries. All four campuses are located in the heart of the industries we serve. The college is a fast-track, applied education with 75% of the course work in the student’s major.

First Home Care
540-265-2380; www.firsthomecare.com
First Home Care offers quality programming and a variety of community based treatment services throughout Virginia, and the District of Columbia. Our programs enable individuals to receive the care they need in their homes and communities, and reduce the need for hospitalization and out-of-community placement. Using strength-based and family focused approaches, we develop programs which build on and improve the successes of the individuals we serve. Our clinical and case management staff members utilize strength-based and skill-building approaches to engage children and adults to support their successes at home, in school and in the community.

Hallmark Youthcare
804-784-6432; www.hallmarkyouthcare.org
Wendi.true@hallmarksystems.com
Hallmark Youthcare’s trauma-focused, non-violent treatment philosophy promotes a safe, secure, and therapeutic environment for at-risk youth in community-based and residential services. Hallmark believes a non-violent treatment environment forms the basis for addressing the traumas in the lives of at-risk youth, promoting the formation of healthy relationships and caring homes. We value the importance of matching the client’s needs with the appropriate level, type of treatment, care and services. Hallmark promotes a culture that reflects these qualities at every level of our organization with the goal of providing hope, recovery, and renewed direction for youth and families.
Harbor Point Behavioral Health Center provides intensive, residential treatment programs for youth 5 to 18 in a therapeutic setting conducive to healing and which empowers them to address their comprehensive mental health needs and provides them with the tools they need for a successful recovery. Staff consists of experienced medical and psychiatric professionals, committed to providing the highest quality of care to our residents. Education and Therapeutic Recreation are integral components of treatment. Harbor Point is fully accredited by The Joint Commission, VAISEF, and licensed by VA DBHDS and DOE. TRICARE®- certified, VA Medicaid provider.

Heroes Academy is a non-profit financial school, teaching families and companies how to make and save money for freedom and retirement through education and action.

The Hughes Center is a residential treatment facility and day school in Danville, Va., that serves young men and women diagnosed with an intellectual disability or any Pervasive Developmental Disorder, including Autism Spectrum Disorder and Asperger Syndrome. Our goal is to help young men and women learn the skills they need to be successful in their homes, schools and communities. “If all your doors are locked, we have the keys to open them.”

Intercept Youth Services provides mental and behavioral health services for at-risk youth and families across Virginia. Intercept offers the LifeBridge Continuum of Care, which is comprised of varying level of effective services, ranging from preventative community based services to out of home placements. Services can be used individually or in a combination to provide seamless wrap around treatment. Intercept prides itself on being innovative, collaborative and effective to make a lasting positive impact.

Life Center is a leading provider of continuing education for the mental health community. MHA offers over 200 hours of courses and videos, with convenient 24/7 online delivery, and approval from leading association and credentialing bodies. Courses and videos are developed by a renowned team of mental health professionals, and offer a huge range of topics such as group work, trauma, stress, ethics, supervision, multiculturalism, children and adolescents, and more. www.mentalhealthacademy.net

Pathways Recovery Lodge provides compassionate treatment for men and women, 18 and older, suffering from addiction. Located in the foothills of the Blue Ridge Mountains, Pathways Recovery Lodge provides a safe, healing environment, which allows clients to recover from their addiction and lead fulfilling lives. Our beautiful, newly renovated residence offers private rooms and baths, expanded exercise facilities, and 100 acres of serene landscape with breathtaking views of the Blue Ridge Mountains. Whether the client will need to go directly into medical stabilization, residential treatment, or our outpatient program, our admissions team is here to help you start the process.
Phoenix Houses Mid-Atlantic  
703-841-0703, Option 1; www.phoenixhouse.org nevanko@phoenixhouse.org  
With 45+ years of experience, Phoenix House offers a variety of gender-specific behavioral health, evidenced-based treatment with cognitive behavioral therapy (CBT) and trauma-informed therapy in a relaxed, positive environment. Phoenix House Mid-Atlantic, 200 N. Glebe Road, Suite 103, Arlington, VA 22203  

Adolescent & Adult Residential Services:  
Boys & Girls Recovery Lodge  
Demeter Program (Women & Children)  
Phoenix Program & Nuevo Dia (Spanish-speaking) for men  

Assessment Center:  
Comprehensive evaluations of substance abuse, addiction, and related mental health problems  

Counseling Center:  
Adult PHP  
Adolescent & Adult IOP and OP  

Sassitude  
Deb Bailey & Connie Green, Crafters  
540-840-8907; bbbremax@comcast.net  
We have been busy creating new fall, Christmas & New Year jewelry sets for you our favorite group! Come by and see us! We continue to make affordable handcrafted jewelry with exciting components bought throughout the U.S! We promise you will not be disappointed! At $30/set for a one-of-a-kind dramatic jewelry piece we know you'll find that unique set just for you!!" Can't wait to see you!  

Silpada Designs  
Tami Dierberger; 757-435-3740  
www.mysilpada.com/tami.dierberger  
tami.dierberger@greatworksco.com  
Silpada Fine Sterling Silver Jewelry is artisan handcrafted from the finest nickel free .925 Sterling Silver and natural stones with something for every style.  

Sweetwater Pearls  
Sandra Goodman Miller, Crafter  
434-906-7683; sweetwaterpearls@earthlink.net  
Handmade necklaces, bracelets and earrings created from a wide variety of freshwater pearls in different colors, shapes and sizes, finished with sterling clasps. Styles range from traditional hand knotted necklaces to more contemporary looks. The Sweetwater Pearls Gemstone Collection features several styles of necklaces using faceted gemstone beads and briolettes with sterling chain for a more delicate look. The Kathmandu Collection is composed of amazing beads that are handmade in Nepal by Tibetan artisan families. The beads are made from turquoise, lapis and coral set into brass which I fashion into statement necklaces.  

Tame Your Practice & Describe  
919-414-7712; www.tameyourpractice.com  
rob@tameyourpractice.com  
Need help selecting an EHR/Practice Management System?  
Want to use technology to make your practice more efficient and profitable while complying with ethics and HIPAA? Need help understanding terms like EHR, ERA, ROI, HIPAA/HITECH, encryption? Tame Your Practice can help you accomplish all of these things and more!  

BONUS! Experience the hottest new counseling tool for use with clients of all ages! It’s an ice breaker, an assessment tool, and a fun activity deck all in one. CEO of Tame Your Practice, Rob Reinhardt, will provide demos of Describe throughout the conference at the Tame Your Practice booth.  

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Whether you're looking for style, organization, the perfect giftable item - or a little bit of everything - explore Thirty-One's trendy and affordable purses, totes, accessory bags and more.  

Virginia Career VIEW, VA Tech, School of Education  
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info@vaview.org  
Virginia Career VIEW is the state's career information system for grades K-8 promoting career exploration and educational planning through free outreach, website activities, and resources for students, parents, and professionals.  

VCA Foundation Silver Sponsor  
vcafoundation.org; www.vcafoundation.org  
Virginia Counselor Association Foundation recently marked its 20th year supporting counselors in the Commonwealth of Virginia. Our Board of Directors includes a hardworking, energetic and seasoned veterans of the counseling profession, who are very committed to the Foundation and to enhancing the counseling profession. We are pleased to support the John Cook Keynote speaker. However, the practicing professional counselor makes the difference every day, to help build and support the counseling profession of the future. That is why the VCA Foundation affirms that, "Counselors are the Foundation, Everyday!”. Stop by our table to learn about the initiatives we funded in the past year. Bring a few dollars and a few friends and use our selfie booth to show the world the kind of fun we have at VCA! And don't forget to take a peek at this year's signature, limited edition VCAF T-shirt, which can be yours for a donation of $35 or more. We can't wait to see you at the VCA's Got Talent event on Friday night!
VCA is the Virginia Counselors Association. VCA was founded in Richmond in 1930 as the Virginia Personnel and Guidance Association (VPGA). VCA is dedicated to the goal of meeting the needs of Virginia counselors in a variety of work settings. It is a dynamic and active organization that has been effective in responding to state-wide issues and in providing opportunities for professional interaction at the state and local levels.

**PAST PRESIDENTS OF VCA**

<table>
<thead>
<tr>
<th>Year</th>
<th>President</th>
<th>Year</th>
<th>President</th>
</tr>
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<tbody>
<tr>
<td>1930-31</td>
<td>Bessie M. Mottley</td>
<td>1979-80</td>
<td>Johnnie Miles</td>
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<td>1931-32</td>
<td>H. I. Willett</td>
<td>1980-81</td>
<td>Bonnie Wasmund</td>
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<td>1932-33</td>
<td>Bessie M. Mottley</td>
<td>1981-82</td>
<td>Ted Remley</td>
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<td>1933-34</td>
<td>W. C. Ikenberry</td>
<td>1982-83</td>
<td>Claire Cole</td>
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<tr>
<td>1934-35</td>
<td>W. C. Ikenberry</td>
<td>1983-84</td>
<td>Bob Pate</td>
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<td>1935-36</td>
<td>Bessie M. Mottley</td>
<td>1984-85</td>
<td>Carol G. Barr</td>
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<td>1938-40</td>
<td>Martha Reely</td>
<td>1985-86</td>
<td>Janice Clark</td>
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<td>1940-41</td>
<td>Martha Reely</td>
<td>1986-87</td>
<td>Nancy Helms</td>
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<td>1941-42</td>
<td>Mitchell Dreese</td>
<td>1987-88</td>
<td>Lou Talbutt</td>
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<td>1942-43</td>
<td>J. E. Bauserman</td>
<td>1988-89</td>
<td>Carl Swanson</td>
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<td>1943-45</td>
<td>Wilbur S. Pence</td>
<td>1989-90</td>
<td>Pete Warren</td>
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<td>1946-48</td>
<td>John F. Showalter</td>
<td>1990-91</td>
<td>Libby Hoffman</td>
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<td>1948-50</td>
<td>Fred B. Dixon</td>
<td>1991-92</td>
<td>Eleanor Saslaw</td>
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<td>1950-52</td>
<td>C. L. Schollenberger</td>
<td>1992-93</td>
<td>Susan D. Leone</td>
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<td>1952-54</td>
<td>Alfred J. Mapp</td>
<td>1993-94</td>
<td>Leslie Kaplan</td>
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<td>1954-56</td>
<td>Rebie H. Lassiter</td>
<td>1994-95</td>
<td>Judith Ladd</td>
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<td>1956-58</td>
<td>Kathryn G. Cook</td>
<td>1995-96</td>
<td>Dorothy Blum</td>
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<td>1959-60</td>
<td>Donald J. Herrmann</td>
<td>1996-97</td>
<td>Patricia Lynn</td>
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<td>1960-61</td>
<td>Dallas H. Smith</td>
<td>1997-98</td>
<td>Claudia Sowa</td>
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<td>1962-63</td>
<td>Paul E. Behrens</td>
<td>1999-00</td>
<td>Paul Galvin</td>
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<td>1963-64</td>
<td>Virginia B. Goggin</td>
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<td>Arlene Ingram</td>
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<td>1964-65</td>
<td>Marguerite Key</td>
<td>2001-02</td>
<td>Laurie Rokutani</td>
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<td>1965-66</td>
<td>Walter O. Jewell</td>
<td>2002-03</td>
<td>Michele Dowdy</td>
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<td>1966-67</td>
<td>Ethel R. Chrisman</td>
<td>2003-04</td>
<td>Loretta Kreps</td>
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<td>1968-69</td>
<td>Richard L. Bear</td>
<td>2004-05</td>
<td>A. Renee Staton</td>
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<td>1969-70</td>
<td>Helen Jones</td>
<td>2005-06</td>
<td>Adele Walker-Blue</td>
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<td>1970-71</td>
<td>Paul B. Walter</td>
<td>2006-07</td>
<td>Terry A. Mullinnix</td>
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<td>1971-72</td>
<td>Ellen Chewning</td>
<td>2007-08</td>
<td>Lisa M. McDowell</td>
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<td>1972-73</td>
<td>Rex Tillotson</td>
<td>2008-09</td>
<td>Denise J. Jones</td>
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<td>1973-74</td>
<td>Shirley Downes</td>
<td>2009-10</td>
<td>Gerard Lawson</td>
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<td>1974-75</td>
<td>Jack Duncan</td>
<td>2010-11</td>
<td>Marcia Obenshain</td>
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<td>1975-77</td>
<td>M. Catherine Cockrill</td>
<td>2011-12</td>
<td>Pamela Brott</td>
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<td>1977-78</td>
<td>Janet W. Dingman</td>
<td>2012-13</td>
<td>Summer Tetterton</td>
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<td>1978-79</td>
<td>Fred Adair</td>
<td>2013-14</td>
<td>Edward Magalhaes</td>
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<td>2014-15</td>
<td>Linda Leitch-Alford</td>
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</tbody>
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Virginia Counselors Association

Historical Award Winners

John R. Cook Award
1991  John Cook
1992  Ted Remley
1993  Fred Adair
1994  Robert Pate
1995  Ellen Chewning
1996  Pete Warren
1997  Don Ayers
1998  Carl McDaniels
1999  Libby Hoffman
2000  Dorothy Blum
2001  Dale Brittke
2002  Carl Swanson
2003  Jack Duncan
2004  Ruth Perlstein
2005  Patricia Lynn
2006  Andrew Beale
2007  Martha Woods
2008  Paul Galvin
2009  Etta Jane Hall
2010  Judith Ladd
2011  Eleanor Saslaw
2012  Gerard Lawson
2013  Michele Dowdy/Sandy Hite
2014  Bryan Carr

Van Hoose Career Service Award
1984  Claire Cole
1986  Ellen Chewning
1989  Fred Adair
1990  Gary Kelly
1991  Nancy Helms
1992  Kevin Geoffrye
1993  Robert Pate
1994  D.L. ’Pete’ Warren
1995  Dorothy Blum
1996  Don Ayers
1997  Andy Beale
1998  Rick Gressard
1999  Claudia Sowa
2000  Susan Leone
2001  Betty Hornick
2002  Tim Grimes
2003  Gary Waynick
2004  Thomas Hohenshil
2005  Claire Cole Curcio
2006  Hildy G. Getz
2007  Carol Kaffenberger
2008  Carl Swanson
2009  Linda Grubba
2010  Rosemary Thompson
2011  Sandra Hite
2012  Michele Dowdy
2013  Dr. A. Renee Staton
2014  Ellissia Price

Counselor of the Year
1984  Michele Diana
1986  Carolyn Wallace Jacobs
1989  Howard Taylor
1990  Gary Waynick
1991  Richard Kravitz
1992  Martha Jane Woods
1993  Pat Lynn & Susan Bates
1994  Bill Holmes
1995  JoAnn McCabe
1996  Jan Chandler
1997  Sue Conrad
1998  Phyllis Land
1999  Elaine Simmerman
2000  Lorraine Hall
2001  Wanda Chandler
2002  Terry Brown
2003  Suzanne Whitehead
2004  Loretta Kreps
2005  Carol Mallory
2006  Sylinda Gilchrist
2007  No awardee
2008  Kimberly Ratliff
2009  Brenda Robey
2010  Carol Hoffman
2011  Shala Darwin
2012  Tracy Jackson
2013  Hillary Press
2014  April Harmon

Humanitarian & Caring Person
1984  Betty Sull
1986  Eva Davis Brinkley
1989  Carl Cooper
1990  Kathy Nolan
1991  Marge Blieweis
1992  John Pettyjohn
1993  Barbara Mills
1995  Randall Clingenpeel
1996  Eleanor Saslaw
1997  M. Kay Orr
1998  Ellen Chewning
1999  Anita Tieman
2000  Don Ayers
2001  JoAnn McCabe
2002  Lonna Horeth
2004  Lennis Echterling
2005  Mary Durgala
2006  Hillary Wing-Richards
2007  Alan Forrest
2008  Anne Stewart
2009  Marilyn Draughon
2010  Larri Pat Donaldson
2011  Patricia Lynn
2012  Felecia Allen
2013  Karre Lloyd Jones
2014  Adrienne McDonald

Chapter of the Year
1984  Peninsula
1986  Northern Virginia
1990  Peninsula
1991  Peninsula
1992  Northern Virginia
1993  Prince William (large)
1994  Peninsula (large)
1995  Peninsula (large)
1996  Peninsula (large)
1997  Northern Virginia (large)
1998  Richmond (large)
1999  Hampton Roads (large)
2000  Hampton Roads (large)
2001  Hampton Roads (large)
2002  Richmond (large)
2003  Richmond (large)
2004  Roanoke (large)
2005  Hampton Roads (large)
2006  Hampton Roads (large)
2007  Richmond (large)
2008  Hampton Roads (large)
2009  Hampton Roads (large)
2010  Central Valley (large)
2011  Central Valley (large)
2012  Central Valley (large)
2013  Central Valley (large)
2014  Central Valley (large)