Virginia Association for Counselor Education and Supervision

2017 Graduate Student Conference

Old Dominion University | Norfolk, Virginia | February 25, 2017
New Education Building (ED2)
## Agenda for the Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration and Continental Breakfast (1st Floor Multipurpose Room)</td>
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<tr>
<td>8:00 AM</td>
<td>Welcome and Review of Program (1st Floor Multipurpose Room)</td>
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<tr>
<td>8:15 AM</td>
<td>SESSION 1</td>
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<tr>
<td>9:15 AM</td>
<td>SESSION 2</td>
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<tr>
<td>10:05 AM</td>
<td>BREAK</td>
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<tr>
<td>10:20 AM</td>
<td>POSTER SESSION 1 (1st Floor Multipurpose Room)</td>
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<tr>
<td>11:00 AM</td>
<td>SESSION 3</td>
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<tr>
<td>12:00 PM</td>
<td>LUNCH (Broderick Dining Commons – Shuttles Available)</td>
<td>Closed lunch meeting for the VACES Officers and Executive Board – Dean’s Conf. Room 5th Floor</td>
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<tr>
<td>1:30 PM</td>
<td>SESSION 4</td>
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<tr>
<td>2:30 PM</td>
<td>SESSION 5</td>
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<tr>
<td>3:20 PM</td>
<td>BREAK – Coffee and Cookies (1st Floor Multipurpose Room)</td>
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<tr>
<td>3:30 PM</td>
<td>POSTER SESSION 2 (1ST Floor Multipurpose Room)</td>
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<td>4:10 PM</td>
<td>SESSION 6</td>
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<td>5:00 PM</td>
<td>Dean’s Reception – RSVP Required (Dean’s Conference Room – 5th Floor)</td>
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8:15 AM – 9:05 AM  EDUCATIONAL SESSION 1

Natalie Beutal, Regent University (Room 1110)
A Bio-Psycho-Social-Spiritual Perspective of Somatization: Definition, Development, and Treatment
Clients suffering from emotional or mental distress accompanied by physical symptoms may be experiencing a very common phenomenon called somatization. Despite the high prevalence of somatization within the general population, many counselors feel ill-equipped to treat somatizing clients. Providing a foundation for training, this presentation aims to increase counselors’ competency of somatization. More specifically, this presentation offers a new definition of somatization, examines developmental factors, and provides treatment options from a bio-psycho-social-spiritual perspective.

John Harrichand & Brittany Lashua, Liberty University (Room 1102)
Value Differences: Ethical Decision Making for Christian Counselors Working with LGBTQ Individuals
The ACA’s 2017 Ethics Competition provided a doctoral ethical dilemma of a counselor-in-training who stated that she could be values-neutral with her client but could not take a Lesbian, Gay, Bisexual, and Transgender (LGBT)-affirmative stance due to her conservative Christian beliefs. This educational session provides an analysis of this ethical dilemma by examining the ACA’s Code of Ethics (2013) and applying Forester-Miller and Davis’ (1996, 2016) ethical decision making model. Information if presented to participants from the perspective of Christian Counselors.

Amber Jolley, Old Dominion University (Room 1103)
Incorporating Feminist Theory into Counselor Education to Promote Multicultural Competence
Feminist teaching directly addresses issues of privilege, power, and oppression as it occurs inside and outside of the classroom via teaching methods, class readings, discussions and assignments, and through social action. This session will discuss how counselor educators can use a feminist theory to incorporate multicultural training in courses throughout the curriculum. Feminist pedagogical principles will be addressed and recommendations for implementation will be provided. Feminist teaching directly addresses issues of privilege, power, and oppression as it occurs inside and outside of the classroom via teaching methods, class readings, discussions and assignments, and through social action. This session will discuss how counselor educators can use a feminist theory to incorporate multicultural training in courses throughout the curriculum. Feminist pedagogical principles will be addressed and recommendations for implementation will be provided.

Mikaela Stinson, James Madison University (Room 1101)
School Counselors: Aiding Students Engaging in NSSI and Exploring NSSI with Parents/Guardians
This presentation briefly addresses the common myths surrounding adolescent NSSI (Non-suicidal self-injury), while strongly encouraging school counselors to become comfortable with speaking about NSSI. Also, discussed at length are the steps school counselors should take to address NSSI, with particular attention paid to involving students’ parents or guardians.
Olivia Wilson & Angelica Satchell, Hampton University (Room 1114)  
_Trauma Informed Care: A Practical Approach_
This presentation will cover trauma, how to identify persons that have experienced a traumatic event, the effects of trauma on the mind and body, and how to facilitate healing from trauma through the introduction of the concept of a Trauma Informed Care oriented organization.

Sonja Lund, Old Dominion University (Room 1100)  
_Development of an In-House Mental Health Counseling Program for College Student-Athletes that utilizes LPC Residents and Interns_
This presentation will examine the development of an in-house mental health counseling program for a university athletic department. Centered around student-athletes, the counseling services are provided by LPC residents and master’s level interns who are supervised by an LPC. Topics of discussion will include the importance of the program, overview of the program, supervision, ethical considerations, integration of departments, and future directions for the program.

Brittany Bishop, Longwood University (Room 1105)  
_Advocating for Atheist Clients in the Counseling Profession_
Atheism is one of the fastest growing identities in the world, it is also a seriously underrepresented and misunderstood minority group. This education session will aim to define atheism, highlight challenges atheist clients may bring to counseling, identify effective methods for working with this cultural group, and expand the ways counselors can advocate for clients who identify as atheist.

Ashley Huff & Claire Puryear, Lynchburg College (Room 1112)  
_Counseling Adolescents with Incarcerated Parents_
The purpose of this presentation is to educate future counselors on the difficulties and challenges adolescents may face if they have parents who are or have been incarcerated. The presentation will bring to light some of these issues as well as how they may manifest themselves. The presentation will also give ideas on forming groups that can benefit this population and help them to navigate through what can be a very challenging time.

Elyse Brogdon, University of Virginia (Room 1104)  
_Beyond the Buzzword: Self-Care for School Counselors_
How do I engage in intentional self-care? Why is it one of my professional responsibilities? Does a bubble bath count? Despite the frequent use of the term and its deemed importance in the counseling profession, there remains little clarity on the how’s and why’s of developing a self-care practice. In this presentation, attendees will reflect on their own practices through historical and ethical lenses, and leave with a renewed understanding of caring for the self.
Joshua Turner, Liberty University (Room 1109)  
*America’s Elite: Exploring Potential Factors for Possible Reduced Rates of Combat-Related PTSD within Special Operations*  
It is estimated that 11-20% of overall returning Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) veterans have been diagnosed with combat-related PTSD; however, estimates of PTSD rates among members of special operations (SOF) are much lower. This presentation will discuss the military culture and potential factors affecting PTSD rates as well as the differences between special operations and regular ground forces, including protective factors impacting PTSD incidence rates within the SOF community.

Sean Newhart, The College of William & Mary (Room 1110)  
*Are You Freudian?: Why Psychodynamic Theory is Relevant in Contemporary Counseling Practice*  
This program will explore why psychodynamic theory continues to be relevant in contemporary counseling practice. The presentation will review the influence of psychodynamic thought in modern psychotherapy and advocate for the continued need for education on this topic in counselor education programs.

Sherral Harding, Regent University (Room 1102)  
*Beyond The Ambiance of the Office: Counseling That Impacts the Community*  
Historically, counseling has been known as a profession that provides 1-to-1 direct services with little acknowledgement of their role as social/political advocates. However, many counseling students remain unaware or uninspired to embrace social justice counseling and community counseling roles such as prevention, empowerment, and public awareness. This presentation will encourage counseling students to redefine or expand their professional counseling identity to include roles and responsibilities as community health educators and mental health consultants.

Cynthia S. Ellison, Walden University (Room 1103)  
*Client Assault of Counselors: What Every Clinician Needs to Know*  
Client assault of community-based counselors presents a serious occupational risk to physical and psychological well-being of counselors (OSHA, 2004). Given that client outcomes in therapy have been linked to counselor well-being (ACA, 2015), understanding of the risk and a plan for mitigating it is warranted. This educational session will assist clinicians in evaluating their risk, creating a plan for managing it, and examining the ethical implications of managing the risk.

Anthony J. Vajda, Old Dominion University (Room 1101)  
*Counseling Gay Latinos: Addressing the Complexities of Multidimensional Identities*  
This presentation is targeted toward any counselors who might work with Latinos or gay men as it addresses the complexity of gay Latino identity and its possible impact on the counseling relationship and process. By providing models of identity development to highlight intersectional and multidimensional identity, it may be of interest to most counselors since it is crucial to have a working knowledge of the many factors which influence identity development and clinical mental health.
LaNail Plummer & Ayana Malone, Marymount University (Room 1114)

*Acute Stress Disorder and Schools: A New Way of Thinking, Being, and Intervening*

School systems in America were not formed to recognize and be responsive to trauma (leading to Acute Stress Disorder.) The composition and implementation of programs that incorporates physical, mental and spiritual aspects will increase youth’s ability to be successful within systems that have not traditionally focused on emotional health. We will discuss various factors that lead to ASD, the actions that contribute to the healing of ASD and identify unique resources to address the issue.

Beulah Bolden, Lynchburg College (Room 1100)

*The Role of Family Dynamics in Substance Using Youth*

The parent-child relationship plays a strong role in the lives of substance using adolescents. There are many contributing parental protective factors that can outweigh the peer risk factors for these youths. It is a psychologically imperative to draw out the positive aspects to foster hope in reframing the road to recovery for the entire family. The mental health professional can make an impact through unconditional regard by endorsing parental monitoring, discipline, and healthy attachments.

Zahide Sunal, Chi Li, & Melanie Burgess, Old Dominion University (Room 1105)

*How to Define the Expert Supervisor?*

Most of our knowledge on clinical supervisors are based on the examinations of novice supervisors, doctoral supervisors-in-training. While studying novices is very important, studies on expert supervisors also essential to our understanding of supervisors and their work. However, expertise could be defined differently in different settings (e.g., academia vs. field). Thus, in this presentation, we will present content analysis results offering a definition of expert site supervisors and explore audiences’ reactions to this emerging definition.

Matt Bukowski, James Madison University (Room 1112)

*Why We All Can’t Just Get Along: Exploring the Hidden Roots of Privilege, Oppression, and Prejudice.*

Despite decades of apparent progress on civil rights issues and multicultural education, prejudicial attitudes and discriminatory behavior remain ingrained in people throughout the world. This session explores the dynamics of privilege and marginalization throughout world history, and proposes a novel explanation for the existence of European/white/colonial imperialism and genocidal tendencies.

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**POSTER SESSION 1**

*(1ST FLOOR MULTIPURPOSE ROOM)*
Cory Gerwe, Old Dominion University (Poster #01)
Transgender-Affirmative Rational Emotive Behavioral Therapy
Despite advances in cultural awareness, the trend in counseling research has been to consolidate the needs of transgender clients with those of the LGB community or to simply focus counselor comfort while working with this population. There are few approaches that utilize a theory directly geared towards this population. For that reason, this session will review Transgender Affirmative Rational Emotive Behavioral Therapy (TA-REBT) in regards to theory conceptualization and practical considerations for counselors.

Donetta Gray Wilson & Jessica Houston, Walden University (Poster #02)
Teamwork: The Importance of Working Collaboratively Together Hand in Hand
This presentation will discuss benefits and effectiveness of teamwork within the counseling profession. The counseling profession is a helping profession that assists clients, short-term or long-term, during life’s journey. When professional counselors embrace teamwork by working collaboratively with their clients, other professionals, and the client’s natural and social supports, they are working to build a comprehensive wellness for the client. Individuals within the therapeutic and professional relationship should share in the responsibility to embrace change.

Ashley West & Perri Hooper, Marymount University (Poster #03)
Gender Dysphoria & Eating Disorders
We explore the DSM-V criteria for Gender Dysphoria, Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating Disorder and how the separate disorders interact and influence the onset and differential diagnosis of one another. We also looked at clinical approaches to working with clients with these disorders as well as those who may be at risk of developing these disorders.

Vanessa N. O’Hare, Kendall Sparks, & Kriston Nixon, Old Dominion University (Poster #04)
Social Media’s Influence on the Mental Health of New Mothers
This presentation will explore the relationship between social media and women’s self-concept postpartum. Research suggests that social media influences social comparison, group belonging, and collective self-esteem in women. This presentation will help counselors understand the patchwork of positive, uplifting influences along with negative, discouraging influences of social media on women’s self-concept postpartum to inform their approaches during counseling.

John Harrichand, Liberty University (Poster #05)
Counselors: A Call to Advocacy
The ACA’s Code of Ethics (2014), and 2016 CACREP Standards (2015) specify criteria mandating counselors to engage in advocacy for clients and the counseling profession. Although literature exists regarding advocacy, counselors continue to fall short in engaging and/or meeting these standards (Roysircar, 2009; West-Olatunji, 2010). Through this poster, participants will learn the importance of advocacy, its application to clients and the counseling profession, and ways to get involved in this important area of our profession.
Mirian Campos, Marymount University (Poster #06)
The Lived Experience of Patient Loss Among Oncology Medical Staff: Implications for Counselors
This poster will discuss the unique concerns surrounding medical staff in the oncology setting and address their mental health needs. It will focus on highlighting a population which often does not receive resources to deal with their grief after experiencing multiple losses in their job setting. The poster will also address how counselors can work with these professionals and some of the interventions that may be beneficial.

Keaghan Macon, Elizabeth Leonard, Patrice Parkinson, & Yaa Tiwaa, Liberty University (Poster #07)
Bipolar Disorder: Symptoms, Causes and Treatment Across the Lifespan
Symptoms of Bipolar I are contrasted with that of Bipolar II by exploring the differences between mania, depression, and hypomania. Causes of bipolar disorder are examined, with special attention given to the overlapping symptoms of attention-deficit/hyperactivity disorder. Emphasis is placed on the following four main forms of treatment for bipolar clients: Family-focused Therapy, Psychoeducation, Cognitive Behavior Therapy, and Interpersonal Social Rhythm Therapy.

Marla H. Newby, Old Dominion University (Poster #08)
Addiction Counselors’ Perceptions of Clinical Supervision Practices
This poster will focus on the importance of clinical supervision for addiction counselors. Research focusing on addiction counselors’ satisfaction and perception of the quality of the clinical supervision will be outlined. The workload demands of counselors managing the challenges of clients seeking recovery from drug and alcohol addiction is great. The components of clinical supervision that impact counseling relationships and supervision relationships for addiction counselors will be discussed.

Ann Iñiguez, Wake Forest University (Poster #9)
Antisocial Personality Disorder & Cognitive Behavioral Therapy
Antisocial Personality Disorder is a growing problem, especially among incarcerated men. Research differs in regard to the effectiveness of Cognitive Behavioral Therapy and its effectiveness on ASPD, but it may help reduce antisocial behaviors by helping shift thinking and enabling antisocials to take responsibility for their behaviors. Most researchers are in agreement that early intervention is key.

11:00 AM – 11:50 AM EDUCATIONAL SESSION 3

Aimee Brickner, Mina Attia, & Tiffanie Sutherlin, James Madison University (Room 1104)
Ethical Conundrums and Decision Making Strategies for Counselor Educators and Supervisors
Counselor Educators and Supervisors face a variety of ethical challenges when working with students and supervisees. The ACA Code of Ethics (2014, Section F) has established clear boundaries that supervisors and educators are expected to follow. This presentation will address a number of unique situations that may be encountered in both face-to-face and electronic situations. We will provide examples, case studies, and guidelines based on our collective personal experience in clinical supervision and counselor education.
Mirian Campos & Rosanna Sanchez, Marymount University (Room 1109)
**Group Psychotherapy: Addressing Grief and Loss in the Latino Community**
Grief and loss is a common theme within psychotherapy groups. When it comes to integrating group dynamics within the Latino community research is scarce. This presentation strives to examine the need for integration of grief and loss group work into working with the Latino population, as well as the necessary changes to be culturally sensitive and competent. Integrating well established therapeutic techniques and adapting them to better address the needs of Latino clients can provide counselors with ways of becoming culturally competent when working with this population.

Latonia Laffitte, Argosy University (Room 1110)
**Enhancing the Learning Environment for Veterans**
Education is important in the transition process of many veterans. It allows them the opportunity to change careers, gain credentials for their experiences and compete for employment. Many veterans report challenges associated with mental and physical health, although some challenges are similar to their civilian counterpart. This presentation will discuss the challenges of veterans in the learning process, and help educators assist veterans in implement skills to increase their learning outcome.

Lydia K. Heagy & Ashely Simpkins, Liberty University (Room 1102)
**Emotional Intelligence Training as a Brief Skill Based Intervention**
This Emotional Intelligence (EI) Training Program will introduce the participants to the concepts of Trait and Ability EI and the effectiveness of brief EI interventions. Attendees will have the opportunity to participate in a number of interesting EI skills building exercises. Further information will be presented concerning how this research based EI training will be used as an intervention for caretakers of orphans in Zhytomyr, Ukraine in March 2017.

Sonia Ramrakhiani & Zahide Sunal, Old Dominion University (Room 1103)
**Transformative Cross-Cultural Adult Learning Theory in Counselor Education**
Transformative Cross-Cultural Adult Learning Theory is grounded in constructivist, developmental theory and addresses the limitations of transformative learning theories, which lack focus on affect, relationships between educators and learners, context and culture. The presenters will emphasize the need for counselor educators to identify their own positionalities and cultural lenses in their instruction. Additionally, provide techniques for incorporating the cultural context, creating space for spiritual and intellectual meaning-making, at the individual and collective level for counselors-in-training.

Courtney Zongrone, Lynchburg College (Room 1101)
**Emerging Adulthood: The Experience of Transgender College Students**
This presentation will explore the developmental period of time in between adolescence and adulthood; which is known as ‘emerging adulthood’. It is through this theory that the transgender college students’ experience will be comparatively examined with that of their cisgender peers. It will demonstrate how a chilly campus climate can significantly impact a transgender college students’ experience. It will also provide suggestions and implications for change, which can be implemented throughout an institution.
Christopher Barnes, Longwood University (Room 1114)
*Considering Trauma in Assessing and Diagnosing Young Clients*

This presentation will address complex trauma, community related trauma, and other ongoing trauma that has an effect on the behaviors assessed in young clients and often lead to mistakes in diagnosis. We will discuss some common issues that counselors should be aware of and vigilant in considering when assessing, diagnosing, and treating these clients, with special attention paid to how responses to trauma mimic criteria for DSM-5 diagnosis.

Kyulee Park & Darius Green, The College of William and Mary (Room 1100)
*Feminist Approaches to Counseling Domestic Violence Victims and Offenders*

Domestic violence victims and offenders are often stigmatized and stereotyped by gender, which challenges the equal access to medical, social, and legal support systems. The purpose of this presentation is to identify the unique aspects of interpersonal violence victims and offenders, as well as to implement gender-inclusive counseling approaches in working with this population. Additionally, it is important to acknowledge the effectiveness of trauma-informed counseling services in preventing recidivism and victimization of domestic violence.

Ana-Maria Ervin & Gabrielle Montez, Regent University (Room 1105)
*Attachment Theory and Implications for Intermittent Interaction with Parents*

Attachment theory is described as it pertains to children of divorce in which attachment with one parent becomes intermittent and children who are institutionalized after infancy having periodical interactions with both parents. The presentation focuses on changes in parent-child interaction after an initial period of secure attachment and implications on the children. Case studies are provided to portray the implications of early childhood attachment modification on adult relationships as well as implications for therapy.

**12:00 PM – 1:20 PM**
* LUNCH (BRODERICK DINING COMMONS)*
*SHUTTLES AVAILABLE*

**1:30 PM – 2:20 PM**
*EDUCATIONAL SESSION 4*

Michael McAndrew, Angeliky Santos, & Ashley Hartman, Eastern Mennonite University (Room 1112)
*Psychoanalysis today in clinical practice in Counseling*

Today, psychoanalysis is spoken of, at least in the United States, in the past tense. It is the belief of the presenters that this seldom practiced discipline is not yet dead, and has a lot to add to clinical work today. Through our presentation we will engage the following questions: How is psychoanalysis practiced today? What are some of the ways counselors can engage in psychoanalytic formation and thought? What can it add to counseling?
Stacey C. Fernandes & Anthony Vajda, Old Dominion University (Room 1104)
Training Counseling Master’s Students in Trauma-Informed Care
The likelihood of counselors encountering a client who has experienced trauma is significantly high compared to the amount of training received by counseling master’s students. This session aims to define and describe trauma and trauma-informed care, outline ideas for education of the subject, and provide resources and information on self-care techniques for practitioners, counselor educators, and students. Led by doctoral students in counselor education and supervision.

Michelle Robinson & Flor Aparicio, Lynchburg College (Room 1109)
School Appropriate Play Therapy Interventions for Children who have 504’s in an Elementary Setting.
This presentation will focus on incorporating play therapy skills into 504 planning; a step toward child development and self-actualization. Students who obtain 504’s are sometimes unable to verbalize their feelings. Play Therapy gives these students a chance to express their feelings, communicate with others, and gain self-control. The presenters will discuss how including modifications such as visual supports, positioning items, and physically demonstrating, in a 504 plan may provide an increase in student performance.

Latonia Laffitte, Argosy University (Room 1110)
Advocating for Military Families
Military families are members of a unique cultural. There is a unique need for civilian community to understand military cultural as well as to engage in their path to independent by advocating and addressing their needs. Recently, Department of Veteran Affairs announced a need to collaborate with community agencies in addressing the unique needs of military families. This presentation will assist counselors in addressing military families and collaborating with federal agencies in providing services.

Dylesia Barner, Auburn University (Room 1102)
Spiritual Abuse: Implications for Counselors
Spiritual abuse is a complex and often ignored trauma commonly made up of disparate traumas, the effects of which can range from depression and suicide to psychosis and homicide. In this presentation, the presenter will deliver insight about spiritual abuse, including historical facts and statistics, risk factors, warning signs, and suggested clinical approaches - to include assessment strategies and treatment options.

Eric Brown, Mike Kalkbrenner, & Cory Gerwe, Old Dominion University (Room 1103)
Counselors as Coaches in Graduate Medical Education
Counseling and coaching are two different processes to provide help to others. Many view counseling as delving into the past and exploring emotional issues while coaching is focused on improving performance. However, assimilating counseling skills and theory into a wellness coaching model has proven beneficial in facilitating the interpersonal growth of leadership skills of resident physicians. Coaches working with the resident physicians have an opportunity to utilize brief solution-focused methods and insight oriented counseling techniques.
Amber Bateman, Ben Dunlea, Marcia Bretas, Alexander Lagos Choqueahua, & Suhyn Lee, Liberty University (Room 1101)  
**The Impact of Culture on Emerging Adulthood**  
Emerging adulthood (18 to 26 years old) is a time marked by identity exploration and entrance into the adult world. The presentation addresses how cultural views of religion, sexuality, gender roles, and career expectations influence the decisions emerging adults are making in 21st century United States. With passion and creativity, the presenters share the importance of understanding this increasingly diverse group of young people and how professional counselors can effectively serve this population.

Maya Georgieva, Bethany Kahoe, Michelle Lopez, & Tamika Archer, Marymount University (Room 1114)  
**A Case Study in Humanistic Sandtray Therapy**  
Humanistic Sandtray Therapy (HST) is an expressive counseling modality that relies on clients’ psychological projections and focuses on their nonverbal emotional experiences (Armstrong, 2008). This framework provides counselors an additional tool for working with challenging clients who may present as resistant or reluctant. In this session counselors trained in using this modality will demonstrate its benefits through the use of a case study and clinical examples, including images of clients’ sandtrays.

Retecka Bright, Regent University (Room 1100)  
**Adolescent and Depression Suicide**  
Depression and suicide: The difference between angst and diagnosable depression (Broderick, 2015). Symptoms of depression are often missed in adolescents (NPP, 2016). Suicide is the number two killer of teens aged 15-19 years old (CDC, 2016).

2:30 PM – 3:20 PM  
**EDUCATIONAL SESSION 5**

Kelley Y. Olds, Virginia Commonwealth University (Room 1105)  
**Recipient of the 2016 VACES Graduate Student Grant**  
**Lived Experiences of School Counselors Who Address Mental Health Needs of Students Through Evidenced-based Programs: Practice Implications**  
Students’ mental health needs are directly connected to their ability to function in academics. Schools must support students emotionally in order to support them academically. The purpose of this study was to identify how school counselors are addressing the mental health needs of their students through evidenced-based programs to increase academic success. To better understand this phenomena, school counselors shared their stories of how they have transformed their roles to foster mental wellness in their students.

Julia Willinger, Tanisha Leonard, & Ashley Jenkins, Eastern Virginia Medical School (Room 1110)  
**Our Transformations as Art Therapists**  
This presentation is an exploration into three students’ transformations as art therapists during the Graduate Art Therapy and Counseling Program at Eastern Virginia Medical School. The videos encompass our individual experiences facilitating art therapy with various client populations in diverse internship settings as well as the overall development of our art therapist identities.
Gregory C. Lemich, Old Dominion University (Room 1112)

*Adding Military Personnel and Veterans to Multicultural Counseling Competencies*

Mental health counseling educators often do well in teaching multicultural counseling competencies however; many counselors overlook the substantial minority of active duty service members and military veterans. We will discuss military culture, rates of disorders, stigmas, defense mechanisms, and counseling approaches and techniques used. Though not exhaustive, this presentation functions as an introductory, multicultural lesson on military veterans and demonstrates why it is important to include military counseling competencies into multicultural-sensitive counseling education.

Lattisha Naylor, Capella University (Room 1104)

*Counseling the Offender Population*

This presentation will focus on situational awareness that accompanies counseling the offender population by highlighting unproductive patterns and characteristics that trigger emotional and or physical reactions during individual and group counseling sessions. The presentation will also discuss ways of disengaging from negative connotations in order to promote a more productive counseling environment.

Startasha Dillard & Kerri Legette McCullough, Argosy University (Room 1109)

*The Power of Your Ideas: The Importance of Advocacy in Counseling*

In the field of counseling advocacy has a long tradition. To advocate for counseling is to promote the counseling profession. At its essential core, advocacy is assisting or helping another person be the best self in order to enhance life, liberty and the pursuit of happiness. This presentation will discuss the importance of continued advocacy in the counseling profession as it relates to current issues in counseling.

Justin Jacques & Hannah Moss, The George Washington University (Room 1102)

*Higher Education Case Management: Responding to University’s Challenges*

Two doctoral students with a developing university case management model provide information about the emerging field of higher education case management and emerging practice opportunities for college counselors to partner with social workers to improve services for disadvantaged university students.

Zahide Sunal & Sonia Ramrakhiani, Old Dominion University (Room 1103)

*International Supervision*

The number of international students in counselor education programs is continuously increasing. As a reflection of this increasing number, culturally sensitive counselor education seems to receive much attention. However, international students experience in the supervision process remains neglected. Acknowledging these facts, this presentation will include a brief review of the research on international students’ needs in counseling supervision and the presenters will provide a glance of their supervision experience as supervisors and supervisees.
Ariann Robino & Laura Pignato, Virginia Tech, College of William & Mary (Room 1114)
Global Compassion Fatigue: An Ethical Duty for Awareness and Action
Although many counselors understand the concept of compassion fatigue within the context of the therapeutic relationship, compassion fatigue on a macro-level warrants attention. Media coverage of violence, poverty, politics, and disasters contributes to “global compassion fatigue” in which counselors experience significant tension, preoccupation, and emotional responses to events in society. To act in the best interest of client welfare, counselor educators are responsible for addressing and mitigating the symptoms of this phenomenon with their students.

Sarah Moomau, Longwood University (Room 1100)
Child Sexual Abuse: A Silent Epidemic
As a counselor, child sexual abuse (CSA) is an extremely important subject to be knowledgeable about. Recognizing signs and common behaviors associated with CSA is imperative due to its silent nature. While CSA is widespread, victims often do not report. This presentation will discuss the nature of CSA, preventative measures, and avenues of support for victims and survivors.

3:20 PM – 3:30 PM BREAK –COFFEE AND COOKIES
(1ST FLOOR MULTIPURPOSE ROOM)

3:30 PM – 4:00 PM POSTER SESSION 2
(1ST FLOOR MULTIPURPOSE ROOM)

Melody Fisher, Regent University (Poster #10)
The Post-Adoption Transition: A Group Based Solution
This is a research proposal evaluating the efficacy of a 9-week psychoeducational group for first-time internationally adoptive parents. International adoptions are consistently rising, yet many parents find themselves unprepared for the challenges they will face. Group sessions will highlight the difficulties faced by adoptive parents, providing solutions and additional resources. Two post-group sessions evaluate the impact the group made on the family’s overall transition.

Eric J. Camden, Sharon V. Lewis, Agnes Y. Man, & Fred Volk, Liberty University (Poster #11)
Hypersexuality and Perceived Addiction: The Moderating Effect of Church Attendance
Studies have explored the relationship between religiosity and pornography use, and associated emotional experiences, particularly in regards to perceived addiction to pornography. The present data suggests that the more frequently hypersexual individuals attend church, the more likely they are to report higher levels of perceived addiction to pornography. Additional research is warranted to explore whether perceived addiction is exacerbated by church attendance or if hypersexual individuals attend church to help cope with their perceived addiction.
George Wilson, Old Dominion University (Poster #12)
Teaching School Counselors to Incorporate Youth Interest and Culture to Build Rapport
This presentation will examine ways school counselors can use student culture and interest to engage their students and build rapport in the counseling setting. If future school counselors are able to think about how they can use culture and student interests (such as modern music) before they are placed into a school counseling role, being able to develop a meaningful dialog between themselves and their students will be much easier and effective.

Michael S. Takacs, Ethan Zehr, & Rebecca Wonderley, Liberty University (Poster #13)
Considerations on How to Help Those with Gender Dysphoria Cope with Societal Perceptions
Due to the significance and social lack of knowledge pertaining to Gender Dysphoria, this poster presentation cultivates contemplations on how to assist those with Gender Dysphoria and their interactions with society. Thus, we will provide information on coping strategies, perceived societal pressures, and encourage an empathetic approach towards the relationship between society and individuals with Gender Dysphoria. There will be further investigation of statistics and discussion regarding tolerance through American generations. In the end, we hope to illuminate the needs and solutions for counselors, citizens, and family members to assist and empathize with individuals that deal with Gender Dysphoria.

Rosanna Sanchez, Marymount University (Poster #14)
The Impact of Racismo on Afro-Latino Racial Identity Development: A Grounded Theory
Racismo is a term used in Latin America to describe internalized racism. Afro-Latino is used in the U.S. by individuals that identify as black (African descent) and Latino. Racial identification brings many challenges for Afro-Latino’s as they are told they are “not Latino enough” or asked to choose between being Black or Latino. It is critical for counselor’s to be knowledgeable regarding the impact of racismo and racial socialization on Afro-Latino’s racial identity development.

Mike Kalkbrenner & Cheyenne James, Old Dominion University (Poster #15)
The Psychometric validation of the Understanding Mental Health Scale (UMHS)
A growing number of college students are living with Mental Health Disorders (MHDs). This presentation will review the psychometric development and validation of the Understanding Mental Health Scale (UMHS). The UMHS is a questionnaire that measures students’ awareness of MHDs. Regular psychometric testing is related to positive mental health outcomes among students. The results of an Exploratory Factor Analysis will be presented. Participants will also learn how to select measurement instruments that have strong reliability, validity, and cross-cultural fairness.

Brittany A. Ponton, Lynchburg College (Poster #16)
Counseling Techniques and Best Practices for Substance Abuse in Older Adults
Many scholars have noted that the presence of substance abuse in older adults has become more prevalent over the years. In the counseling profession, it is important for clinicians to be aware of the prevalence of substance abuse in older adults and the most effective interventions techniques. This presentation will discuss the prevalence of substance abuse in older adults and examine best practices for this population.
Michelle Lynn O’Brien, Argosy University (Poster #17)
The Demystification of Meditation and its Relevance in Counseling and Counselor Education
Combining the art and the science of meditation to construct a practical therapeutic tool. This project looks at the threefold nature of mindfulness: 1) as a technique we share with clients, 2) as a form of personal stress management & self-care, and 3) as an instrument facilitating a less reactionary internal landscape, enabling us to hear our clients more clearly.

Debra Paige Lewis, Old Dominion University (Poster #18)
Interprofessional Collaboration
As Americans continue to express concern over the fragmented health care system, Interprofessional Collaboration has become a collective resolution to the health care dilemma. Interprofessional Collaboration, or treating the client through multidisciplinary healthcare team has been reported as one method for improving the quality of care. This workshop is geared toward counselors and counselor educators who would like to learn about and explore the benefits and logistics of Interprofessional Collaboration and Education for clients, counselors, and counselor-in-training.

4:10 PM – 5:00 PM EDUCATIONAL SESSION 6

Carlton Henderson, Hampton University (Room 1103)
Hide & Seek: The Never-ending Search for Daddy
The phrase “the new normal” has become a cultural phenomenon. It suggests a deviation from the norm. An increasing epidemic, fatherlessness has become the new normal. According to the 2015 U.S. Census, 23.6% of children lived in father absent households. Regardless of contributors to father absence, children are being inversely affected by the lack of relationship with their father. As helping professionals, it is important to recognize their plight and assist in stabilizing their futures.

Naomi Kocher, Regent University (Room 1112)
Healing the Shame: Counseling Male Survivors of Childhood Sexual Trauma
Childhood sexual trauma affects both genders’ identities, how they see themselves, and how they relate to others. Disclosure of sexual trauma to others is more difficult for men because of the stigma that exists for male victims. Male clients who disclose childhood sexual trauma in counseling require different treatment strategies than their female counterparts. This workshop will explore how traditional interventions, such as confrontation and self-disclosure, require adjustment to be effective.

LaNail Plummer, Marymount University (Room 1104)
Strategic Supervision: The Skill of Investment through Clinical Supervision Rapport-Building
As Clinical Supervisors, it's our ethical duty to prepare our supervisees for their work with clients by providing them the support needed to process their countertransference and apprehensions. We know the best way to encourage open dialogue is through positive relationships and strong rapport building. Through this presentation, we will create and practice protocols for investing in your supervisees through strategic rapport building with the ultimate goal of creating client growth.
Ramya Avadhanam & Michael J. Leskosky, The College of William & Mary (Room 1109)
Measuring Grief Competency Levels in Counselor Education Masters Programs: School, Mental Health, and Family Counseling
Though research highlights distinct challenges for beginning master-level students (Kirchberg, 1998), death related training is not generally included in graduate counseling programs (Duggan, 2000; Hunt & Rosenthal, 1997). The proposed quantitative study will utilize the Grief Counseling Experience and Training Survey (GCETS) to assess grief counseling competencies in a control and treatment group to determine whether additional training in grief and loss for the treatment group may lend to increased counselor competency regarding this subject.

Patricia Kimball & John Harrichand, Liberty University (Room 1110)
The Use of Metacognitive Skills to Increase Multicultural Competence in Counseling Students
This session will briefly review Counselor Multicultural Competence and focus on how to address the domain of Self-Awareness. Metacognitive skills in combination with experiential activities will be presented as an effective way to enhance Multicultural Competence, cognitive complexity and overall counselor competence. A brief activity will demonstrate the power of metacognitive skills in developing self-awareness.

Sonia Ramrakhiani & Zahide Sunal, Old Dominion University (Room 1105)
Interprofessional Experience and Telehealth in Counselor Education: A Qualitative Study
Despite the benefits of engaging in holistic care for client welfare, there is a lack of focus on interprofessional training and collaboration in counselor education. The presenters conducted a phenomenological study with twelve counseling students, which participated in an interprofessional experiential workshop. Participants also gained knowledge and experience in telehealth and the use of technology in working with clients. Results provide implications for counselor educators to promote interprofessional education and experiences in their pedagogical practices.

5:00 PM – 6:00 PM DEAN’S RECEPTION (RSVP REQUIRED) DEAN’S CONFERENCE ROOM 5TH FLOOR
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Hello,

On behalf of the VACES Officers and Executive Board, we would like to thank our session speakers, students, faculty, staff, and advocates who contributed to making this year’s annual conference held in Norfolk, VA a huge success! It was a pleasure welcoming you to Norfolk, VA and Old Dominion University.

We hope you were able to take advantage of the multitude of sessions throughout the conference. More importantly, we hope your experience was filled with opportunities for personal growth, networking, learning, and overall fun! We would also like to take this time to thank the staff at Old Dominion University for providing an exceptional venue.

We hope to see all of you again at next year’s conference.

Sincerely,

Dr. Agatha Parks-Savage  
Dr. Jeff Moe

Dr. Agatha Parks-Savage  
parksac@evms.edu  
2017 VACES Conference Co-Chair

Dr. Jeff Moe  
jmoe@odu.edu  
2017 VACES Conference Co-Chair