



Crisis and Trauma Assessment and Treatment Track *(All times in Pacific Daylight Time)*

Wednesday, June 22, 2022

8:00 AM – 12:00 PM Pre-Conference Session (\$)

The Neurobiology Of Trauma And Its Application To Successful Treatment

Presented by Judith A. Swack, Ph.D.; Wendy Rawlings, MS, LMHC, DCC

Therapists need to understand how trauma imprints in the body and how it is structured so they can identify the causes and treat it effectively. If therapists do not understand the neurobiological underpinnings of trauma in the body, they may miss important clues and create false assumptions. The presenters will describe the neurophysiology of trauma and review the evidence based research on the use of Energy Psychology techniques for treating trauma by Van der Kolk, Swack, Seigel, Porges, Church, and Feinstein Dr. Swack will share her published research on the structure of trauma and teach participants a rapid and effective process for treating it. Through observation, testing and retesting, Dr. Swack found that the first layer of trauma contains shock/fear, anger, sadness, and pain. The second layer of trauma is composed of core beliefs including issues of shame, blame, and guilt and feelings of powerlessness. The next layer requires processing feelings of grief and emptiness in the case of loss trauma or pollution in the case of violence. The last layer is the anticipatory anxiety caused by the trauma. Dr. Swack has created a protocol to accurately find and treat the layers of trauma using the body's own resources and systems and Meridian Tapping techniques such as Emotional Freedom Technique (EFT). Both Dr. Swack and Ms. Rawlings will describe how they have used this method for treating trauma in adults, adolescents, and children. It is effective in treating secondary trauma, so therapists can use this protocol for their own self-care.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Clinician, Nurses, Social Worker

8:00 AM – 12:00 PM Pre-Conference Session (\$)

Core Focused Treatment, A Comprehensive Care Modality

Presented by Gray Otis, PhD, NCC, CCMHC, DCMHS

Clients invariably present with multiple disorders combined with health and relationship stressors. Core-Focused Treatment offers a systematic and integrative treatment modality to resolve complex client issues. This presentation offers an overall framework to comprehensively assess, diagnose, and treat co-occurring disorders as well as the increasing complexities of integrated behavioral healthcare. Most significantly, it resolves the underlying causes of disorders. Mental health professionals can be overwhelmed in treating multiple co-morbid disorders that relate to the client's health, relationships, the lack of meaning in their lives, and many other stressors. Core-Focused Treatment integrates



with CBT or any other theoretical model, offers many benefits to both clinicians and clients, and is an easily administered means to assess counselor effectiveness and client outcomes. This presentation supports AMHCA Certifications in Trauma, Substance Use, and Integrated Behavioral Health.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Clinician

2:00 – 3:30 PM Breakout Session Number 1

Identifying And Assessing For Intimate Partner Violence In Black Communities

Presented by Jasmine Parker, LPC

Intimate partner violence (IPV) is a major phenomenon happening to majority of women in the United States, affecting approximately 41% of Black women (Lacey et al., 2021). There is limited research on how to react and counsel survivors. Mental health counselors should be collaborating with clients to guide interventions and assessments for changing and promoting healthy behaviors.

Counselors are lacking the skills and confidence they need to effectively intervene. Conceptualizing Black women from an ecological framework is necessary to provide adequate services and build a working counselor-client relationship. The following presentation discusses how to identify and assess for abuse utilizing the ecological framework and the multicultural and social justice counseling competences (MSJCC). According to Bronfenbrenner, the ecological framework provides the context for four systems (microsystem, mesosystem, exosystem, and macrosystem) (Sabbah et al., 2017). Counselors should take advantage of this framework to reframe human behaviors as it is influenced by environmental and individual factors (Sabbah et al., 2017). The MSJCC's are set in place for counselors to be aware of how the intersection between dynamics of power, privilege, and oppression effect the counseling relationship (Ratts, 2016).

Black women face several barriers when it comes receiving mental health treatment. Help-seeking behaviors are influenced by race and gender, effecting how often Black women pursue counseling services. Counselors need to prepare to intervene and assess clients for safety, suicidality, and access to basic needs. Counselors are responsible for staying up to date on best practice for treating and assessing Black women suffering from IPV.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

2:00 – 3:30 PM Breakout Session Number 1

Suicidality: Having the Conversation

Presented by Sonia Erlich, LMHC, MA, MFA; Anita Morris, MSN, FNP-BC; Emily Feinberg, ScD, CPNP

Suicide is among the top ten causes of death globally, and for every death to suicide, there are 15 to 20 reported attempts (Banerjee, Kosagisharaf, & Rao, 2021). Rates of suicidality, which is a broader term, inclusive of passive and active suicidal ideation, suicidal plans and suicidal attempts, have increased in the United States and specifically among youth over



the past decade (Twenge, 2020). According to the Center for Disease Control, the numbers of emergency room admissions for suicidality spiked by 31% during the COVID-19 pandemic, resulting in increased need at a time when hospital beds are scarce. Prevention and intervention are possible on the direct care level, but the principles that guide care must be supported by larger programs and institutions. Institutional reinforcement not only supports the practitioners working within systems to provide high quality care but expands the capacity to manage this critical public health issue (Korczak et al, 2020).

This workshop will teach current trends in suicidality, including contributors that are unique to the current pandemic. Participants will build knowledge around the drivers and mediators of suicidality, to understand the etiology of the principles that guide effective responses. This will lay the foundation for skill-building toward effective client-centered, culturally-responsive care that elicits disclosure and promotes healing. Learning these skills will help practitioners foster therapeutic alliance at a time of acute stress. Finally, practitioners will learn to advocate for systems-level changes that support this approach to care.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician, Public Health Professional

4:00 – 6:00 PM Breakout Session Number 2

Parts Of A Whole: Ego States And Trauma Related Dissociation

Presented by Katherin Langone, LCMHC, MLADC, NCC, CTP

It is well understood that trauma changes a person's life entirely. What is not always understood is the best way to help our clients move past these life altering events and the impact it can have on their lives. There are times when a client may feel stuck, and the traditionally prescribed techniques just don't seem to be working. How often has a clinician heard "This isn't working. Nothing has changed," and thought to themselves that this must be resistance or help rejecting behavior? In some cases, this may be true, however, another perspective is that of ego states/parts work where an understanding that in an effort to protect the client, these different parts of a whole person may be at odds. Should the clinician help the client understand how to work with these parts, the client may have more self compassion and understanding of their own journey as well as enhance their safety when used in conjunction with other suicide prevention models. By conceptualizing a case this way and providing the education to a client, the client can not only learn about themselves but accept and empower themselves in their recovery as well.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician



Thursday, June 23, 2022

1:30 – 2:45 PM Breakout Session Number 2

Suicide Bereavement And Postvention Care

Presented by Judith A. Harrington, Ph.D., LPC, LMFT

The American Association of Suicidology (AAS) states that 6.9 million persons in the United States each year is directly impacted by the loss of a loved one by suicide (Cerel, in American Association of Suicidology, 2019). The AAS and suicide prevention experts emphasize that one of the highest risk factors for a suicide attempt is the loss of a family member to suicide, and/or the suicide attempt of a family member. These disturbing trends call for a more robust response to care that the mental health profession provides during suicide bereavement; postventive care is associated with preventive efforts. Stigma and lack of public education that thwarts the efforts of effective suicide prevention also appears in postvention, thus complicating efforts to reduce suicide. Suicide-specific bereavement counseling skills can be enhanced to assist family members/survivors of loss from experiencing protracted complicated grief and can facilitate reduction of elevated risk for suicide later.

Target Audiences: Student, Educator, Supervisor, Clinician

1:30 – 4:30 PM Breakout Session Numbers 2 & 3 (Two-Part Session)

Helping Couples Overcome Infidelity

Presented by Angela L. Skurtu, LMFT

Over the past two years, our country faced death and chronic uncertainty. As a result, couples have changed their expectations of marriage and relationships. For some couples, the pandemic shined a light on their unhappiness and ended in divorce. For other couples, the nature of their relationship changed as they considered ethical non-monogamy. Other couples married or moved in together quickly after finding love. One thing is clear... the pandemic sped up the decision making process for couples. We learned that life is too short and too precious to be unhappy or to be alone.

In this training, Skurtu covers specific skills necessary to be effective with infidelity treatment. She describes complex case studies and helpful intervention strategies clinicians can use to guide couples or individuals in healing. This particular training goes in depth into crisis management suggestions. The pandemic already created a state of chronic anxiety for many people. For couples impacted by infidelity, additional crisis management skills are necessary to help people work through panic attacks, trauma triggers and make the ultimate decision about whether their relationship can find a way to heal after infidelity.

Participants can expect a very raw, honest and playful approach in training. Skurtu provides intervention ideas and case studies to help clinicians practically apply treatment in sessions. In addition, Skurtu challenges participants to really look at their personal counter-transference challenges when working with infidelity.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician



3:00 – 4:30 PM Breakout Session Number 3

Trauma Counseling Skills: "If you didn't live it, don't say you understand"

Presented by Yoon Suh Moh Ph.D., LPC (DC, PA), NCC, CRC, BC-TMH; Jeanne M. Felter, PhD, LPC; Kirby L. Wycoff, Psy.D., Ed.M., MPH

Barriers to mental health services have always existed for minoritized children, adolescents, and families, and COVID-19 has compounded challenges to access. To better understand this, we will be sharing the results and implications from a community based research study that utilized Interpretative Phenomenological Analysis (IPA). In seeking to shift our language from covert oppression to overt empowerment, in this training, we will refer to the young, Black, African-American, Afro-Latinx and Latinx women in the study as "Powerful Women Subjected to Intersecting Oppressions (PWSIOs)" (Cooper, 2016). Results revealed two themes: (1) Hard Lessons Learned Young and (2) History and Help-Seeking. These results shed light on the pervasive experience of racism, oppression, marginalization, and discrimination and their impact on help-seeking behaviors in adulthood. Now more than ever, providers serving minoritized youth across systems and settings must be equipped with the competencies to identify and address mental health needs, and they must operate from a racially and ethnically literate, socially just, and healing-centered perspective that increases the likelihood that they will engage with and persist in support programs and treatment when accessed.

Target Audiences: Middle Career, Late Career, Educator, Supervisor, Clinician

Friday, June 24, 2022

9:00 – 10:00 AM Breakout Session Number 1

Honoring Truth While Challenging Perspective: Treating Trauma With Veterans

Presented by Rosie Bauder, PhD, MPH, LPC, NCC

Posttraumatic stress disorder (PTSD) is considered one of the "signature injuries" of the U.S. military operations in Iraq and Afghanistan (Institute of Medicine [IOM], 2012), and is the most frequently diagnosed mental health condition among veterans of these conflicts (Tanielian & Jaycox, 2008). Estimated rates of probable PTSD among veterans of Iraq and Afghanistan ranging from 5-20% (Hoge, Castro, Messer, McGurk, Cotting, & Koffman, 2004; Hoge, Terhakopian, Castro, Messer, & Engel, 2007; Milliken, Auchterlonie, & Hoge, 2007; Tanielian & Jaycox, 2008). The efficacy of cognitive processing therapy (CPT) for reducing the symptoms of PTSD across populations including military personnel and veterans is well supported.

This presentation will, a) provide an overview of using CPT as an evidence-based treatment for PTSD and related symptoms among military personnel and veterans as evidenced through the Suicide and Trauma Reduction Initiative for Veterans (STRIVE) at The Ohio State University Wexner Medical Center; b) outline case examples of clients in the STRIVE program c) demonstrate the growing need for mental health counselors in receiving training



for and using EBPs across settings and d) the role that mental health counselors can play in an interdisciplinary clinical research team.

Target Audiences: Student, New Professional, Middle Career, Late Career, Supervisor, Clinician

9:00 – 10:00 AM Breakout Session Number 1

Beyond The Past: How Resilience Can Shape Our Future Self

Presented by Holly Johnson, LCMHCS, NCC; Jeffrey Boatner, LPC, LMFT, NCC

Unprecedented changes in the landscape of our country have created adverse impacts on the mental health and well-being of individuals and families. The difficulties and challenges resulting from traumatic events can either diminish our determination or bolster our perseverance. Trauma and prolonged stress can create responses of anger, depression, and even violence. If the social environment does not create an environment for healing, the negative responses can transfer from generation to generation. Negative impacts of traumatic events can lead to compromised health and well-being. A mediating factor between traumatic events and psychological well-being is resilience. Resilience is the ability to navigate, recover, and adapt after experiencing adverse experiences. Resilience is not a fixed concept but instead can be conceptualized as a continuum, is malleable, and has the potential to be cultivated across an individual's lifespan. This session will impart knowledge and provide insights for building resilience and creating a growth mindset needed to mitigate the impact of traumatic events. Information will be provided to coordinate the overall care delivered to historically marginalized clients based on their individual needs, issues, and interests. Participants will gain practical resources to help clients navigate circumstances, adapt to new environments, and continue to thrive.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

1:30 – 2:45 PM Breakout Session Number 2

Crisis Intervention During Unprecedented Times Best Practices And Solutions

Presented by Lourdes Araujo, LMHC, ED.D; Nicole M. Kratimenos, LMHC

"One in twenty-five adults in the United States experience a mental illness that interferes or limits one or more major life activities" (NAMI, 2013 p. 1). The innovative methods we will use will help provide mental health professionals with de-escalation practical and ready-to-use techniques that incorporate Trauma-Focused Therapy and Mindfulness to help a client reduce crisis symptoms while also bringing education and awareness to the client or victim for the use of tools post-crisis. The strategies taught in this Crisis Intervention Session will provide mental health counseling, educators and supervisors with an effective framework for decision making and problem solving to prevent, de-escalate, and safely respond to disruptive or crisis behavior. Trauma related symptoms will also be explored and during role plays and assessment practice. Participants will leave the conference prepared



to practice de-escalation skills to help clients and victims in a crisis situation using calming techniques that clients will also be able to use once symptoms minimize.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician

3:00 – 4:30 PM Breakout Session Number 3

Counseling During And After The Pandemic: Fostering Post-Traumatic Growth

Presented by Aaron Norton, PhD, LMHC, LMFT

The COVID-19 pandemic of 2020-2021 ushered in an unprecedented demand for mental health counseling and related services. Depression and anxiety rates tripled, and suicide, substance use, overdose, and domestic violence rates soared. According to one national survey, 1 out of every 3 Americans saw a therapist at least once in 2020. Data collected by the presenter from 650 counselors nationwide revealed that 1 out of 3 counselors was working overtime to try to meet demand, and many had stopped accepting new referrals or started limiting intakes. The echoes and repercussions of the pandemic will likely last for years to come, but throughout history every major national or international crisis has sparked a period of increased growth and awareness the field of clinical mental health counseling. During a time of tremendous upheaval and adjustment, how can counselors play a role in post-traumatic growth both in the U.S. and around the world? Find out with this workshop.

Target Audiences: Student, New Professional, Middle Career, Late Career, Educator, Supervisor, Clinician