

# 2023 AMHCA Annual Conference

## REFRESH. RENEW. REFOCUS

NEW ORLEANS, LOUISIANA

### TUESDAY, JUNE 27

#### SCHEDULE AT-A-GLANCE

**TUESDAY, JUNE 27**

8:00AM - 12:00PM: Pre-Conference Sessions  
2:00PM - 6:00PM: Breakout Sessions

**WEDNESDAY, JUNE 28**

9:00AM - 10:00AM: Breakout Sessions  
**10:30AM - 12:00PM: Keynote Address**  
12:15PM - 1:15PM: Lunch & Learn  
1:30PM - 2:45PM: Breakout Sessions  
3:00PM - 4:30PM: Breakout Sessions

**THURSDAY, JUNE 29**

9:00AM - 10:00AM: Breakout Sessions  
**10:30AM - 12:00PM: Keynote Address**  
12:15PM - 1:15PM: Lunch & Learn  
1:30PM - 2:45PM: Breakout Sessions  
3:00PM - 4:30PM: Breakout Sessions



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#### PRE-CONFERENCE TRAINING

**8:00AM - 12:00PM**

##### **T** The Neurobiology of Trauma and Its **N** Application to Successful Treatment

with Judith A. Swack, Ph.D.

Trauma is structured and cleared in layers. It has neurobiologic underpinnings that need to be accurately mapped to be successfully treated. Participants will learn the structure of trauma and an evidence-based technique from the field of Energy Psychology for rapidly clearing trauma from the conscious mind, unconscious mind and body.

##### **SCA** A Clinical Training to Supplement Suicide Prevention: Counseling on Access to Lethal Means

with Kaitlyn Bruns, PhD, LPCC, NCC

Participants will engage in an interactive training experience to enhance their suicide prevention skills by learning CALM (counseling on access to lethal means). CALM is considered a best-practice and can help increase your confidence to counsel at risk clients on reducing lethal means access during moments of crisis.

#### PRE-CONFERENCE TRAINING

**8:00AM - 12:00PM**

##### **T** From Shame to Pride

with Christopher Checke, LMHC, CAP, NCC, MAC

The foundation of trauma work involves clients moving from shame to pride, while also developing shame resiliency skills. This presentation will illustrate the many complexities of shame developing across the lifespan. We will take an in-depth look at how trauma creates shame and learn to create pride-based interventions.

##### **S** Hit Refresh on Your Supervision Sessions with Psychodrama

with Aimee Johnson, LMHC, CCTP, PAT

Join us in this workshop to refresh your creativity in supervision and make it fun. In this workshop you will learn some tools to implement with supervisees. We will explore the many roles of a counselor psychodramatically and provide you with helpful resources and tools that you can use immediately.



# 2023 AMHCA Annual Conference

## TUESDAY, JUNE 27

### AFTERNOON DEEP-DIVE BREAKOUTS

2:00pm - 6:00pm

#### The Body Holds the Key: Healing

##### **T** Trauma at the Source With Life Centered Therapy

with Andrew Hahn, Psy.D

Participants will learn the foundations and applications of a truly inclusive integrated framework for conducting trauma therapy. As part of this model, they will gain an understanding that all difficulties are an invitation to re-member traumatic shocks that have not been integrated and that the best way to integrate and heal trauma is through the body. Additional learning includes how to empower clients to access the wisdom of the body so that they can learn the root cause of their difficulties and exactly what they need to transform their challenges.

##### **T** Assessing, Understanding, and Managing the Treatment of Chronic Suicidality

with Anna C. Lieber, M.S., LCMHC, NCC/CCMHC

Working with individuals who have chronic suicidal ideation and behaviors is often challenging. Understanding the purpose behind the constant suicidal wish and learning to empathize while instilling hope can save a life. This presentation will cover the unique challenges of assessment, safety planning, alternatives to hospitalization, and best practices.

2:00pm - 6:00pm

#### Geriatric Counseling: Renewed Focus on Therapeutic Effectiveness Using Evidence Based Practices Adapted Specifically for Seniors and their Unique Challenges

with Greggus Yahr, PhD, DCMHS, LCPC, NCSP

Seniors, the largest health care consumer group, consistently struggle to find competent mental health care. Because there is a severe shortage of counselors familiar with and / or able to provide effective treatment for their unique challenges, this presentation is dedicated to refocusing clinicians on how to meet those needs.

#### **DD** Neuro-Sensitives: When Their Superpowers Can Be Dysregulating

with Judy Lipson, LPC

An increasing number of clients and students fall into the category of neuro-diverse, so everyone working in our field will encounter neuro--sensitives. This presentation will provide you with a more expansive understanding of who they are, why they respond behaviorally as they do, and what we can do about it.

2:00pm - 6:00pm

#### **CF** Hopeful Romantics: Divorce, Remarriage, Blended Families, and Co-Parenting

with Rebecca Perry, CMHC, LMFT, LPC, LMHC, LCMHC

This program will help mental health counselors feel prepared and better able to help their clients with managing relational stressors and life adjustments, such as divorce and parenting differences.

#### **SU** A 21st Century View of Substance Use and Recovery: Recovery's Not Just for Substance Use Anymore

with Don Worth, PhD, LPC, ALPS, NCC, MAC

Substance use treatment still follows an outdated biomedical perspective that keeps people sick and agency dependent. A new millennium paradigm of recovery from an interpersonalneurobiological perspective focused on wellness is proffered, with holistic treatment plans for early and later recovery, which promotes independence and applies to other mental illness symptoms.



# 2023 AMHCA Annual Conference

## WEDNESDAY, JUNE 28

### BREAKOUT #1

9:00Am - 10:00Am

#### **T** Treating Global Trauma: Pandemic, Wars and Beyond

*with Nina A. Kaufmans, LPC, NCC*

Traditional therapies utilizing narratives as a primary source of intervention are proven to be limited in effectively treating PTSD. We will discuss how the integration of somatically-based interventions into counseling would increase the effectiveness of mental health recovery and sustain remission while providing opportunities for self-care for professionals.

#### **SCA** DSM-5-TR: Updates & Practical Applications for Counselors

*with Christopher J. Quarto, Ph.D.*

How time flies! Plenty of counselors have yet to familiarize themselves with the DSM-5-TR. The time has arrived. Come learn about updates to psychological disorders, how racism and discrimination have been addressed and hone your diagnostic skills by applying a diagnostic decision-making approach to a real-world case!

#### **S** Supervising School Counselors and School Based Mental Health Providers in Challenging Times

*with Deborah L. Drew, Ed.D., LCPC, ACS, CCS*

The challenges counselors in schools encounter are greater than ever, reflecting mental health problems exacerbated by the COVID-19 pandemic. As clinical supervisors, we witness these challenges. In this session, we offer our view of the challenges and best practices for supervising counselors in schools in these challenging times.

9:00Am - 10:00Am

#### **T** Rein in Your Brain – Changing Neuropathways in Recovery

*with Cynthia Moreno Tuohy, BSW, NCAC II, SAP*

Rein in Your Brain are an intensive set of psycho-emotional-social-spiritual Cognitive Behavioral Therapy (CBT) treatments that, if followed, will result in brain pathway and lifestyle changes. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior. This training will be a short introduction into the foundational pieces of the curriculum focusing on the brain and its development in addiction and conflict, methods to change the neuropathways in the brain and reduce conflict with self and others.

#### **A** What's Next: Guidelines for Students and Emerging Professionals

*with Jeremy Northrop, Ph.D., NCC, LPC/MHSP*

After spending significant time in school preparing for a career, the transition to providing professional mental health services can be a daunting one. Whether and how to obtain licensure, special certification, and additional degrees will be explored. Emphasis is given to sponsorship, resources available, and mistakes to avoid.

9:00Am - 10:00Am

#### **CA** Play Therapy as a Way to Refresh **D** and Refocus

*with Brent N. Moore, PhD, MBA, LCPC, RPT*

Play therapy has demonstrated efficacy for issues of improved social maladjustment, decreased aggression, decreased anxiety, increased self-concept, among many other benefits (Bratton & Ray, 2000). This presentation will show participants how to utilize play therapy techniques to refresh and refocus their work with emphasis given to diverse clients.

#### **SU** Behavioral Couples Therapy for Substance Use Disorders

*with Keith Klostermann, PhD, LMHC, LMFT, NCC, CFT, AAMFT-AS*

The results of numerous studies over the past four decades have consistently revealed the effectiveness of couple and family-based approaches for drug and alcohol abuse. Behavioral couples therapy (BCT) is a conjoint approach which has been consistently shown to produce fewer substance-related issues, greater abstinence, and improved dyadic functioning compared to individual-based treatments for married and cohabitating couples.



# 2023 AMHCA Annual Conference

## WEDNESDAY, JUNE 28

### KEYNOTE ADDRESS

10:30AM - 12:00PM

#### Five Critical Shifts in Clinical Mental Counseling in the 21st Century

Dr. West-Olatunji will discuss five major developmental movements that clinical mental health professionals can expect to face in the 21st century. In this fast-paced society in which we live, our clients are confronted with significant obstacles to their overall well-being. These challenges have served to compromise their interpersonal relationships as well as their work environments. Mental health professionals will need to sufficiently and appropriately arm themselves with transformative clinical tools to meet contemporary concerns that will plague humankind for decades to come. Dr. West-Olatunji will lay out a map for meeting the current and future challenges to our collective mental health professions.



CIRECIE A. WEST-OLATUNJI, PH.D.

Cirecie A. West-Olatunji is the Melba Fortuné Martinez Endowed Professor in the counselor education program and currently serves as director of the Center for Equity, Justice, and the Human Spirit at Xavier University of Louisiana. Dr. West-Olatunji is the founding director of the Center for Traumatic Stress Research (CTSR). She is a past president of the American Counseling Association (ACA) and the Association for Multicultural Counseling and Development (AMCD). In addition, she has served as editor-in-chief of the Journal of Multicultural Counseling and Development (JMCD). Nationally, Dr. West-Olatunji has initiated several clinical research projects that focus on culture-centered community collaborations designed to address issues rooted in systemic oppression, such as transgenerational trauma and traumatic stress. Cirecie West-Olatunji has conducted commissioned research under the auspices of the National Science Foundation, ACA Foundation, Kellogg Foundation, federal Witness Assistance Program, Spencer Foundation, American Educational Research Association, and African American Success Foundation. Her publications include two co-authored books, numerous book chapters, and over 60 articles in peer-reviewed journals. In addition to national presentations, Dr. West-Olatunji has delivered research papers in Eastern and Western Europe, the Pacific Rim, Africa, and the Americas. Additionally, she provided consultation in a PBS initiative to create a children's television show focusing on diversity through KCET-TV in Los Angeles, CA ("Puzzle Place"). Dr. West-Olatunji has also provided consultation to the Center for American Education in Singapore and the Buraku Liberation Organization in Japan to enhance their early childhood and counseling initiatives. In 2018, Dr. Cirecie West-Olatunji was recognized as an ACA Fellow.

SPECIALTY AREAS

AMHCA's 2023 Conference Planning Committee is proud to present this year's schedule full of much-needed topics including Trauma, Addictions, Diversity topics including LGBTQ+ and Social Justice, and much more. Please use this key to find presentations that interest you!

- A** Advocacy and Leadership
- CA** Children and Adolescents
- CF** Couples and Family
- DD** Developmental and Learning Disabilities
- D** Diversity and Inclusion
- E** Ethics
- GI** Gender Identity
- G** Geriatric
- IBH** Integrated Behavioral Healthcare
- M** Military and Veterans
- N** Neuroscience
- SCA** Specialized Clinical Assessment
- SU** Substance Use and Addictions
- S** Supervision
- TAC** Technology Assisted Counseling
- T** Trauma and Crisis Assessment and Treatment



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# 2023 AMHCA Annual Conference

## WEDNESDAY, JUNE 28

### BREAKOUT #2

1:30pm - 2:45pm

#### **T** Polyvagal Informed EMDR: A Neuro-Informed Approach to Healing Trauma

*with Rebecca Kase, LCSW*

Learn a neuro-informed approach to trauma therapy by integrating polyagal theory and EMDR into one model. Clinicians work with autonomic responses and memory in therapy and need an integrated approach for conceptualizing neurophysiological correlates of presenting symptoms. PV-EMDR teaches how to work with autonomic responses and maladaptively stored trauma memories.

#### **SCA** It's Not That Complicated: Diagnostic and Treatment Distinctions Between Complicated Grief, Prolonged Grief Disorder and Major Depressive Disorder

*with Ellen Winsor Chaffin, Certified Grief Counselor*

Though they often present with similar symptomology, complicated grief, Prolonged Grief Disorder (PGD), and Major Depressive Disorder (MDD) have different etiology and treatment considerations that are critical to effective clinical care. This presentation reviews a screening and treatment protocol for the differential diagnosis and clinical management of complicated grief.

1:30pm - 2:45pm

#### **S** Radically Prepared! Training Future Clinical Mental Health Counselors in Evidenced Based Practices

*with Allison Buller, Ph.D., LPC*

Counselor training programs only have 60 credit hours to prepare the counselors of tomorrow. Our Counseling program developed a method for integrating MI, DBT Skills, and Circle of Security Parenting into the training across the curriculum. These evidenced based practices develop intra-personal as well as clinical skills.

#### **M** Out of the Shadows: PTSD and **D** Women Veterans

*with Jennifer Roby, LPC, NCC, BC-TMH, CMHC, CCTP, CEAP, C-PD, C-DBT*

This program provides a discussion about military culture. Attendees will learn about gender differences in the military culture, the barriers and stigma women veterans face. Participants will learn from the seminar and will be provided with tools to assist them to better serve women veterans and become military cultural competent.

1:30pm - 2:45pm

#### **CA** Analytical Model of the Functional Relationships Between Parenting Styles, Parent-Child Communication and Sociodemographic Variables

*with Claudia Gonzalez-Soto, MA, MS, LMHC*

Research conducted on the family, specifically on the relationship of parents with their children in adolescence, reveals the importance of this relationship in the process and development of adolescent identity. This study will establish functional relationships between parenting styles, parent-child communication and sociodemographic variables with respect to identity in adolescents.

#### **SU** Topamax: Treating Black Clients with Cocaine Use Disorder

*with Holly Sawyer, PhD, LPC, NCC, CAADC, SAP*

This presentation will examine biases (implicit/explicit), ideas and beliefs regarding Black clients while introducing a Medication Assisted Treatment (MAT), Topamax for cocaine use disorder.



# 2023 AMHCA Annual Conference

## WEDNESDAY, JUNE 28

### BREAKOUT #3

3:00pm - 4:30pm

#### **T** **CF** **Secondhand Trauma: The Effective Essentials of Core-Focused Treatment for Every Member of the Family**

*with Gray Otis, PhD, LCMHC, DCMHS-T*

Secondhand trauma can occur in partners or children when a family member has been traumatized. If not addressed, problematic behaviors can persist with partners and children. Clinical mental health counselors must assess and treat all family members who have been traumatized. This presentation offers systemic resolution approach to secondhand trauma.

#### **SCA** **SU** **Diagnostic Pathways: Guidelines for Accurate Diagnosis**

*with Gary G. Gintner, Ph.D., LPC-S, NCC*

Inaccurate diagnosis can result in the wrong treatment, unnecessary care or stigmatization. Research shows that good diagnosticians draw upon a set of critical thinking skills that guide the diagnostic process and differential diagnosis. This program reviews these evidence-based diagnostic pathways using DSM-5-TR and illustrates their application.

3:00pm - 4:30pm

#### **S** **A Trauma-Informed Approach to Clinical Supervision**

*with Zoya McCants, EdD, LMHC, LPC*

With a Trauma Informed approach to clinical supervision, supervisors are encouraged to consider their worldview in addition to their supervisees and clients. This trauma-informed lens to supervision involves understanding race-based trauma and its impact on clinicians and clients, the value of trustworthiness and transparency, empowerment, and cultural and historical issues.

#### **TAC** **T** **The Beginner's Guide to Virtual Reality (VR)-Enhanced Exposure Therapy**

*with Aaron L. Norton, PhD, LMHC, LMFT, NCC, CCMHC, CRC*

This training session was designed to introduce counselors to virtual reality (VR)-assisted therapy and how it can be used for exposure therapy as well as somatic quieting.

3:00pm - 4:30pm

#### **CA** **GI** **Refocusing How We Support LGBTQIA+ Youth: Practical Applications, Resources and Special Considerations When Utilizing a Family Systems Approach**

*with Cynthia R. Boyle, LMHC, LCPC, LPC, NCC*

This presentation seeks to bridge the gap between providing services to LGBTQIA+ youth alone and addressing implications for the family system. Research suggests that incorporating family supports as part of a young person's identity process can provide benefits for the family as well as positive outcomes for the youthful client.

#### **SU** **Refocusing the Scope of Clinical Practice for Ethical Addictions Counseling and Supervision: Implications for Social Justice in Addictions**

*with Yuhyun Park, MS*

Panel discussion facilitated by members of IAAOC's Addiction and Ethics Committee. Discussion topics include the intersection of culture, oppression and marginalization in addiction counseling, harm reduction, the professional scope of practice, ethical dilemmas in addictions counseling, dual relationships, and more.



# 2023 AMHCA Annual Conference

## THURSDAY, JUNE 29

### BREAKOUT #1

9:00am - 10:00am

#### **T** Trauma Informed Counseling With Black Americans

with Gregory H. Kimble, LPC-S, NCC

The Mental Health Counselors (MHC) must have knowledge and skills to address trauma in Black Americans. There exists a need for trauma informed therapists to work with Black American clients. The attendee will understand that Black American clients may be reluctant to discuss trauma.

#### **E** Think Twice: Recognizing and Avoiding Ethical Traps

with Loretta Bradley, PhD, LPC-S, LMFT-S, NCC

Ethics refers to doing what is right. This presentation focuses on four ethical traps to help mental health counselors recognize, avoid, and solve ethical traps. To help counselors understand the dilemmas experienced in ethical traps, four case studies are presented in which the counselor is asked to name that trap.

9:00am - 10:00am

#### **S** Exploring Counseling Trainees' Experiences in Therapy: How to Support and Encourage Trainees Within the Clinical Training Environment

with Kathleen Driscoll, PhD

The lived experiences of counseling trainees in master's programs accessing their own therapy were qualitatively studied. Outcomes of this data create a call to action in regard to quality training (i.e. academic and clinical environments). Suggestions for how to support trainees in their therapeutic process will be discussed.

#### **D** Harness the Hero Within! Write and Learn to Analyze Your Own Fairy Tale

with Elane de Vos, PhD, LCMHC

Refresh - your knowledge of Jungian Active Imagination! Renew- your relationship with your Inner Hero! Refocus- on the inner journey... Reconnect to the creative source of your unconscious. Rewrite your own Fairy Tale and amplify the symbols to: Reactivate the energies from within psyche that makes life meaningful!

9:00am - 10:00am

#### **CF** Taking the Bait: Exploring Strategies for Counseling "Catfish" Clients

with Eric J. Camden, PHD, LPC, NCC, ACS

Demographic characteristics and predictive factors of Catfish-behavior is an underexplored area of research and subsequent clinical practice; however, clinicians report an increasing number of clients who have engaged in, or been the victim of, Catfishing. This presentation introduces demographic characteristics, predictive factors, and treatment strategies for Catfish clients and victims.

#### **CA** Family Support and Mental Health in **D** Afro-Caribbean Adolescents

with Alexis Z. Ambrose, MS

This presentation is meant to provide cultural context and considerations for mental health support for Afro-Caribbean adolescents by exploring existing survey data to analyze the moderating effect of gender in the relationship between perceptions of family support and mood symptoms from a mental health screening exam.



# 2023 AMHCA Annual Conference

## THURSDAY, JUNE 29

### KEYNOTE ADDRESS

10:30AM - 12:00PM

## When Clients Face Ethical Dilemmas: What Therapists Can Offer

Life is filled with ethical dilemmas--whether to divorce or stay in a marriage, keep or reveal a family secret, stay in or end an affair, cut off or put up with a family member. Although people bring these and other ethical dilemmas to therapy all the time, our field has been nearly silent on how therapists can be helpful. Out of concern to not impose our values on clients, many therapists focus only the client's self-interest--"what do you need to do for you?"--while underplaying clients' concerns about their responsibilities to not harm others. Using case examples, the presenter will outline a balanced way to engage clients when they are struggling with the ethical dimension of their lives.

WILLIAM J. DOHERTY, PH.D., LP, LMFT

William Doherty, Ph.D. is a Professor in the Department of Family Social Science at the University of Minnesota where he directs the Minnesota Couples on the Brink Project, which developed "discernment counseling" for couples on the brink of divorce, and The Citizen Professional Center, which does community engagement projects on health care and on divisive public issues. Following the 2016 U.S. Presidential election, he co-founded Braver Angels, a citizen initiative which uses couples therapy principles to bring conservatives and liberals together to counteract political polarization and restore the fraying social fabric in American society. Among Bill's awards is the Lifetime Achievement Award from the American Family Therapy Academy. His book on the topic of this presentation is *Ethical Lives of Clients: Transcending Self-Interest in Psychotherapy*, published by the American Psychological Association.



2023 CONFERENCE  
PLANNING COMMITTEE

**AMHCA would like to say a big thank you to all of the members of this year's Conference Planning Committee who are instrumental in making our event a success! We couldn't do this without you!**

### *Deirdra Sanders-Burnett, Chair*

Courtney Ackerson  
Brynna Arnold  
Eric Camden  
Heather Crowell  
Menzo Faassen  
Lynn Giang  
Gary Gintner  
Misty Grant  
Christine Karper  
Marcela Kepic  
Jennifer Roby  
Alecia Rodriguez  
Brian Sheble  
Shannon Thompson



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# 2023 AMHCA Annual Conference

## THURSDAY, JUNE 29

### BREAKOUT #2

1:30pm - 2:45pm

**T**  
**D** **Crisis Intervention During  
Unprecedented Times Best  
Practices and Solutions**

*with Lourdes Araujo, LMHC, ED.D*

Increased crises are present today, changing the quality of life for people. Now is the time to "Move Forward into New Horizons" using manageable crisis solutions. This interactive session explores a Crisis Intervention Therapy Model that participants can use immediately. The tools offer practical solutions to a crisis.

**E** **Ethically Managing Sexual Attraction  
in Counseling**

*with James Dalton, PhD, LPC/MHSP, CCMHC*

Counselors and clients sometimes experience sexual attraction in counseling. Ethical violations, harm to clients, shame on the profession, and licensure suspension sometimes result. This presentation will connect attendees with research regarding sexual attraction in counseling. Attendees will learn innovative and practical guidelines ensuring ethical actions when attraction occurs.

1:30pm - 2:45pm

**GI** **Dear Cis-Het Counselors: How to Do  
Effective Trauma Treatment with  
LGBTGEQIAP2s+ Clients**

*with Laurie Bonjo, Ph.D, NCC, PSC*

This program is directed at counselors and counselor educators whose work encompasses responses to trauma in LGBTGEQIAP2S+ populations. We explore individual and systemic barriers faced by queer youth who have experienced trauma as well as neo-indigenous strategies for responding to trauma in queer youth.

**N**  
**T** **The Neuroscience Behind Novel  
Eye-Movement Protocol: Results of  
Pilot Study**

*with Deanna J. Chrones, LPC, RMHCI, NCC, CH*

Learn the neurobiological responses of different eye movements, including those of EMDR and a novel protocol involving upward eye movements, which trigger the locus coeruleus and involve a release of norepinephrine, with an antidepressant, activating effect, to uncover suppressed emotions. Discover the results of a pilot study on the protocol.

1:30pm - 2:45pm

**CF**  
**CA** **Reinvigorating Family Therapy:  
Maximizing Family Engagement in  
Adolescent Treatment**

*with Samantha Quigneaux, LMFT*

The family system is considered vital to the conceptualization and treatment of adolescent mental health concerns. This presentation aims to help clinicians prioritize family engagement in adolescent care, discusses challenges in managing complex family dynamics, and teaches skills to integrate the parents and guardians into treatment.

**D** **Microaggressions in the Therapy Space**

*with Holly Sawyer, PhD, LPC, NCC, CAADC, SAP*

This interactive presentation will help White clinicians develop cultural competency skills in efforts to not spouting microaggressions in the therapy space when working with Black and Brown clients.



# 2023 AMHCA Annual Conference

## THURSDAY, JUNE 29

### BREAKOUT #3

3:00pm - 4:30pm

#### **T** Using the "What" in Trauma Informed Care: Response, Relationship, and Restoration

with Stacy Gibbons, LCMHC

Often in therapy we focus on "why" things happen. This presentation will address "what" responses traumatized clients often present with. Specifically, the response of the clients nervous system toward traumatic stimuli, the interaction within the therapeutic relationship, and the impact these have on restoration of self and emotional regulation.

#### **E** Are We OK?: Potential Impacts of Telehealth Structural Changes on Clinician Wellness

with Douglas Shirley, EdD, MDiv, LMHC

Our focus is twofold: a) to address clear gaps in the literature in addressing clinicians' experiences of wellness related to the structural changes involved in moving to telehealth practice, and b) to offer reflections and points of consideration, based on other clinicians' reported sense of wellness (or lack thereof).

3:00pm - 4:30pm

#### **GI** (wo)Man Up: Implications of Binary Gender Role Socialization for Gender-Diverse Folx

with Michelle K. Crossley, PhD, LMHC, NCC

This presentation will provide an overview of the binary gender role socialization throughout lifespan development. For non-binary and gender-diverse folx, the conflicting messages about how one should act based on binary, and often incorrect, gender role expectations can lead to gender minority stress for clients. Specific interventions will be discussed.

#### **IBH** The Legal Fight to Address Underpayments, Inadequate Networks, and Coverage Denials

with Caroline Reynolds, JD; MA

While mental health parity remains elusive, an ongoing legal fight is holding insurers accountable for behavioral health discrimination—including by addressing the critical issues of provider underpayments and inadequate networks. A public policy expert and attorneys will discuss recent developments and how counselors and patients can enforce their rights.

3:00pm - 4:30pm

#### **CF** Family Feud: Defining Family as a Means to Developing Supportive Relationships

with Ami Crowley, EdD, NCC, ACS, ICADC, MCAP, BC-TMH, LPC, LMHC

This workshop will explore how an individual from the LGBTQ+ community defines "family". Next, the program will examine how early trauma, specifically the acceptance or rejection of one's identity, impacts how family is developed. Additionally, gender stereotypes and norms, and heteronormative expectations will be discussed in relation to family development.

#### **D** Kink, Poly and Swingers: Oh my! Relational Wellness for Kinky & Ethically Non-Monogamous Clients

with Natalie A. Noyes, LPC

This presentation promotes multicultural competence for clinicians and educators on identities in BDSM and alternative relationship structures (ENM). These groups encourage open communication, consent, & negotiation. Historically BDSM and ENM have been stigmatized, pathologized and marginalized, thus clinicians need awareness of these identities in order to offer competent care.