



TCA 69th Annual Professional Growth Conference Recorded Programs

November 19-21, 2025
Marriott Marquis | Houston, TX

Invisible and Impactful: Elevating Maternal Mental Health in Modern Counseling Practice

RECORDED PROGRAM: Will also be available in the conference app after the program until 12/31/25. Available in TCA Online Learning Center in 2026.

Thursday, 11/20/2025

Time: 8:00 - 9:30a

Room: Westchase

Topic(s): Counseling Theory/Practice and the Counseling Relationship, Wellness and Prevention, Human Growth and Development Theories in Counseling

Presenter(s): Rebekah Willis

Maternal mental health spans far beyond postpartum care, influencing lifelong well-being and mental health outcomes. This session explores the impact of perinatal and perimenopausal transitions, including postpartum depression, cognitive stigma, and suicide risk in midlife (Venborg et al., 2023; Nakanishi et al., 2023). Participants will learn how counselors, regardless of specialty, can ethically and effectively support this underserved population using trauma-informed, culturally responsive approaches.

Starting Strong: Establishing Your Counselor Identity as a New School Counselor

RECORDED PROGRAM: Will also be available in the conference app after the program until 12/31/25. Available in TCA Online Learning Center in 2026.

Thursday, 11/20/2025

Time: 8:00 - 9:30a

Room: Briargrove

CE Credential Category: School Counseling

Topic(s): Counselor Professional Identity and Practice Issue

Presenter(s): Jacqueline Moreno

New to school counseling? You're not alone. In this engaging and supportive session, graduate students and new professionals will explore how to confidently step into their role as school counselors. From defining your professional identity to navigating school politics and building culturally responsive relationships, this session will provide practical tools and honest insights into starting strong. You'll leave with strategies for managing the transition, communicating your role clearly, and advocating for your place on the school team—all while maintaining a healthy balance and sense of purpose.

Roll for Mental Health!: Applications of Tabletop Roleplaying Games for Counseling

RECORDED PROGRAM: Will also be available in the conference app after the program until 12/31/25. Available in TCA Online Learning Center in 2026.

Thursday, 11/20/2025

Time: 2:30 - 4:00p

Room: Hunter's Creek

Topic(s): Counseling Theory/Practice and the Counseling Relationship

Presenter(s): Ryan Holliman; Beck Munsey

Tabletop role-playing games (TTRPGs) have gone from niche basement hobby to cultural juggernaut—selling out live shows and drawing massive audiences online. But beyond the fantasy and fandom, these games offer rich, untapped potential for therapeutic use—especially for new professionals looking to build connection, creativity, and engagement in their clinical work. At their core, TTRPGs are collaborative storytelling experiences that promote social interaction, emotional expression, and problem-solving. This presentation is designed specifically for early-career clinicians and graduate students, offering a clear, accessible introduction to the world of role-playing games. Attendees will explore how TTRPGs can support mental health goals, discover key elements that make them effective in therapeutic settings, and walk away with practical tools and implementation strategies to begin using games in individual or group work.

Redefining Counseling and Supervision: Transitioning from Crisis Management to Preventative Care

RECORDED PROGRAM: Will also be available in the conference app after the program until 12/31/25. Available in TCA Online Learning Center in 2026.

Thursday, 11/20/2025

Time: 4:30 - 6:00p

Room: Clear Lake

CE Credential Category: Supervision

Topic(s): Counseling Theory/Practice and the Counseling Relationship

Presenter(s): Tara Fox; Rikki Collier

This presentation focuses on transitioning from crisis-oriented counseling and supervision to preventive approaches. Attendees will explore the necessity of proactive strategies, examine evidence-based interventions in counseling and supervision, and discuss the critical role of supervisors in fostering preventive care within clinical training and practice to enhance client well-being.

When Clients Deconstruct: How Our Way-of-Being Facilitates the Healing of Spiritual Struggles

RECORDED PROGRAM: Will also be available in the conference app after the program until 12/31/25. Available in TCA Online Learning Center in 2026.

Thursday, 11/20/2025

Time: 4:30 - 6:00p

Room: Tanglewood

CE Credential Category: Cultural Diversity

Topic(s): Assessment in Counseling, Counseling Theory/Practice and the Counseling Relationship, Counselor Professional Identity and Practice Issue

Presenter(s): Mentanna Campbell

For many clients, religious and spiritual beliefs serve as the foundational lens through which they interpret and make sense of their experiences and the world around them. When adversity strikes, they often turn to their faith as a way of attributing meaning to their suffering. However, when the distress is too severe, this interpretive grid can fall short, leaving these individuals experiencing great spiritual pain and going through a season of what has become known as religious deconstruction. This seminar addresses the importance of assessing for spiritual pain and addressing these spiritual struggles in a multiculturally competent manner. The religious coping literature

provides the empirical base to understand this spiritual pain while common factors research highlights the most efficacious way to walk alongside strugglers. Participants will learn how their "way of being" creates the type of alliance necessary to facilitate the healing of spiritual wounds.

How Family Response Effects the Adolescent Experience of NSSI: Implications for Practice

RECORDED PROGRAM: will be available in the conference app after the program until 12/31/25.
Available in TCA Online Learning Center in 2026.

Friday, 11/21/2025

Time: 12:30 - 2:00

Room: Clear Lake

CE Credential Category: School Counseling

Topic(s): Counseling Theory/Practice and the Counseling Relationship

Presenter(s): Krystal Humphreys; Wendy Helmcamp; Michael Moyer

Non-Suicidal Self-Injury has become a common coping strategy during the adolescent years. Family response and cultural considerations have been found to impact the therapeutic outcomes of adolescents who use NSSI to cope. This original research will give you the knowledge, tools, and strategies to prevent and intervene with clients who struggle with NSSI.

The Advocate's Oasis: Cultivating Compassion Satisfaction Through Meaningful Action

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Friday, 11/21/2025

Time: 2:30 - 4:00p

Room: Westchase

CE Credential Category: Cultural Diversity

Topic(s): Counselor Professional Identity and Practice Issue, Social and Cultural Foundations in Counseling, Wellness and Prevention

Presenter(s): Kamiron Tran; Reagan Dickson; Sloane Sivek

Counselors are uniquely called to engage in advocacy for minoritized communities, but an ever-changing social climate continues to create barriers to effectively engaging in advocacy. Evolving legislation, compassion fatigue, and scarce availability of resources all hinder the counselor's ability to engage fully in advocacy. In this presentation, attendees will reflect on their own levels of compassion fatigue and compassion satisfaction using the Professional Quality of Life (ProQOL) Scale (Stamm, 2009), a well-established instrument. Furthermore, participants will gain practical strategies and solutions for engaging in sustainable and meaningful advocacy, fostering both personal well-being and impactful social change.

Court Testimony for Counselors

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Friday, 11/21/2025

Time: 2:30 - 4:00p

Room: Meyerland

CE Credential Category: Ethics

Topic(s): Counselor Professional Identity and Practice Issue

Presenter(s): Lynn Jennings; Stephen Jennings

Graduate counseling programs equip students with a wide range of skills to shape competent, ethical counselors. Most individuals enter the counseling profession with a desire to help others, support healing, and contribute to the well-being of society—not to participate in litigation or testify in court. Formal instruction on navigating subpoenas, court testimony, or legal procedures is often limited or entirely absent in counselor training programs. While participation in legal processes, such as court testimony or depositions, can be intimidating, it is a critical aspect of ethical client advocacy. As Eleanor Roosevelt once said, “The thing we fear is the thing we must do.” For counselors, this includes maintaining our professional counseling identity, professionalism, ethical considerations, and integrity in legal settings. This session will demystify court involvement and equip counselors with the tools they need to respond professionally, effectively, ethically, and confidently to subpoenas and in court-related settings.