

Richmond Area Counselors Association's

Spring Symposium

March 18, 2016

9am-2pm

South University, Richmond VA

2151 Old Brick Rd, Glen Allen, VA

\$10 Students

\$20 RACA Members

\$30 Nonmembers

*Includes Lunch

Featuring:

***Advocacy Is Not Just
a Four Syllable Word***

Becky Bowers-Lanier,
EdD. MPH

***Pathways to Authentic
Happiness***

Lennis Echterling, PhD

***Perfectionism
And Academic Risk
Taking***

Hillary Press, MEd
VCA President

Critical Incident Response: Anticipatory Grief

Bryan Carr, MA and Jim Russo, EdD

Identity at the Crossroads: Adopting Intersectionality in Counseling

Christian Chan, MA, NCC

***Capture Your Own Private Practice:
Follow Your Dream!***

Kristee Trumbo, MA, LPC

***Make Your Counseling
Magical***

Mikhal Salzberg, MEd

Register early at vacounselors.org

Earn up to 4 NBCC Contact Hours, including Ethics!

Social Networking at Keegan's Follows

Pathways to Authentic Happiness

Dr. Lennis Echterling, PhD

Professor of Counselor Education, James Madison University

Based on recent research, this dynamic session offers a practical model to guide counselors in helping clients achieve greater happiness. The format of the session includes demonstrations, suggestions, case examples, and experiential activities. Participants receive handouts containing descriptions of counseling interventions, recommended readings, and online resources.

At the conclusion of this session, participants will be able to:

1. Summarize the research findings regarding the psychology of happiness;
2. Describe the four-pathway model for achieving authentic happiness;
3. Demonstrate skills in using practical, strength-based techniques that enhance happiness.

Lennis Echterling, Ph.D. is a Professor of Counselor Education at James Madison University. In addition to teaching hundreds of counselors over the years, he has trained thousands of professionals and volunteers in workshops throughout the country and around the world. Dr. Echterling has offered numerous presentations at professional conferences and has published widely in the counseling field, including “Thriving! A Manual for Students in the Helping Professions,” and “Crisis Intervention: Promoting Resilience and Resolution in Troubled Times,” along with numerous book chapters and articles. He has received James Madison University’s Distinguished Faculty Award, Virginia Counselors Association’s Humanitarian Award, the national Counseling Vision and Innovation Award, and Virginia’s Outstanding Faculty Award.

The Counselor's Role in Critical Incident Response: Anticipatory Grief

Bryan Carr, MA

Instructional Specialist for School Counseling, Chesterfield County

Jim Russo, EdD

Supervisor of School Psychologist Services, Chesterfield County

Most school counselors and members of a Critical Incident Team are trained on procedures and protocol of how to respond to a critical incident (loss of life, major accident, etc.) but the approach is different in working with schools/personnel when an individual has a terminal or major illness. The authors have worked with others, including Bon Secours, to develop some guidelines around how schools and CI teams address anticipatory grief.

At the conclusion of this session, participants will be able to:

1. Define 'Anticipatory Grief' and how this differs from other Critical Incident responses
2. Understand the goals of implementing a Critical Incident response for Anticipatory Grief
3. Create a plan to address Critical incident needs should a response to Anticipatory Grief be warranted.

Dr. James (Jim) Russo is a licensed clinical and school psychologist with 35 years of experience in education. He earned his doctoral degree from the College of William and Mary and has been employed by the Chesterfield County Public Schools since 1985. During that time, he has

provided comprehensive psychological services to elementary, middle, and high school students. In addition to his public school practice, Dr. Russo has engaged in a private clinical practice in Richmond and was an adjunct instructor for Mary Baldwin College in the Masters of Arts in Teaching program. Dr. Russo is in his sixth year as Supervisor of Psychological and Diagnostic Services in Chesterfield. His interests include Restorative Practices, as an alternative to traditional school discipline; social emotional development of young children; and training school professionals in responding to children's grief and loss.

Bryan Carr currently serves as the Instructional Specialist for School Counseling in the Chesterfield County Public Schools. Bryan is a former high school instructor, coach, and school counselor. He received his undergraduate degree in Education from the University of Virginia in 1983 and graduated from the Counselor Education program at Virginia Commonwealth University in 1989. He is the recipient of numerous awards and recognitions, the most recent of which is the John R. Cook Award from the Virginia Counselors Association in the fall of 2014. Bryan has been married to his wife Julia for 30 years and they have two adult children, a daughter, Winston, and a son, Andrew.

Advocacy Is Not Just a Four Syllable Word: How It Improves Your Work and Your Profession

Becky Bowers-Lanier, DEd, MPH
VCA Advocacy Consultant; B2L Consulting
Krysta Johnson, MS

This session is designed to assist participants in comparing the real-life client advocacy with advocacy at a macro level; i.e., influencing organizational policy change through changes in laws and regulations affecting the practice of counseling and the people served by counselors in all settings.

At the conclusion of the presentation participants will be able to:

1. Discuss the personal and professional context for advocacy
2. Differentiate among best and worst advocacy practices
3. Evaluate current and aspirational personal advocacy attributes

Becky is the President of B2L Consulting, LLC, specializing in consulting with health care and education non-profits on advocacy strategy and grassroots advocacy development. She has over 10 years of experience as a lobbyist and advocacy consultant and 30 years of experience as a staff nurse, nurse educator, and program evaluator. She holds bachelor's (cum laude) and master's degrees in nursing from the University of Pennsylvania, a master's in public health from Virginia Commonwealth University, and a doctorate in higher education from the College of William & Mary.

Perfectionism and Academic Risk Taking

Hillary Press, MEd

President of the Virginia Counselors Association; School Counselor, Fairfax County Public Schools

Perfectionism can lead to anxiety and unhealthy coping strategies. This session will provide insight into perfectionism, how it affects academic risk taking and the social emotional demands on children. Counselors will learn strategies to support parents and students through communication, decision-making, signs/symptoms of stress and anxiety, and finding personal/social/academic balance.

Learning Objectives:

1. Understand the relationship between perfectionism and anxiety
2. Learn to teach positive coping skills
3. Be able to support personal/social/academic balance in perfectionistic students

Hillary Press is the President of the Virginia Counselors Association and a Title 1 Elementary School Counselor in Fairfax County, VA. She works closely with specialized populations including: poverty, Special Education, ESOL and Advanced Academics. For the last two years, Mrs. Press has been teaching the Graduate Level CaseNEX course "Socio Emotional Needs of Advanced Learners". In 2013, Hillary Press was awarded Elementary School Counselor of the Year from FCPS and VCA's Counselor of the Year.

Identity at the Crossroads: Adopting Intersectionality in Counseling Practice

Christian Chan, MA, NCC

Doctoral Student in Counseling, Admissions Counselor at The George Washington University, VA-Association for Lesbian Gay Bisexual Transgender Issues in Counseling
**ethics*

Considering the unique, complex, and interlocking experiences of social identity among individuals, intersectionality is a viable theory for extending clinical judgment to include the historical and institutional marginalization of minority populations within their sociopolitical contexts (Bowleg, 2008; Cole, 2008; Cole, 2009; Crenshaw, 1991; Shields, 2008). Scholars creating conceptual and empirical literature on intersectionality focus on the expansion of cultural and social identity, including, but not limited to race, ethnicity, gender identity, sexual identity, spirituality, social class, ability status, and regional identity. Given this multidimensional nature, individuals that fall within several minority groups experience complex forms of oppression that impact their wellness and mental health. Structurally, multiple minority stress impacts individuals with several barriers for seeking help and obtaining services, especially with discrimination from larger majority groups and within minority groups. Other resulting outcomes are the perceived sense of isolation (Haritaworn, 2010), increasing rates of suicidality (Meyer, 2003), and increasing rates of bullying and violence (Robinson & Ross, 2013). For example, individuals who embody both identities as a Queer person and a Person of Color can face extensive internalization of both racism and homophobia along with severe discrimination (Henry, Richards, & Fuerth, 2011). Within their own intersectional experiences,

Queer Persons of Color also face discrimination from being singled out within each respective minority group (i.e., race and sexual identity), which limits access to resources and forces individuals into a bind of choosing one group over another. In order to address the numerous issues surrounding the complexity of social identity, we will utilize a conceptual framework guided by a lens of intersectionality and grounded in current research and practice. Consequently, the presenter will utilize facilitated discussions, case studies, and personal experiences to invite participants in co-constructing ideas for practice, knowledge, and research.

Learning Objectives

1. Provide an overview of current literature that utilizes intersectionality theory within its investigations and models
2. Offer a conceptual framework for training that fosters critical thinking about diverse types of oppression
3. Foster collaborative new ideas for pedagogical, research, and practice tools that address relational and systemic issues for Queer People of Color

Christian D. Chan, MA, NCC is a third-year doctoral student in Counseling with the Graduate School of Education and Human Development at The George Washington University (GWU). He also received his MA in Clinical Mental Health Counseling with GWU. He is currently serving as a doctoral supervisor to Master's-level students and a doctoral intern at MSA Child and Adolescent Center. His interests revolve around intersectionality of cultural and social identity; multiculturalism in counseling, supervision, and counselor education; social justice; career development; critical research methods; acculturative stress; intergenerational conflict; and cultural factors in identity development and socialization. His prior professional experiences include working as a case manager with foster care adolescents, higher education administration, and working as an outpatient counselor, providing individual, couples, parent-child, and family counseling services. Due to his passion for mentorship, collaboration, professional identity development, and advocacy, his career goals include working as a full-time counselor education faculty while working part-time to provide counseling services in the community.

Capture Your Own Private Practice: Follow Your Dream!

Kristee J R Trumbo, MA, LPC

Private Practice Owner, Past President, Virginia Clinical Counselors Association

As you work full time, write numerous case notes, and worry about Continuing Education Units, you don't dedicate enough time to crunching numbers, talking to colleagues, and researching the options of opening your own private practice. Join me as I provide you with some details that can help you get the process started sooner, rather than later. Together we will discuss the necessary steps for becoming the owner of your own business, ethical implications for a private practitioner, financial stability for yourself and your business, and so much more.

Participants will walk away with a packet of information that includes:

1. Various insurance companies credentialing process.
2. Options for online billing.
3. Resources for collaboration within your community.

4. Record keeping musts. Literally, physically, ethically.
5. Selecting the right space to locate your business.

Kristee's practice is in Mt. Jackson, VA (Shenandoah County). She serves individuals of all ages and abilities. Her specialty, if you will, is working with angry boys and individuals diagnosed with Autism Spectrum Disorder. After four years of internship and residency in a private practice, Kristee opened her own office in November of 2014. Kristee will begin supervising residents in September of 2016. She is immediate past president of the Virginia Clinical Counselors Association, serves on the Convention Committee for VCA, and is a past presenter for the VCA Convention.

ABRACADABRA! Using Magic to Enhance Counseling with Children and Adolescents

Mikhal Salzberg, MEd

VCA Secretary-Elect, School Counselor, Augusta County, VA

Learn how you can use simple magic tricks to add excitement and wonder to your counseling practice. After discussing some of the benefits and ethical issues of using magic with children and teens, we'll jump in and start learning some tricks you can start using right away. Don't worry, no one will be sawed in half; these tricks will be easy enough for a beginning novice to implement!

At the conclusion of this session, participants will be able to:

1. Enhance your practice with children and adolescents through teaching patience, coping skills, problem solving, and improving communication skills with the help of magic and illusions;
2. Learn some magic tricks to begin using as interventions;
3. Address ethical considerations when using magic in a counseling practice.

Mikhal Salzberg (VCA Secretary-Elect 2015-2016) graduated from the University of Virginia with a Master's degree in School Counseling. She has a six year old son who is currently "obsessed" with magic. Through his wonder and amazement, she has learned some super cool tricks and is excited to share them in a counseling context! Miki worked as a school counselor at Massanutten Technical Center for Rockingham County Public Schools for seven years, volunteered at the Charlottesville Downtown Job Center, and is currently working as a High School Counselor in Augusta County.

*The Richmond Area Counselors Association thanks
South University's Clinical Mental Health Counseling Department,
for generously sharing their space in support of the Spring Symposium.*

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

Complaint Policy:

If you have a complaint or dispute regarding this event, please write a letter and include the following: Your name, address, telephone number, email, name of event, date and location of the event, complaint and desired resolution to Richmond Area Counselors Association, 7505 Laurel Ridge Court, Glen Allen, VA 23060 or send an email to kmquarforth@gmail.com. You will receive a reply in 30 days from the date you submitted the complaint/dispute.

Cancellation Policy:

To receive a full refund, minus a \$10 administrative fee, registrants must cancel at least 72 hours (3 days) prior to the start of the workshop. Cancellations and/or no shows with less than a 72 hour (3 days) notice will be reviewed after all expenses have been paid, a determination will be made regarding the ability to honor the request minus cost of guaranteed meals/special events. An administrative fee of \$20.00 will be assessed for any refund. Submit cancellations/refund requests to: kmquarforth@gmail.com.