

# 2018 CCT WORKSHOP DESCRIPTIONS

## Keynotes

**Dr. Mark Yarhouse**

### **Keynote 1: Foundational Considerations for Culturally Competent Christian Counseling around Sexual and Gender Identity Concerns**

This opening session will lay the foundation for culturally competent Christian counseling in the two areas of sexual identity and gender identity concerns. Join us as we learn about how sexual identity develops over time, key milestone events in the formation of sexual identity, and how people navigate both religious identity and sexual identity. Likewise, we will learn from a developmental perspective about gender identity and discuss some of the challenges and controversies in providing services today.

### **Keynote 2: Navigating Sexual Identity in Clinical Practice**

We will look at a "third way" approach to helping clients navigate sexual identity, especially when doing so can be a conflict with their religious identity. We will focus on a narrative approach in which we identity dominant stories from different communities, as well as what it looks like to write a counter-narrative that is in keeping with our client's beliefs and values.

### **Keynote 3: Navigating Gender Identity in Clinical Practice**

Gender identity is one of the most complex and controversial topics facing mental health professionals today. We will discuss current trends in care, as well as different "lenses" through which people "see" the people navigating these concerns. We will consider how to integrate these three lenses into an approach that comes alongside people facing very difficult decisions about their gender identity in light of their religious faith.

## Ethics

**Dr. Scott Floyd, LPC-S, LMFT**

### **Avoiding Ethical Drift**

As a result of this workshop, participants will:

1. Develop an understanding of the term "ethical drift" and its place in the counseling profession.
2. Create and awareness of how ethical drift occurs, along with the areas of counselor practice where it is likely to happen.
3. Learn strategies for avoiding ethical drift in the counseling profession.

## Banquet Speaker

**Bob Hamp, LMFT**

### **Why Jesus Taught In Parables**

Mixing a little brain science a bit of teaching theory and some basic ideas of Freedom and Transformation this session will examine the idea that all communication strategies are not created equal. Jesus' use of parables was not only strategic it was essential to attain His goal. This session is designed to shift the way you think about communication, connection and our strategies for making disciples.

## **Conference Workshops**

**Pam Allen, MA, LPC**

### **Experiencing Psalm 46:10: Mindfulness for Christian Counseling**

The increasing occupational and social demands in our culture create environments where clients become stuck in cycles of reacting, rarely experiencing the opportunity to choose their paths and enjoy relationship with God and other. What are the ways in which we can help people begin to cultivate a lifestyle of physical health, emotional resilience, growth and connection? Mindfulness is a paradigm that can enhance one's ability to remain present and grounded in the midst of chaotic lives. This workshop will explore the psychological construct of mindfulness and participants will walk away with resources and skills for integrating mindfulness with Christian faith.

**Steve Bryan, LPC, SEP, LMFTA**

### **Treating Sex and Porn Addiction: An Integrated Approach to Restoring Intimacy**

With increased prevalence, our clients are confessing to destructive sexual behaviors, especially around pornography. But what makes the behavior an addiction as opposed to a sinful habit? In fact, some question whether sex addiction is even a real diagnosis, after all, it's not in the DSM-5. This workshop will bring clarity to the issue of sex and porn addiction, presenting an integrated framework for supporting your clients as they navigate their way to freedom. We will look at the history of the field of 'sex addiction', the etiology, neurological implications, assessment, therapeutic considerations, integrated treatment, and an Biblical approach to restoring the relational body, mind, and spirit. This presentation is for counselors, pastors, and those who want to learn more about working with clients who may be caught up in sex and porn addiction.

**David Burleson, MA, LPC-S**

### **Differentiation, Attachment, Identity Formation and Forgiveness: How we learn to do hard things**

This workshop explores the hard sayings of Jesus on forgiveness and searches for underlying reasons people may struggle to forgive self and others. It looks for clues in counseling theories including Family Systems and the concept of differentiation, Attachment Theory and the role of caregivers in shaping the way a person regulates emotion, and Interpersonal Neurobiology and the development of neural substructures that allow people to do hard things like forgive. It then returns to the example Jesus set as he forgave others while suffering on the cross.

**Ann Fangio, MEd, LPC**

### **How Values Inform Therapy: Eliciting the Wisdom Within the Client**

This workshop examines values as espoused by Frankl Logotherapy and how clients discover meaning through those values. This process can be applied to a variety of presenting problems and will aid in clients making better choices, assuming responsibility and developing self-efficacy. Multiple values assessments will be shown and application to presenting problems discussed.

**Jorge Gama, LPC-S**

### **How to Beat Fear in Private Practice**

Jorge believes strong values and faith in God are the core to a functional family and business. In this workshop, Jorge will provide his playbook on how to grow a self-pay private practice. He will discuss

marketing strategies, different ways to diversity your funding source, the equation used to grow your business, how to build a strong and healthy team, fear-pitfalls in private practice and why you don't want your five-year plan having an office with a palm tree outside of it.

### **Steve Hunter, EdD, DMin, LPC-S**

#### **Crushed: Embracing the Brokenness and Blessings of Suicidal Depression**

Two-thirds of all gun related deaths in the US are suicides. Around the globe, in 2010, suicides took more lives than war, murder, and natural disasters combined. When are we going to talk openly about one of our Nation's—and our World's, most top-secret epidemics? In this session, current statistics, past and present theories, warning signs, and interventions for counselors regarding suicide will be explored from the personal and professional perspective of a suicide attempt survivor.

### **Steve Hunter, EdD, DMin, LPC-S & Chidinma Ward**

#### **“Ebony and Ivory: The Power of Diversity”**

Nearly three-quarters of American voters say that race relations in the United States are bad, according to the latest NBC News and Wall Street Journal poll. This is the highest percentage ever in the poll's history. This interactive session will define terms relative to prejudice, outline the dangerous trajectory from bias to racism, discuss the importance of diversity, and provide practical recommendations for mental health professionals to be of service to an increasingly diverse community. Christian counselors, through the power of the Holy Spirit, not only have the ability to recognize and autocorrect prejudice within themselves, but also can influence race relations in the United States for the better, one client at a time.

### **Annette Kerr, LPC-S**

#### **Feedback Informed Treatment: What Is It and How Can It Help Improve Counseling Outcomes?**

Big Data has transformed everything from sports to politics to education. It could transform mental health counseling too if only counselors would embrace it. Feedback Informed Treatment (FIT) uses formal measures to track counseling progress and the therapeutic alliance to guide care and achieve better outcomes. FIT involves using a free questionnaire tool which can be added to your current counseling sessions without changing your counseling style, taking 60 seconds or less of each session! Come learn about this therapeutic tool to gain new insights into your counseling effectiveness and find a method for accurately measuring of client's progress.

### **Sandra Martin, MA, LPC**

#### **Synergistic Collaboration When pastors and therapists come together: Dream team or nightmare?**

This workshop makes a case for the value of up-close collaborative relationship among and between professional therapists and pastors. Both pastors and therapists spend their professional lives addressing mental, emotional, and spiritual needs, including not only those of a “normal pattern” of maturation but also those generated by wounds, relational brokenness, and the fallen character of the world in which we live. We work not only with the same kinds of needs but frequently with the very same people. Historically, the relationship between therapists and pastors has been conducted at arm's length or has proved to be awkward, painful, and/or marked by mutual disregard. Consequently, we are

missing the benefit of shared insight and understanding that comes from interaction with a perspective other than our own. This presentation takes a look at the argument for collaborative relationship, barriers to the formation of these relationships, and ways in which these barriers can be overcome.

### **Margaret Nagib, PsyD**

#### **Conquering Compassion Fatigue: Build Resilience, Intervene with Passion, Make an Impact**

Research indicates that some level of compassion fatigue (CF) is normal and inevitable in the helping fields. This presentation will provide education on the nature of CF and secondary trauma (ST), describe the importance differences between CF and compassion satisfaction, and help the practitioner build resilience preserving passion and maximizing impact.

### **Robin Rice, LPC-S**

#### **3 roles of a LPC- Supervisor**

A supervisor fulfills multiple functions in the life of their intern. We will discuss three main roles that a supervisor plays during this season of development. We will explore Biblical examples of each of these roles and how one can apply them to supervision. Come be challenged with how to make the most of your supervision relationship with your intern.

### **Robin Rice, MEd, LPC-S**

#### **The Times They Are A-Changin'**

Need some practical guidance in supervision? Ever feel like you can't keep up with the changes because they are always changing so fast? Come hear the latest board rules and changes in supervision. Using supervision case studies we will discuss real world situations, not just theory.

### **Matt Sessoms, MA, LPC, LMFT, CST**

#### **Affair Recovery: It Doesn't Have to Be the End**

Assisting couples in navigating the aftermath of an affair is a difficult and often frustrating form of counseling. Counselors benefit from having a perspective, plan, and tools to help themselves aid couples to finding the rewarding richness that can develop after a marriage has healed from an affair. After attending this break out session a counselor should have a more practical and deliberate approach to guide spouses through this crisis.

### **ConneCT**

Are you a student who will soon be looking for a supervisor? Are you a supervisor looking for new interns/associates? Are you a counselor who would like to mentor a new counselor? Are you looking for some networking time? Join us for a 30-minute session of ConneCTing. Meet new people, make new connections, build your networking base, and share your wealth of knowledge.