

# 2019 Conference Workshop Descriptions

## **New this year!**

When you register for the conference you can select your workshop preferences. These are preferences only and do not guarantee a seat in the selected workshop. If you change your mind about your selection, you **DO NOT** need to notify us. These selections are purely for approximating room sizes and locations.

## **SUPERVISION TRACK**

### **“Becoming an Effective Supervisor”**

**Audra Dahl, MA, LPC-S**

Being an effective supervisor is more than being a good counselor and sharing that experience. An effective supervisor is a skilled clinician, a teacher, and encourager, role model, and so much more. This workshop will discuss the characteristics of an effective supervisor, developing a strong supervisory relationship, as well as the struggles of supervision.

### **“Mindful Supervision”**

**Sharon Good, MA, LPC-S**

This workshop is designed for Counseling Supervisors. We will take a brief look at the basics of Mindfulness as well as the benefits of Mindful Leadership principles, then apply those same principles to Counseling Supervision. This will be an interactive workshop with stimulating conversation that will leave you with practical ideas to reenergize yourself and your Counseling Supervision.

## **TRAUMA TRACK**

### **“Trauma Focused Equine Assisted Psychotherapy from a Christian Perspective “**

**Kathleen Choe, LPC-S & Kelly Jones**

Trauma Focused Equine Assisted Psychotherapy (TF-EAP) is an experiential form of therapy that involves working with horses to address issues resulting from the traumatic effects of abuse, neglect, combat, grief and loss, eating disorders, depression, anxiety, chronic illness and other adverse life circumstances. An exciting aspect of TF-EAP is using mounted work to do Equine Assisted Trauma Processing, which is essentially EMDR (Eye Movement Desensitization & Reprocessing) on horseback. This presentation will inform attendees about the potential benefits of TF-EAP for diverse client populations as an adjunct or stand alone therapy.

### **“Counseling for Sex Trafficking Survivors”**

**Kyle Miller, M.Ed., MA, PhD, LPC-S, LMFT-S & Toni McKinley, MA, LPC**

In an interactive team teaching approach, this workshop will engage participants in understanding the need for and path toward becoming an effective counselor for sex trafficking survivors. Kyle Miller and Toni McKinley are involved in counseling and ministry for sex trafficking victims and survivors and will present how CCT counselors can determine their calling for this under-served counseling population of minors and adults and identify training and counseling opportunities. In addition to networking with other involved CCT counselors, the workshop materials will provide an extensive bibliography, resources and recommended training.

### **“Job Through the Eyes of Trauma Therapist “**

**Scott Floyd, PhD, LPC-S, LMFT**

Often, counselors will sit with a client following a traumatic event, and the client will ask if God understands what he/she is going through. The book of Job is a rich source of information about crisis, trauma, and grief, and it provides instructive information for counselors or ministers who work with individuals, couples, or families in the most difficult of circumstances. Through the lens of a crisis/trauma counselor, participants will see common trauma symptoms experienced by Job and his wife, will consider the nature and the impact of the type of trauma Job experiences, and the extensive manner in which his world changes in the days and weeks following his series of traumas. Participants will consider his spiritual struggles, his encounter with God, and his post-traumatic growth at the end of the book, all of which can provide instruction in working with crisis and trauma clients.

## **MARRIAGE & FAMILY TRACK**

### **“Nurturing Sexual Intimacy During the Childbearing Years “**

**Kerry Williamson, MA, LPC-S, LMFT-S, CST**

Sexual intimacy is often identified by couples as difficult, and a source of much conflict. While this can be true across all stages of marriage, perhaps the most challenging season for couples is during the childhood years of marriage. Join me in learning about common challenges couples face like low sexual desire, body image difficulty, different preferences for sexual expression, and hormonal imbalances that can cause painful intercourse and difficult emotions. Together, we will discuss how to address these barriers to sexual intimacy and identify how applying one's faith often leads to hope for change, both for the individual and the couples' relationship.

### **“Treating Sexual Dysfunction”**

**Kerry Williamson, MA, LPC-S, LMFT-S, CST**

Have you ever had an individual or couple present some type of sexual issue, such as painful intercourse or premature ejaculation, for the presenting problem? Did you feel uncomfortable or

inadequate, and not really know where to start? This workshop will give you the basics for treating sexual dysfunction. We will identify the types of sexual dysfunction and discuss a basic approach to dealing with these problems through dialogue, education, coaching, and referral. Our communities and churches are full of people who are struggling with sexual problems. I hope you will join me and be further equipped to help ease the shame they often experience and give them a safe place to talk openly and receive wise counsel.

### **“Personality, Christian Maturity and the Enneagram”**

**Leslie Bley, LPC**

Although an ancient tool for self-discovery, the enneagram has surfaced more recently in both common culture and within Christian communities. Before we can properly apply any personality assessment or technique, we must first have a biblical, psychological, and theological framework for personality as it relates to Christian maturity. Once we understand these areas, we can better apply personality work such as the Enneagram to propel us toward transformation in our personal lives, our relationships our work with clients, and for the expansion of Christ’s work in the world.

## **FOUNDATIONS TRACK**

### **“ADAPTERS: A Meta-theoretical Conceptualization of Human Functioning and Therapeutic Intervention”**

**Wade McDonald, LPC**

If you are like most practitioners in the mental health field, you tend to use a variety of techniques and interventions with your clients. Even though you may self-describe as cognitive, emotion-focused, experiential, etc., it is likely that you are regularly using techniques and strategies that don’t necessarily fit within your primary theoretical orientation—but you keep using them because they are effective. This workshop will present the ADAPTERS model—a new way to conceptualize human functioning and therapeutic intervention. This model provides a biblically based, meta-theoretical framework for the practice of integrative or eclectic therapies and gives solid theoretical underpinning to guide strategy and intervention.

### **“Count it all Joy: A Biblical Response to an “Amygdala Hijack” “**

**Misti Nielsen, MA, LMFT**

We all experience trials, get “triggered”, and experience anything by joy. What we think about trials, triggers (amygdala hijacks), and, based on our attachment style, how we choose to respond to them determines our feelings of shame or competence and our connection with God, self, and others. We will briefly discuss attachment formation and style and what an “Amygdala Hijack” is, as coined by Dr. Daniel Goleman, look at a Biblical example that went wrong, and learn to use REAED (recognize, express, ask, evaluate, decide) to help Christian clients “Be transformed by the renewing of their minds” through engaging with the Holy Spirit, as the power

within them, in the midst of their trials. This workshop is for all clinicians, pastors, and those who want to assist believers in their emotional and spiritual health and growth.

**“To Medicate or Not to Medicate: Recognizing the Need fo Refer and Understanding Psychotropic Medication Treatment”**

**Gloria Brun, MD**

The use of psychotropic medications to treat specific mental disorders is an intervention widely used to provide quality of life improvements to the suffering patients. Trusted counselors have an opportunity to direct their patients to have psychiatric assessments that may enhance overall treatment efficacy. A review of the basic medications used in psychiatry will help the clinician to understand how psychotropic medications are used and will enhance the counselor’s ability to coordinate treatment with psychiatric clinicians by providing a foundation for shared understanding.

**"Implications of Spiritual Rest for Well-Being"**

**Lydia Brown, LPC**

Rest is hard to come by in today’s world. The lack of rest has implications for well-being. This workshop seeks to synthesize what can be learned from of review of literature related to psychological aspects, while also gleaning a theology of rest from various biblical scholars. This presentation is intended for anyone who has a role in helping others to live life in a healthy manner. Hopefully those attending will benefit personally, and contribute to the discussion of how rest can be practiced in today’s environment.

**BREAKFAST SESSION**

**“Journey to Forgiveness”**

**Ellen Carpenter, LPC**

Jesus says to forgive, and yet...Forgiveness can be hard...excruciating...okay, let’s just say—in some cases it feels impossible. And if we personally struggle with it, how can we lead our clients in this process in their lives? Forgiveness is freeing, can clear out bitterness and anger, can release joy and peacefulness within us, restore and heal relationships...even deepen our own connection with God. But forgiveness is a process. In this presentation I will share my own story of journeying toward forgiveness, and teach the transforming REACH Forgiveness Model which can lead you on a life-changing journey toward wholeness. I personally used this model to move from my “no way” resistance stance to a true, sincere, releasing forgiveness, and now I utilize it with my clients. I would love to see you experience the same for yourself and then have a powerful tool to use to help your clients move toward freedom in forgiveness, too.