

2020 Workshop Descriptions

Supervision:

Addressing Challenges of LPC Supervision: Skills and Knowledge for Ethical Practice **Todd Linder, Med, LPC-S**

This workshop is meant to educate current and potential LPC supervisors regarding the common theoretical models that can focus and improve the style and approach of supervision to better meet the learning needs of supervisees. Also, we will discuss the most common (ethical and rule violation) problems related to supervision.

Supervision Nightmares: Situational Ethics in a Changing World **Bobbie Burks, MA, LPC-S, BCPC**

In a world where the profession of counseling changes minute by minute, it is important for intern supervisors to be aware of the challenges and struggles involved in directing the next generations of helpers to take their proper and appropriate place in the field. This workshop will be just that...a workshop where participants will interact with the presenter and each other in a time of situational ethics deliberation as they pertain to the supervision relationship. Attendees will be reminded of supervisor duties, responsibilities, and desired attributes for being the best they can be for their interns and themselves. Discussions will be facilitated concerning specific scenarios that will invoke thought and deliberation concerning the specific ethical, legal, and personal dilemmas they present. These scenarios will be solicited from CCT members prior to and during the conference event. The intended goal for the workshop is to refresh and renew the supervisor's knowledge of competent supervision and to feel even more capable of making ethically sound decisions in the future.

Foundations:

Assessing with the Brain in Mind **Malinda Fasol, PhD, LPC-S, NCC**

The brain is an intricate mechanism created by God. It shows His imprint. As Psalms 139:14 states, "we are fearfully and wonderfully made." So, why is the brain ignored in our counseling sessions? If we are to address the whole person, then we must include the brain. This workshop will introduce you to basic brain principles and functions, provide tools to assess with the brain in mind, and examine assessment from a biblical worldview.

Counseling: Does it Change the Counselor Too? **Audra Dahl, LPC-S**

We always think about how is the counselee changed through counseling. But, have you ever thought about how you, the counselor, is changed both personally and professionally by your profession? Because counseling is a deeply interpersonal and spiritual journey, it is impossible for the counselor not to be changed also. Yet, there is a gap in our education, in college and in supervision, in that we are not talking about what changes we might expect, changes we never saw coming, and the positive and negative effects of them. Let's start the discussion now.

Interventions:

Dialectical Behavioral Therapy (DBT) From a Christian Perspective

Michele Hake, PhD, LCSW-S & Joseph Prince, MS, LMFT-A

This workshop will highlight the background, principles, and therapeutic tools within DBT that are deeply beneficial to both Christian therapists and their clients. The workshop will give an overview of the DBT model of treatment. The core DBT concept of Mindfulness will be discussed from a Christian perspective. In addition, participants will receive an overview of how the other DBT skill sets—Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness—are exemplified throughout Scripture. Links to DBT certification sites will be given for those who want to pursue.

Motivational Interviewing

Francisco Peralta, MEd, LPC-S

Counseling is about change, yet this change clients and counselors often seek can be elusive even confusing. Clients can begin the counseling journey quite motivated only to wane away because the change they desire has not been realized. Counselors likewise can get frustrated with the chronically late, often lackadaisical, and disinterested clients. This workshop will discuss the dynamics of change, the stages of change, and how to manage clients resistance. Motivational Interviewing will also be linked biblically by discussing various scriptural passages where the “Counselor” (Isaiah 9:6) creates change and provides the freedom, healing, and understanding sought by clients and counselors.

An Experiential Introduction to Emotionally Focused Therapy (EFT)

Carolyn Dixon, LCSW

Emotionally Focused Therapy for Couples (EFT) is a brief evidence-based couple therapy based in attachment theory. The purpose of this talk is to introduce Christian therapist to the basic structure of EFT; have an experience of watching a couple via video in a session with Sue Johnson applying EFT; look at their own relationship (significant other or close friend/family member) using the lens of EFT; and educate students regarding a path to greater learning.

Trauma:

What is Trauma? Useful Tools for Working with Trauma Responses in Therapy

Kaitlyn Thompson, LMSW

This workshop focuses on defining and developing an understanding of trauma. In doing this, you will acquire the skills needed to recognize trauma and respond in a way that is supportive and helpful to those you serve. In addition, you will learn which therapeutic modalities are most effective in treating trauma related symptoms as well as how to know when to refer clients to a trauma therapist.

Somatic Integration: Connecting Our Body to the Mind and Spirit

Steve Bryan, LPC, LMFT, SEP

We are fearfully and wonderfully made; alive through God's breath of life. Yet, it seems that many of us are cut-off, detached, and disconnected from our bodies; as if we're talking heads. The purpose of this workshop is to increase our awareness of the human body as a resource for healing. Through a combination of didactic and experiential learning, we will explore biblical and somatic perspectives, to better understand why, when and how to access the body through awareness of sensation and impulse towards movement. As a result, you may find deeper connection available with yourself, God and others.

Healing the Wounds of Trafficking

Shannon Wolf, LPC-S

The mental health community recognizes the need for information on trafficking, specifically, treatment interventions. Until recently, therapists have adapted sexual assault treatment plans to use with survivors of trafficking. However, the field has noted that trafficking produces numerous effects and has a profound impact on the victim. The Christian community is leading the way in creating awareness of the problem, advocating for the victims and their families, as well as providing a distinctly Christian approach for mental health needs. This workshop is designed to help equip those who Christ has called to care for those victimized by trafficking.

Working with Military and First Responders: When the Battlefield Come to Your Office

Kathleen Choe, MA, LPC-S, CEAP & Shanna Overmyer, MS

This presentation will outline common symptoms these clients present with, the most effective treatment modalities for working with them and faith-based resources for both clinician and client. Personal testimony from a veteran who experienced both ends of the spectrum in terms of ineffective as well as effective therapy will be included. Texas is home to a larger number of veterans than almost any other state so chances are therapists will see clients from this group in their practice at some point. This presentation is suitable for any professional who works with or would like to work with this vulnerable population.

Breakfast Workshop:

Knowing Yourself, Knowing God"

John Shackelford, PsyD

Explanation of how the ego forms as our developmental experiences mix with our temperament to shape our personality and the way we operate in the world. When God works in us and we find salvation, we surely find that 'our ways' and "God's ways" can be quite different! The ego voice in my head is to be distinguished from the voice of God who may be prompting another way. It makes sense that the better we know ourselves, and the better we know God, we have an increased ability to hear God and truly follow Him. This growth process for the Christian therapist will have implications for how we do therapy with our Christian clients.