

2022 Conference Workshop Descriptions

Keynotes

David Pickup, LMFT-S

Keynote 1: Understanding Ego-Dystonic Thoughts, Feelings, and Behaviors: Therapeutic Interventions That Can Bring Desired Change

Keynote 2: Can Professional Therapy Actually Affect Change?: What Is Change Therapy Anyway?

Keynote 3: Image Transformation Therapy: How this new therapy really works.

Ethics

Dr. Malinda Fasol, LPC-S, NCC

The Righteous Actions of being Free Indeed

Examining "Free Indeed" from the Lens of Biblical Ethics

Banquet Speaker

Todd Linder MEd, LPC-S

A Clinical Look at David, Nabal, and Abigail

based on 1 Samuel 25

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Trauma

1. **Jeremias Hernandez, LPC Associate, Dr. Collin Ross, MD, & Pastor Rick Douglas, “Satanic Ritual Abuse: An Informed Conversation and Clinical Conceptualization”**
The purpose of this workshop is to engage in a dialogue with fellow clinicians regarding the prevalence and treatment of clients who have suffered from SRA. This workshop will include a group presentation and panel interview from Dr. Colin Ross, M.D. (of the Ross Institute for Psychological Trauma and author of *Satanic Ritual Abuse: Principles of Treatment*, 1989) and author R. J. Douglas (*Silent Cries on Railroad Ties: Innocence Finds Voice*, 2018). Jeremias Hernandez (LPC Associate) will facilitate the presentation and panel interview of both guest speakers.
2. **Kyle Miller, MEd, MA, PhD, LPC-S “Counseling Sex Trafficking Survivors”**
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 Samantha Stokesberry 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 trainings.
3. **Brenda Elledge, M.Ed., LPC-S “Research Study: Online EMDR for PTSD Symptoms”**
To present the results of an 8-week single case research design study involving 5 participants undergoing EMDR-informed therapy via an online format. To provide information to enhance the knowledge of professionals who treat individuals who have experienced trauma and suffer from PTSD symptoms and may have limited access to in-person therapy due to quarantine or other barriers to care.

Therapist Care

1. **Brad Fairchild, Ph.D. & Jeff Logue, Ph.D., LPC, “I Cared Too Much: Dealing With Burnout”**
If you are a counselor, you either have or will experience burnout at some point in your career. In this workshop you will walk away with a better understanding of what burnout is, how it happens, and you will have a personal plan on how to prevent it. You will also be equipped to treat burnout in your clients.
2. **Chuck Romig, Ph.D., LMFT & Joe Cook, Ph.D., LPC “Moral Distress and Counselor Integrity: Self-Care Strategies”**
An overlooked cause of burnout is related to the challenges of addressing values conflicts with clients over issues related to morality. Christian counselors may experience distress when clients desire help in attaining goals the counselor believes are harmful or immoral. Moral distress will be defined and shown to be relevant for understanding this tension. Strategies for managing moral distress will be discussed.

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Supervisors

1. **Sharon Good, MA, LPC-S**, *“Wading into Muddy Waters: Possible Ethical Dilemmas in Counseling Supervision”*
2. **Audra Dahl, MA, LPC-S & Panel**, *“In College & Supervision, I Wish I Had Learned...”*
This workshop is comprised of a panel forum consisting of variously credentialed and experienced professionals from the mental health field, including LPC Supervisors, LPC Associates, and LPCs. Prepared questions and topics as well as open forum questions will be addressed. The purpose of this workshop is two-fold. The purpose is to disseminate information that most counselors learn on the job but wish they had learned in college and/or supervision. It is to engage in open and forthright communication about a broad range of topics such as the pros and cons of being a counselor, areas of expertise, working in a church setting, and working with insurance in the mental health field, to name a few. Secondly, this workshop is intended for those who are just starting out in the counseling field as well as for supervisors wanting to understand the needs of their supervisees better.

Miscellaneous Client Concerns

1. **Scott Floyd, PhD, LPC-S, LMFT**, *“From Grievance Story to Forgiveness: Helping Clients Heal From Relational Wounds”*
Grievance stories often result from either real or perceived relational wounds. This session considers the nature of grievance stories through the lens of Elijah’s experience in 1 Kings 18-19. One key method of helping clients address relational wounds is through the forgiveness process. Using Matthew 18:21-35, this session will then look at the nature of forgiveness—what it is, what it isn’t, and how to assist hurting clients to engage in the forgiveness process.
2. **David Deel, PhD, LPC-S**, *“Holding Out Hope: Mental Health Crisis Assessment and Intervention”*
This workshop is designed to equip mental health professionals, ministers and others to assist those experiencing a mental health crisis obtain the care needed to safely resolve the crisis they face. Participants will review 10 core competencies of assessment and intervention including assessment, networking, referral, and safety planning as well as personal care and development. All of this will be presented within the context of integrating Christian faith and principles with evidence-based practice as the foundation for holding out hope for those otherwise feeling hopeless.
3. **Dr. Yolanda Hill, DPC, LPC-S**, *“Dignity, Identity, Freedom, and Positive Values to Win in Life”*
Attendees will identify the fruits of Dignity that will help one grow into a productive life. Practice the fruits of Integrity as a harmony between being and doing, enabling socialization, negotiation, and commitment in life. Recognize the fruits Freedom as being obedient, respectful, and responsible to family and society.

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4. **BHEC Representative**, *“BHEC: It’s Role Related to The Therapy Boards”*
Attendees will gain understanding of how BHEC works, how the boards work together (or not) under the umbrella of BHEC, and how the boards interact with BHEC.
5. **Joshua Burks, MA, LPC**, *“Men and Mental Health”*
To address the difficulties and intersections with men and mental health as well as provide qualitative information to those present to improve their work with men in a mental health setting.
6. **Laura Brudowsky, MEd, LPC**, *“A Grateful Heart: A Christian Meditation Workshop focused on Joy and Gratitude”*
“I have told you this so that My joy may be in you and that your joy may be complete”- John 15:11. Join Laura Brudowsky, LPC and trained yoga and meditation teacher, for an interactive Christian based meditation workshop focused on Joy and Gratitude. The first part of the workshop will be spent discussing concepts of joy and gratitude, how scripture guides us to invite these perspectives into our lives and how we can use joy and gratitude to strengthen our relationship with God. Laura will spend time discussing techniques to use for your own walk with God and techniques to use with clients. Time will also be spent in interactive experiences to develop and connect with your own internal experiences of joy and gratitude.