

# 2024 Workshop Descriptions

## Keynotes

### **Bob Hamp, LMFT: “Think Differently Therapy: A Freedom Based Therapeutic Model”**

We are made for freedom. The central drive of the human soul is to live free to fulfill our designed nature and purpose. Every other drive is an expression of this central drive to find and live in freedom.

This drive is so central to our nature that if we define freedom in any way that is off course we will still move towards the wrongly defined target. The freedom promised to us in Christ is often different than the ways we have defined freedom. As a result, we humans chase after so many lesser things believing they will give us the freedom we so naturally long for.

Yet those who flocked to find Jesus in their suffering and bondage seemed to find help for every manner of human ill. What He offered seemed to answer the struggle and symptoms of those who found Him.

The key wasn't simply in what Jesus offered but that He began with a call to Think Differently, which is the literal translation of the word often translated as “repent”.

In these sessions we will explore both the method and message of Jesus call to Think Differently and how it still carries potent implications for change for clients, practitioners, as well as all believers.

In these sessions we will together and the Think Differently therapeutic model. The Think Differently model combines the Freedom model with tenets from Family Systems and Neuro-Linguistic Programming.

While most of our focus will be on the philosophy of this model, some time will be given to methods and practice.

**Keynote 1:** The Way matters more than the What

**Keynote 2:** Foundations: Key thought Shifts

**Keynote 3:** Tools and Practice

## Ethics

**Christopher Taylor PhD, LPC-S,**

**Vice-Chairperson of the Texas Board of Examiners of Licensed Professional Counselors**

Texas Ethics for LPC, LMFT, LSW

## Banquet Speaker

**Andrew Dealy, MA, LPC-S**

“Conflict: A Storm of Opportunity”

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## Breakfast Workshop

**Bob Hamp, LMFT: “Thinking Differently About Abuse”**

Often referred to as hidden abuse, psychological abuse is often not only missed by the best of us. In many cases, we can inadvertently support the wrong partner. While this may seem surprising to us, it happens more often than we think. This session provides a framework that simultaneously helps us understand how it is missed while ensuring that we recognize and respond with powerful and effective interventions in future work. Abuse harms both abuser and victim, but it also harms churches and communities. Let’s look together at a systems based developmental model that allows to see abuse, it’s victims and our response in a completely different way.

## Supervision

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

**After numerous interviews and other vetting processes, have you ever contracted with or hired an associate only to discover a major character flaw? Bring your stories to this workshop, and we will discuss how to deal with conflict resolution, probation & possible termination.**

## Trauma

**Kyle Miller, M.Ed., M.A., Ph.D., LPC-S, LMFT-S: “Jesus Trauma Counseling for Male Clients”**

Within the challenges of trauma counseling, one of the most difficult type of clients can be boys and men who are sometimes resistant. Both male and female counselors can lack the confidence to practice effective relationships, models, and techniques than can engage and motivate boys and men to do the hard work to heal and transform from a lifetime of trauma. From the Person of Jesus Christ in Matthew 5, a relational trauma healing and transformation model will be presented in an interactive format.

**Kristina Nelson, NCC & Melinda Fasol, LPC-S: “Understanding Posttraumatic Growth Through the Lens of Christian Counseling and Research”**

Posttraumatic growth (PTG) refers to the ways individuals are positively transformed after surviving significant adversity. Research shows significant relationships between religion, spirituality, and perceived growth, although the research surrounding PTG and the Christian faith specifically is limited. It seems that the integration of the Christian faith with the PTG model may help individuals thrive while attending to both spiritual and psychological health. We will examine the model of PTG with the integration of the Christian faith and its implications for future research.

## Identity Formation and Development

**Chuck Romig, Ph.D., LMFT, & Joe Cook, Ph.D., LPC-S “Queer Theory 101”**

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Queer theory is foundational to understanding the expanding categories of gender identity. Increasingly Christian counselors will face clients identifying as nonbinary and/or genderqueer, as well as parents requesting help with teens questioning their gender identity. This presentation will cover common definitions of queer theory, the core philosophical concepts of the theory, and impact of the queer movement on the counseling professions. Implications for Christians in the counseling professions will be discussed.

### **Heather Harvey, MA, MS, LPC: “Temptation Within Behavioral Addictions to Social Media Technology”**

A major trend in social media technology is the ability to stay connected online. How does continuous connectivity affect one’s mental health and choices? Does addiction to digital technology qualify as a mental health diagnosis? This workshop will teach you how to help individuals break behavioral addiction patterns and recognize the enticing pull of today’s platforms. You will further learn how faith can be implemented in a world that tempts us to continuously pursue what has become idols and escapes that establish unhealthy longings.

### **Alyssa Williams, LPC, MABC: “Purpose Over Profession”**

After 10 years of Biblical and empirical research, “The E210 Theory and Method for ChristCentered Career Development” is ready to guide you in helping your clients develop careers not focused on their profession in life but on their purpose in life. Professions are merely one role in a career of many roles, all working together to both serve God and be sustained in that service. This workshop provides helpful perspectives and practical steps for your clients to discern their unique contributions to God’s good plan.

### **Sydney Spradlin, LPC: “Finding Your Identity in a Fallen World”**

This workshop demonstrates the process of working through issues of identity. We begin with a description of identity, where people find identity, and causes for identity disruption. We will cover how clients can cultivate identity in a healthy way. The emphasis in the workshop will be on boundary work, understanding the nature of control, and helping clients see who they are in Christ. This foundation creates a platform for helping clients through sexuality/gender confusion as well as life stage or other types of disruption.

## **Faith Integration**

### **Michele Hake, PhD, LCSW-S & Jessica Williams, LMSW: “Integrating IFS and Soul Care”**

Internal Family Systems (IFS) is one model that provides a useful way to map the soul. It also provides evidence-based interventions that can help individuals grow and transform the core Self, when it is interpreted through a Christian perspective. In this presentation, an overview of the IFS model will be described and applied through a Christian worldview for use in growing the Spirit-led Self.

### **Dawn Irons, PhD, LPC-S “The Coming Storm”**

As Christian counselors, clinicians, or counselor educators, have you experienced hostility against your core cultural identity in Christ? The American Counseling Association states it “stands in solidarity with all religious faiths.” Do you feel like it represents you? This presentation will examine

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the selective application of professional codes/standards to the newly minoritized Christian counselors in professional secular arenas. When the ACA publicly calls Religious Freedom Reformation Act protections a “hate bill,” it might be time to challenge the multicultural competence of our professional organizations.

### Neuroscience and Neuro Linguistics

#### **Janai Bryan, LCSW-S “God's Design with Neuroscience in Mind”**

This workshop is an overview of the Nine Domains of Integration as a treatment planning framework. It informs the Christian Counselor with a biblically and clinically sound framework to assist in healthy mental health and transformation. The nine Domains of Integration are a clinical framework from Interpersonal Neurobiology, developed by Dan Siegel. Integration (differentiate then link) is a hallmark of health; mentally, physically, and spiritually. The Domains provide a comprehensive framework for the brain, the mind and relationships; to assess a client’s level of integration and provide appropriate interventions as part of an overall treatment plan to increase the potential for mental health.

#### **Polly Hamp & Bob Hamp, LMFT: “Integrating Neuro Linguistic Programming (NLP) into Your Practice”**

Neuro Linguistic Programming (NLP) is a powerful tool to help those struggling with PTSD, CPTSD, traumas, phobias and a myriad of other issues that talk therapy may not always be able to reach. Since trauma is an injury to the nervous system, NLP reaches the nervous system in a way that rewires the traumatic experience to bring immediate healing in most situations. God created our minds and nervous systems in such a unique way and NLP gets to partner with God’s created design! We will be sharing with you the what, why and how’s of NLP. Not only will you learn about NLP we will also teach you a tool or two to use with your clients.

#### **Samantha Stokesberry “Finding Your Identity in a Fallen World”**

The purpose of this presentation is to provide the attendees with a scientific and biblically informed understanding of human stress response patterns, how those patterns can turn into chronic anxiety and impact our ability to establish healthy and secure relationships with our clients, and how to effectively reduce emotional reactivity in stressful circumstances so we can function as healthier versions of ourselves and better counselors.