

# DELTA STATE UNIVERSITY



*34<sup>th</sup> Annual F. E. Woodall*



*Spring Conference for the Helping Professions*

*April 8, 2015*

Delta State University  
1003 W. Sunflower Road  
Ewing Hall, Jacobs Conference Center, 2<sup>nd</sup> & 3<sup>rd</sup> floor  
Cleveland, MS 38733



**Welcome to the  
34<sup>th</sup> ANNUAL  
F.E. WOODALL  
SPRING CONFERENCE  
FOR THE HELPING  
PROFESSIONS**

In 1981, Dr. Fred E. Woodall developed the Spring Conference for the Helping Professions as part of Delta State University's Division of Counselor Education & Psychology. From those beginnings, the conference has been a means of helping counseling students develop areas of expertise by providing essential information, support and networking opportunities to helping professionals within the Delta region. The conference offers professionals in a variety of helping fields the opportunity to attend interesting and informative workshops at a nominal cost.

**In Memoriam  
Dr. Fred E. Woodall  
1944-2005**

## **Special Thanks To:**

Woodall Conference Committee Members

Delta Sigma Upsilon Chapter of Chi Sigma Iota

Student Volunteers, Presenters, Interns and Faculty

DSU Division of Counselor Education & Psychology and the  
DSU College of Education & Human Sciences

Cat Bishop-Vincent, Woodall Conference Coordinator  
Quinton Smith, Volunteer Coordinator  
Darkemia DuBose, Assistant Coordinator

**Big Thanks to:** ASVAB, Martha Ueltschey for their donation

\*Morning complimentary coffee made possible from their generosity\*

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**\*\*\*At the back of this booklet you will find your CEU Request/Evaluation Sheet. Please fill this out at every session to receive credit & evaluate your presenter.**

**\*\*\*Please return your evaluation sheet at the end of the conference so that we will have your CEU request form and evaluations.**

**NBCC CERTIFICATES WILL BE EMAILED TO YOU WITHIN THE NEXT 3 WEEKS.**

**SW CERTIFICATES WILL BE MAILED TO YOU WITHIN THE NEXT 3 WEEKS.**

**School Counselor CERTIFICATES WILL BE MAILED FROM THE DSU  
DEPARTMENT OF CONTINUING EDUCATION (FOR DOE CONT ED).**

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## Agenda

8:30 – 9:00	Registration
9:00 – 11:00	Opening Session – Couples & Family Counseling Jacobs Conference Center – 1 <sup>st</sup> floor
11:15 – 12:15	Breakout Sessions Ewing Hall – 2 <sup>nd</sup> and 3 <sup>rd</sup> floors
12:30 – 2:30	Luncheon and Keynote Address Jacobs Conference Center – 1 <sup>st</sup> floor
2:45 – 3:45	Breakout Sessions Ewing 2 <sup>nd</sup> and 3 <sup>rd</sup> floors
4:00 – 5:00	Breakout Sessions Ewing 2 <sup>nd</sup> and 3 <sup>rd</sup> floors

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Complimentary coffee will be available at registration and beginning at 2:30PM.

Our local chapter of Chi Sigma Iota – Delta Sigma Upsilon will be selling *homemade refreshments* throughout the day.

Through this fundraising, CSI will be able to do service for the community, attend conferences, and attend other continuing education opportunities! Please help support them in their efforts and enjoy some of their baked goods and drinks!

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Join us tonight!  
We will be providing entertainment ~

### ***John Horton Band***

6:00PM – 9:30PM  
Bellazar's

114 S Gaines Hwy, Boyle, MS 38730  
Let them know that you are with the counseling conference at the door.  
Restaurant is 4 miles from here. Supper is dutch treat (on your own).

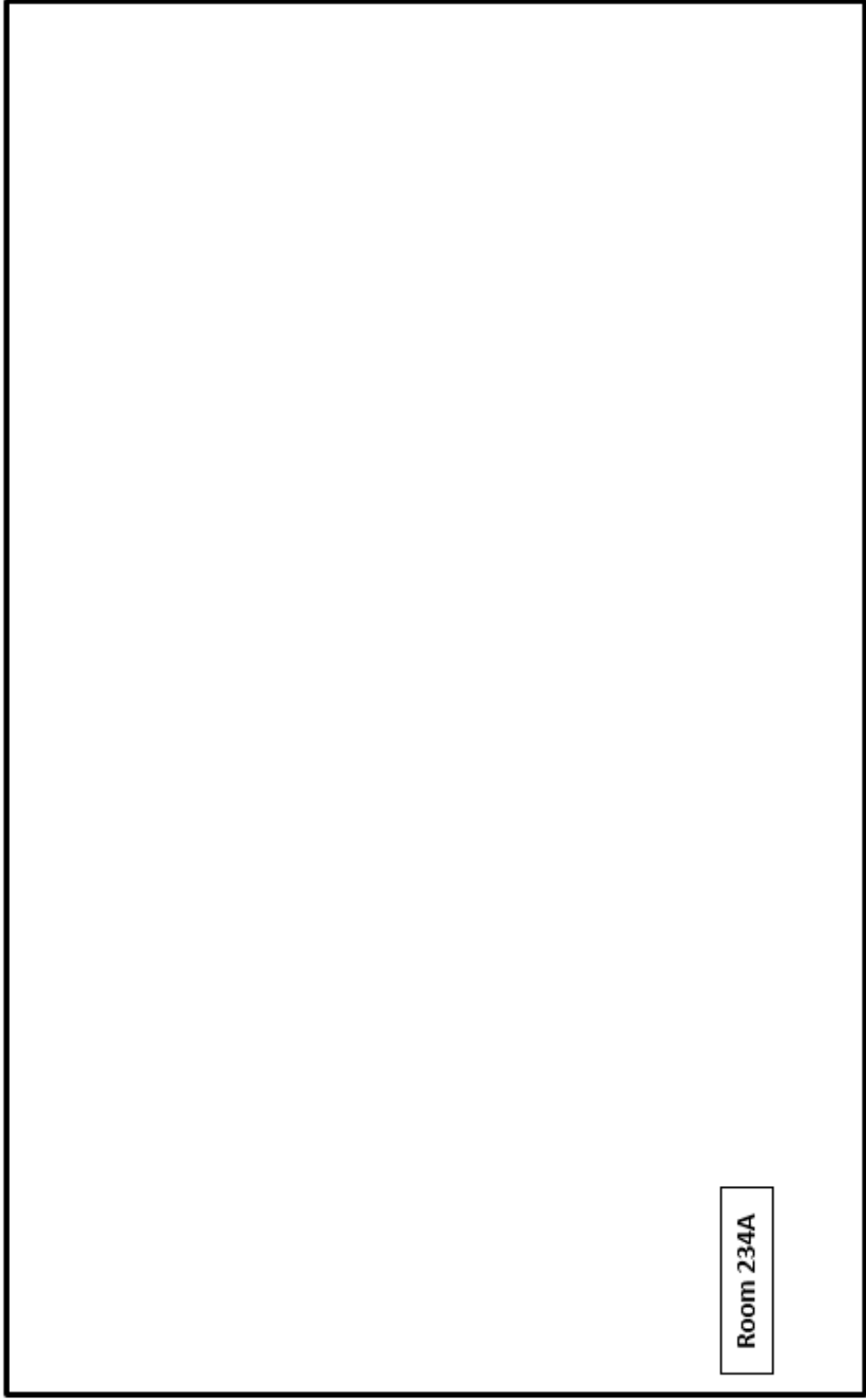
*Come eat, dance, and enjoy with us!*

MAP OF EWING 2<sup>nd</sup> FLOOR

North  
Elevator  
Stairs

Room 225

Rooms 227/228



Room 234A

Room  
209/  
210

Bathrooms

Roundtable Presentations  
2<sup>nd</sup> floor Open Area

South  
Elevator  
Stairs



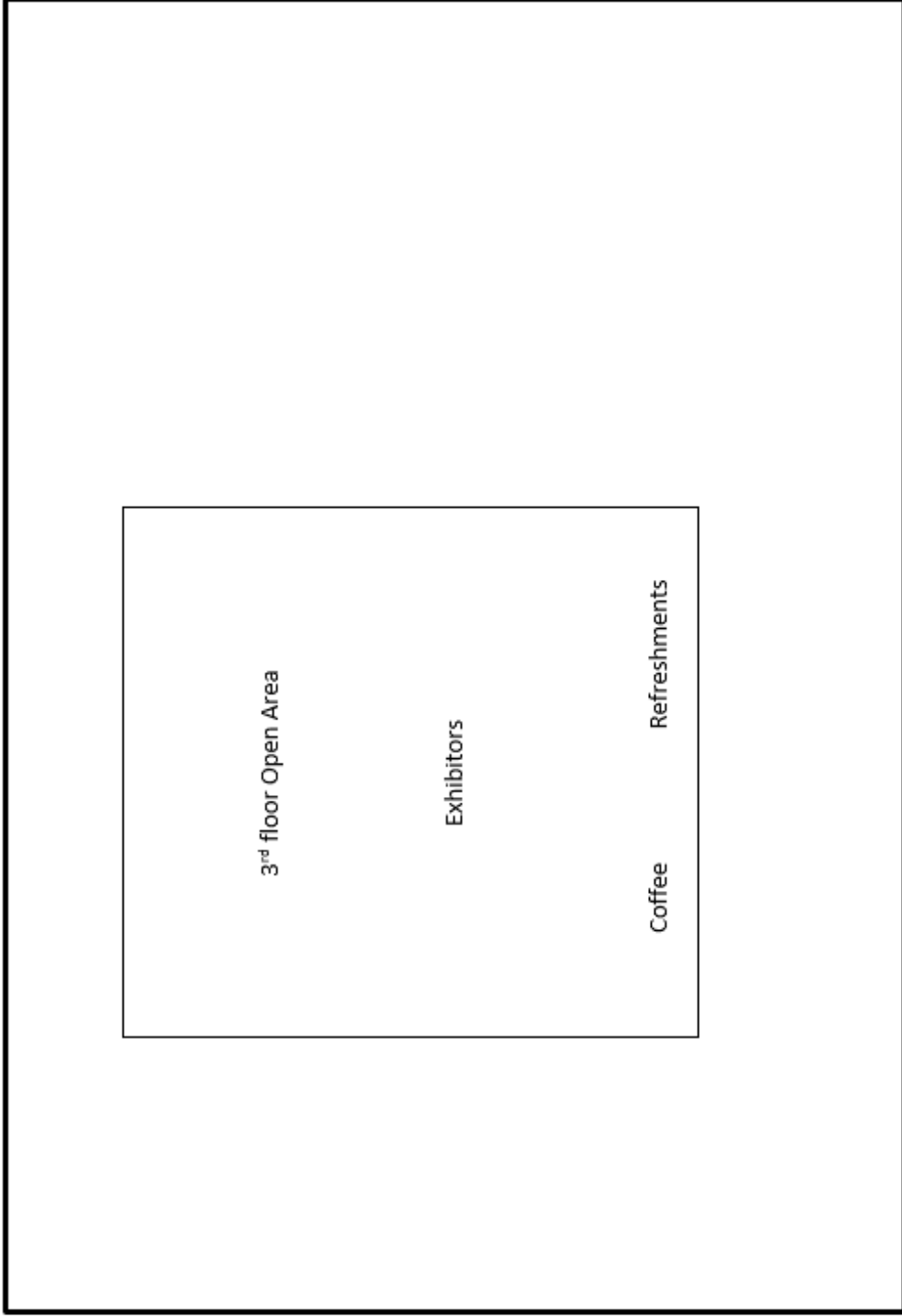
MAP OF EWING 3<sup>RD</sup> FLOOR

North  
Elevator  
Stairs

Rm 329

Rm 331

Rm 334



Rm 309

Faculty  
Commons  
MICA Meeting

South  
Elevator  
Stairs

Rm 324

Bathrooms

Rm 315

11:15 - 12:15	309	Lightning Talks: Expressive Arts	315	LPC Board Q&A	324	School Couns Dir Training Model	329	CBT Techniques Juvenile Offenders	331	<b>Play Therapy</b> Basics	334	Behav Revolution	209	Mindful. Traumatic Stress	234A	Sustain Qual. Of Helpers	225	<b>Ethics &amp; Techn</b>	227/8	<b>Ethical Violations</b>	2 <sup>nd</sup> fl	Open Area
2:45 - 3:45		ACT Therapy		<b>Play Th/</b> Exp Arts in <b>Super-vision</b>		Happiest Career		Multidis Child		DSM & Youtube		Helpers: Police Culture		School-Family-Comm Partnership		Trusting Intuition		<b>Religion &amp; Spirit. Ethics</b>		<b>Culture &amp; Ethics</b>		4 Round Table Sessions
4:00 - 5:00		Prep Students for 1 <sup>st</sup> yr college		Wellness For Helpers		Visual Arts Activity		VK Diss. Techn for PTSD		Comm Crisis Teams		Spirituality & ACT		Suicide Prev		What is ADHD		Canine Assisted <b>Play Therapy</b>		<b>Language of Ethics</b>		5 Round Table * Sessions

\* Titles in Bold or asterisked signify sessions that have Ethics, Supervision, and/or Play Therapy credits

**Additionally ~ 4:00-5:00** MCA Delta Area Region will hold a meeting in the Faculty Commons on the 3<sup>rd</sup> floor

## Schedule of Breakout Sessions



## Couple and Family Therapy

Robert L. Smith, Ph.D., NCC, FPPR  
 President of the American Counseling Association 2014-2015  
 Department Chair & Professor, Counseling & Educational Psychology  
 Texas A&M University-Corpus Christi

Brian Canfield, Ed.D, LPC, LMFT  
 Past President of the American Counseling Association  
 Department Chair & Professor, Counseling Department  
 Barry University

Presenters identify issues facing today's families followed by research of the major problems confronting couples. How couples address these problems is often entertaining and humorous. A process of couple and family therapy is introduced along with an integrative approach when working with family problems. Audience participation is encouraged through the use of cases and a video presentation.

## Lightning Talks: Infusing Expressive Arts Therapies in Your Practice

Horticultural Therapy and Mindfulness: Darla Sisney, BS, Counseling Intern  
Music Therapy with Adolescents: Evelyn Taylor, BSW, Counseling Intern  
Filial Therapy: Overview & Outcomes: PJ Chandler, MA-SJ&C, Counseling Intern  
Dance & Movement Therapy: Angela H. Mangum, BSW, LSW, Counseling Intern  
Expressive Journaling with Crafts: Renita Hogan, BA, Counseling Intern  
Music Therapy & Addiction Treatment: Amber Jones, BA, Counseling Intern  
Art Therapy with Adolescents: Jessica Miller, BA, Practicum student  
Narrative Poetry: Ashton Miller, BA, Practicum student  
 Delta State University

This hour will have 8 Lightning Talks illustrating various types and interventions of Expressive Arts Therapies! Lightning Talks are short presentations similar to the style of TED talks; the presenters will provide participants with the essentials of each topic along with handouts that provide information in more detail.

**11:15 - 12:15**

**EWING 315**

### **Q&A Session with Members of the MS Board of Examiners for Licensed Professional Counselors**

Juawice McCormick, Ph.D., LPC, LPC-S, LPSC, NCC  
Program Coordinator/Assistant Professor of Counselor Education  
Delta State University

Glenn Waller, Ph.D., LPC-S  
Immediate Past Chair, Congressional District I  
Mississippi State Board of Examiners for Licensed Professional Counselors

Members of the Mississippi Board of Examiners for Licensed Professional Counselors will engage participants in a dialogue about upcoming changes within our state around counseling. Participants will be able to ask questions about licensure and the direction of counseling in Mississippi.

**11:15 - 12:15**

**EWING 324**

### **A Model for Educating and Training School Counselor Directors**

Emily Meadows, EdD, LPC, LPSC  
Program Coordinator/Assistant Professor of School Counseling & Guidance Services  
University of Southern Mississippi

This presentation will discuss research that explored the educational and training opportunities available to those who are pursuing employment as a school counselor director. The American School Counselor Association provides a justification for school counselor directors and a description of their roles. However, currently there are no national standards for educating or training school counselor directors. This presentation will offer a recommended model program for educating and training school counselor directors through a school counselor leadership program. This leadership program is a hybrid design that draws both from educational leadership and administration, as well as advanced counseling courses.

**11:15 - 12:15**

**EWING 329**

### **Techniques in Cognitive Behavioral Treatment and Assessment of Juvenile Offenders**

Denise Gilstrap, MS, Counselor Education & Supervision doctoral student  
University of Mississippi

According to the National Alliance on Mental Illness, the majority of adolescents navigating the juvenile justice system have a diagnosable mental illness. 1 in 5 of these youth will suffer from a

serious mental disorder. When re-entering the community, juvenile offenders often return to dysfunctional homes and neighborhoods, increasing their chances of recidivism. Additionally, they struggle with academic achievement and social functioning in schools. This session highlights research-based cognitive behavioral techniques and assessments for reintegrating adolescent offenders into the school and community. Discussed techniques include prosocial curriculum, Skillstreaming, mode deactivation therapy, multisystemic therapy, and interventions for juvenile sex offenders. These techniques are beneficial for implementation in schools, community clinics, AOP and aftercare programs.

**11:15 - 12:15**

**EWING 331**

### **Play Therapy: Back to the Basics**

\*Play Therapy credit

Maggie Morganfield Parker, PhD, LPC-S, RPT  
Assistant Professor  
Mississippi College

Joshua Magruder, PhD, LPC-S, NCC  
Staff Counselor  
The University of Mississippi Counseling Center

Researchers continually demonstrate the effectiveness of play therapy in reducing difficult behaviors and increasing positive behaviors in children. The presenters will discuss therapeutic rationale, purposes and the basic skills of play therapy. The presenter will provide an overview of specific play therapy responses and how to utilize them within session and discuss the developmental aspects of responses. In addition, the presenters will discuss how the basics of play therapy can be utilized with adolescent and adult clients, both with and without the use of additional mediums (sand tray, art tools, and toys).

Cosponsored by Delta State University Play Therapy Training Institute  
APT Approved Provider #13-346. A play therapy certificate will be provided at the end of session.

**11:15 - 12:15**

**EWING 334**

### **Behavioral Healthcare Services Transformation: In the Middle of a Revolution**

Cynthia Johnson, Ph.D., Licensed Psychologist  
Resilience Psychological Services

More than any other time in history changes occurring in our behavioral healthcare service systems are having an impact on both the quality and array of mental health services available to individuals living with a mental illness. The changing context of behavioral healthcare services hold opportunities and challenges for all professionals in the behavioral healthcare field. Understanding the context of the national changes is critical to making the needed adjustments to sustain a viable professional career in our current healthcare environment. Recovery-focused behavioral health services have become expected. Discovering how to integrate such services into successful professional service

models at all levels is critical. Participants in this presentation will be able to identify the historical context of the mental health recovery movement, list fundamental components of a recovery-focused behavioral health service model and discuss recovery-focused interventions available for service providers to incorporate into their daily practice.

**11:15 - 12:15**

**EWING 209**

## **Why Mindfulness can assist in Alleviating the Complex-traumatic Stress Reaction in Women**

Kimberly Matthews M.Ed., Doctoral student  
The University of Mississippi

The literature defines complex trauma as ongoing traumatic events that are typically interpersonal in nature and often begin during childhood. Moreover, the research shows that women experience a higher rate of exposure to traumatic events as defined above. Finally, the research demonstrates that individuals, who suffer from complex trauma, exhibit a symptom set organization and intensity that differs from individuals who experience a single traumatic episode or multiple traumatic episodes in relation to combat. Currently, clinicians recognize the benefits of meditation as an adjunct to a phase approached treatment strategy for these individuals. The following presentation surveys and synthesizes the empirical research concerning meditation and treating the specific symptoms that most commonly manifest in individual who experience complex trauma. More specifically, the review focuses on clinical benefit of mindfulness meditation strategies on the dysregulated nervous system of a female trauma survivor.

**11:15 - 12:15**

**EWING 234A**

## **Essential qualities for professional helpers: How can they be identified, personified, and sustained?**

Amelia Binti Mohd Noor, M.A., Doctoral student  
The University of Mississippi

Kassie Terrell, M.S., Doctoral student  
The University of Mississippi

Professional identity is at the forefront of national awareness within the counseling profession. It is clearly stated in the American Counseling Association's (2009) 20/20: A Vision for Future of Counseling: "Sharing a common professional identity is critical for counselors." Similarly, in Malaysia, counseling development reached its first major milestone toward professionalization and gained legitimacy when the parliament enacted the Counselors Act 1998. Based on the research conducted in Malaysia and a literature review in the United States, commonalities exist in personal qualities for professional counselors. Although counselors and other members of the helping profession acknowledge the traits that depict their professional identities, it is difficult to maintain a certain level of enthusiasms regarding these personal qualities that contribute to the effectiveness of helping services. This presentation allows helpers an opportunity to explore which personal qualities are

currently embody and develop self-strategies, through experiential activities, in order to reignite and enhance self-identified lower level personal characteristics.

**11:15 - 12:15**

**EWING 225**

## **The Ethical Use of Technology in Mental Health Professions**

Janis C. Booth, Ed.D., LPC-S, NCC  
Associate Professor  
Mississippi College

\*Ethics credit

Nathan R. Booth, M.Ed., N.C.C.  
Counselor and Disability Support Services Coordinator  
Hinds Community College

As technology allows mental health professionals more freedom and resources, there are inherent ethical and legal risks accompanying its use. This program will identify some of the more important concerns, such as privacy, confidentiality, appropriate professional boundaries, informed consent, and distance learning and employ case studies, ethical codes, and discussion to assist participants in generating recommended best practices.

**11:15 - 12:15**

**EWING 227/228**

## **Is it or is it not an ethical violation? Sex, Drugs, Rock & Roll Revisited!**

Jeannie Falkner, Ph.D., LCSW  
Core Faculty  
Walden University

\*Ethics credit

No one wakes up and decides, "Gee, I think I'll violate my professional code of ethics today!" And yet, ethical dilemmas face counselors and social workers every day. This workshop will provide a model of ethical decision making and present a number of "gray" areas which expose the nuances of ethical decision making, including the complexity of dual relationships in rural practices.

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The luncheon will be held on the first floor in the Jacobs Conference Center.

Please have your ticket ready to hand to the volunteers at the door.  
Tickets are located inside of your name badge holder.

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In an abundance of caution, we decided against having our luncheon in a different, larger venue due to possible weather issues.

You will be able to select one of the *new* lunch options below~

***Highway 61 BBQ Wrap***

Pulled Pork, Classic Southern Coleslaw, Crunchy Fried Onions and Tangy BBQ Sauce rolled in a Flour Tortilla. Includes a bag of Chips, Southern Cole Slaw, Whole Fruit, and a freshly baked cookie.

***Tuscan Chicken Sandwich***

Herb Marinated Chicken Breast, Roasted Red Pepper, Provolone Cheese, Lettuce and Tomato on Focaccia Bread. Includes a bag of Chips, Dijon Potato Salad, Whole Fruit, and a freshly baked cookie.

***Southern Cobb Salad***

Crisp Blended lettuce topped with Grilled Chicken, Bacon Bits, Chopped Egg, Sliced Cucumber, Tomato, Bleu Cheese Crumbles and your choice of Dressing. Includes a whole piece of fruit and Brownie.

***Grilled Chicken BLT Wrap***

Crisp Romaine Lettuce, Tomato Slices, Apple Wood Bacon Strips and Cheddar Cheese rolled in a Flour Tortilla. Includes a bag of Chips, Tuscan Pasta Salad, Whole Fruit, and a Brownie.

***Roasted Veggie Wrap***

Oven Roasted Eggplant, Zucchini and Squash with Mixed Greens, Tomato, Hummus and Feta Cheese in a Spinach Tortilla Wrap. Includes a bag of Chips, Seasonal Fruit Salad, Whole Fruit, and a freshly baked cookie.

You will have a choice of a bottled water **or** from a mix of soft drinks.

Lunch and Keynote Speaker/Address  
Ewing Hall  
Jacobs Conference Center  
12:30 - 2:30

*Delta State University welcomes*



**Robert Smith, Ph.D.**

*Working Towards Solutions:  
Solution Focused Therapy*

Professional Counselors, social workers, psychologists, human resource specialists, and other behavioral scientists have embraced solution-focused therapy as a preferred treatment modality for a wide-range of mental and behavioral health issues. This is perhaps because of its pragmatic approach, cognitive emphasis, clarity of techniques, and its endearment to the managed care industry. In this keynote address, Dr. Smith examines solution-focused therapy; what it is and what it is not, recognizing the founders and spokespersons of SFT including Steve de Shazer, Insoo Kim Berg, Michelle Weiner Davis, William O'Hanlon and Michael Durrant. After presenting the fundamental principles and accepted practices of SFT Dr. Smith discusses the necessary and essential elements of this approach, as well as, all therapies.

Robert Smith, Ph. D., the current President of the American Counseling Association 2014-2015, Department Chair, Professor, and Doctoral Program Coordinator at Texas A&M University – Corpus Christi. Dr. Smith is the 63<sup>rd</sup> President of the American Counseling Association and a Past President of both the National Career Development Association and the International Association of Marriage and Family Counselors. He has served on numerous professional committees, including CACREP. He is a prolific writer that includes a number of textbooks and he has published approximately 100 refereed articles & book chapters.

**\*\*Complimentary Coffee will be available on the 3<sup>rd</sup> Floor of Ewing Hall following the Luncheon\*\***

**2:45 – 3:45**

**EWING 309**

## **Acceptance and Commitment Therapy**

John Hawkins, EdS, LPC-S, NCC, NCSC

Private Practitioner/Owner

John Hawkins Counseling, Consulting and Coaching Columbus, MS

This conference session will introduce Acceptance and Commitment Therapy (ACT), an evidence-based, cognitive approach to addressing anxiety, depression and other challenges of life. ACT gets its name from one of its core messages: to accept what is out of one's personal control while committing to action what will improve quality of life. Participants will be introduced to ACT and its theoretical foundations and learn the core principles of ACT. Empirical research discussing the efficacy of ACT will be presented as well as resources for further study and training.

**2:45 – 3:45**

**EWING 315**

## **Playful Supervision: Incorporating Expressive Arts into Supervision**

Dr. Mistie Barnes, Ed.D, LPC-S, RPT-S

Assistant Professor, Delta State University

Director, DSU Play Therapy Training Institute

\*Play Therapy credit

\*Supervisor credit

This workshop will begin by briefly exploring various supervision theories and methods. We will also explore techniques to enhance the ongoing growth and development of skills in a safe, playful, and supportive environment.

Cosponsored by Delta State University Play Therapy Training Institute

APT Approved Provider #13-346. A play therapy certificate will be provided at the end of session.

**2:45 – 3:45**

**EWING 324**

## **What Would You Be Happiest Doing? Discover How Your Unique Personality, Abilities, and Values Lead to Happiness and Success in Your Career**

Martha Malouf Ueltschey, MEd, NCC, NCSC

Manager

ASVAB Career Exploration Program

This will be a 60 minute fast-paced, hands-on interactive session exploring how counselors, teachers, and students can find happiness and success in a career. User friendly, self-directed activities will be shared that are easily applied across curriculum; all shared will be completely free and internet accessible. Significant information to aid in meeting MDE requirements for iCAP and Pathways to



graduation will be shared. This is an essential resource for all students from high performers to at-risk population.

Please bring IPAD, tablet, smart phone, or other electronic devices to complete activities. Not essential, but helpful. All workbooks and inventories will be provided.

**2:45 – 3:45**

**EWING 329**

## **Being a Piece of the Puzzle: A Multidisciplinary Approach to Child Maltreatment**

Curtis Henry Davis, Jr., MSW, LMSW

Family Court Advocate

The Family Resource Center of NE MS: Children's Advocacy Center

By utilizing tools such as professional collaboration, an unbiased viewpoint, and an overarching desire to assist local communities, Children's Advocacy Centers across the country have been able to provide quality educational and support services in a family based, child friendly environment. Participants will have the opportunity to learn of the brief history of Children's Advocacy Centers, be introduced and walked through the protocol of a forensic interview that assesses for child abuse, and be introduced to the importance of a multidisciplinary team protocol and its implications for timely case prosecution and a therapeutic outcome for child maltreatment survivors and their families. Furthermore, attendees can garner an understanding the manner in which child maltreatment cases are approached and become a "piece of the puzzle."

**2:45 – 3:45**

**EWING 331**

## **Demystifying the DSM – Using Youtube to Improve Diagnostic Skills**

Angela Essary, MS, LPC

Child Program Manager

Psycamore, LLC

Diagnosing is so much easier if we have a mental image of what we're trying to name. Youtube has become an amazing source of examples for therapists and clients alike. You may never SEE a manic episode in the office or how a dissociation unfolds, but Youtube makes them instantly accessible. This session will offer a fresh approach to diagnosing, along with reminders to use everything the DSM has to offer – live prevalence, etiology, and comorbidity sections. We will also touch on the ethics of diagnosing.

**2:45 – 3:45**

**EWING 334**

## **Breaking and Entering into the Police Culture**

Laura E. Hines, M.S.

Former Police Sgt. at Starkville Police Department

Doctoral Student in Clinical Mental Health  
Mississippi State University

The police culture is the essence of exclusive relationships and a firm resistance to participate in the mental health movement. This calls for innovation in the helping professions to break into the police culture. Constructing bridges in advocacy is the access code to begin to reach this population. Empowerment of this population to engage with mental health professionals necessitates a mutual respect for differences, the calling, the oath, and expectations put upon law enforcement professionals.

**2:45 – 3:45**

**EWING 209**

### **Creating a School-Family-Community Partnership**

Stephanie Satcher, M.Ed.  
Assistant Director and College Counselor  
Education Services Foundation: Get2College Center

Kamper Floyd, Ph.D.  
Adjunct Faculty  
Tulane University

Laying a foundation for ongoing relationships between schools, communities, and families is essential for supporting student achievement. Session participants will receive helpful tips and strategies, learning hands-on approaches and easy-to-implement solutions to combat challenges and create partnership opportunities at the elementary, middle, and high school level. This discussion with guidance and college counselors will bring to light models for involving partners in facilitating stronger relationships that better serve our students.

**2:45 – 3:45**

**EWING 234A**

### **The Art of Intuition in Counseling - Trusting your “Gut”**

Debbie K. Wells, Ph.D., LPC  
Lecturer  
Mississippi State University

Kimberly Brown, NCC, LPC  
Doctoral student  
Mississippi State University

Counseling is and art as well as a science. Learning to trust our intuition is an art. When we have the gift of intuition we are trusting out “gut”. Learning to trust our gut can be difficult especially when the amount of data overwhelms the “gut feeling”. Learn what tools you have to trust your “gut”.

**Ethical Issues in Crisis and Disaster Counseling**

\*Ethics credit

Steve Zanskas, Ph.D., CRC  
Associate Professor  
University of Memphis

Alex Barton, M.S.  
Doctoral student  
University of Memphis

Ethical decisions are not made in a vacuum during crisis and disaster counseling but are contextually influenced by the helping professionals' values, cultural biases, laws, morality, and politics. The purpose of this presentation is to provide helping professionals with a foundation for ethical decision-making in crisis and disaster counseling situations through interactive lecture, discussion and application in small groups.

**Infusing Culture into Ethical Decision Making**

\*Ethics credit

Maggie Parker, PhD, LPC, RPT-S  
Assistant Professor  
Mississippi College

The presentation is experiential and the participants will be expected to work in groups to identify the ethical decision needed with a case provided. Together the participants will explore how culture impacted their decision and how to utilize ACA code of ethics and ethical decision making models to assist them in making culturally sensitive and ethical decisions with clients. This presentation is helpful for professors to utilize with their students as well as practitioners who will need to make ethical decisions with their clients.

Roundtable discussions are hour long, small group sessions in which participants can engage in more dialogue with presenter(s). Roundtable sessions are credited for CEUs.

**Table 1: "College; Not If, but Where": How to Create this Mentality in ALL Students**

Carina Lindsey, M.S.  
Assistant Director of High School Outreach and College Counselor  
Education Services Foundation Get2College Center

Katie Mayo, M.S., NBCC  
Director of High School Outreach

Education Services Foundation: North Mississippi Get2College Center

First generation, minority, and underrepresented students face a different set of challenges and obstacles when going to and getting into college. Session participants will take back tips & strategies and will also learn hands-on approaches and easy-to-implement solutions to combat challenges and create a college-going culture at the elementary, middle, and high school level. This discussion with guidance and college counselors will bring to light ideals for maximizing resources, involving others, and discuss what we can do to facilitate stronger relationships to better serve our students.

### **Table 2: Straight from the Horse's Mouth: Defining, Debating, and Developing Equine-Facilitated Psychotherapy Programs**

Jennifer A. Drabowicz, M.S., LPC-MHSP  
University of Memphis, Doctoral Student

Over the last 20 years, the therapeutic industry has witnessed an increase in awareness and practice of animal-assisted therapy. Although the research has indicated trends in beneficial outcomes, the lack of sound, empirical-based studies has led to increased skepticism on the overall therapeutic value of animal-assisted therapy approaches, especially in regards to the use of horses as a therapeutic intervention. The objective of this presentation is to provide a working definition of Equine-Facilitated Psychotherapy (EFP), review its benefits and limitations as outlined in recent research, and deliver insight into incorporating quality EFP approaches into current therapeutic programs and practices as a standalone or supplemental therapeutic intervention. Attendees will be able to learn and view videos of components based on the Equine Assisted Growth and Learning Association (EAGALA), one of the largest treatment models in EFP.

### **Table 3: N of 1 is a simple and powerful research number**

Michael Skirius, B.A.  
The University of Memphis, Graduate Student

Richard K. James, Ph.D., LPC, NCC, NCSC, Licensed Psychologist  
Professor  
The University of Memphis

In an era of evidence-based practice, it is difficult to obtain evidence-based data that affirms intervention procedures whether they are in schools, agencies or private practice. N of 1 designs are simple and powerful alternatives to classical experimental/control group designs. We will speak to the theory of N of 1, demonstrate how it is applied and teach participants how to implement the design in their own practice settings.

### **Table 4: Collaboration of Service Providers: The Five Ws**

Karla L. Weir, EdS, LPC, NCC, NCSC  
Behavioral Counselor and Interventionist  
Choctaw Tribal Schools

This interactive presentation is intended to appeal to providers from a variety of settings and disciplines. The purpose is to increase awareness of the provider roles and identify the purpose and possible barriers to collaborative services.

**4:00 – 5:00**

**EWING 309**

### **What to Expect: Preparing Students for the First Year of College**

LaQuita Smith-Parker, M.Ed., LPC  
Counselor, Student Support Services  
Northwest Mississippi Community College

Teandrea Jones, M.Ed., NCC  
School Counselor  
Senatobia High School

High school seniors are expected to make life changing decisions about careers and finances just weeks after being required to ask permission to go to the bathroom. High school and college counselors must find innovative ways to better prepare our students for this challenging transition. This presentation offers counseling approaches and techniques to help make the transition to college less ridged.

**4:00 – 5:00**

**EWING Faculty Commons**

### **MCA Delta Area Region Meeting**

\*No CE credit

The goal of this meeting is to increase interest and participation in this group. We hope to increase networking to benefit the delta area as well as increase CE opportunities for counselors in the Delta Region. A roundtable discussion will be held to re-energize partnerships and to initiate a conversation around the needs of counselors of the area.

**4:00 – 5:00**

**EWING 315**

### **Balancing Compassion Fatigue and Personal Wellness: Help for the Helping Professional**

Mandy L. Perryman, PhD  
Assistant Professor, Leadership & Counselor Education  
The University of Mississippi

Mindy Dunagan, MS, LAPC, NCC  
Counselor, University Counseling Center  
Doctoral student, The University of Mississippi

Helping Professionals dedicate their careers to assisting others through intense, and at times lengthy, therapeutic relationships. The result of which can be a unique type of caregiver burnout called "Compassion Fatigue." Compassion satisfaction, fatigue, and professional quality of life, as well as

risk factors for impairment and protective aspects of wellness, have been theoretically and empirically investigated over the last two decades producing important recommendations for practitioners. Though ethical codes for many helping professions mandate a level of overall wellness to be able to effectively assist clients and do no harm, detailed guidelines concerning best practices have been limited. This presentation will provide participants with current evidence on the importance of identifying (and even preventing) compassion fatigue and give specific strategies on how to begin, or improve, comprehensive personal and professional strategies using a wellness model. This interactive seminar is ideal for counselors, mental health therapists, psychologist, social workers, and students planning to enter the helping profession.

**4:00 – 5:00**

**EWING 324**

### **Visual Arts Activities to Use in Counseling**

Joe Ray Underwood, Ph.D.  
Professor Emeritus  
Mississippi State University

Nancy B. Underwood, M.S.  
Retired Gifted/Talented Teacher  
Starkville School District

A counselor educator and an experienced classroom art teacher team up to provide a “workshop type presentation” about visual art activities that any counselor could use with their students/clients. No art experience is required. Participants will experience the use of “Model Magic,” markers, and colored pencils. Activities with paint/water colors will be discussed but time will not permit “wet” activities. This workshop presentation is not a demonstration of art therapy, but is designed to promote creative expression via visual art activities. All participants will receive a handout and CD with examples of activities. This presentation is a “hands-on” fun experience and all activities are designed to be compatible with the ASCA Model. (Materials used in the workshop will be limited to the first 50 in attendance)

**4:00 – 5:00**

**EWING 329**

### **Treating Post Traumatic Stress Disorder with a Visual-Kinesthetic (V-K) Dissociation Technique**

Pamela Cogdal, Ph.D., Licensed Psychologist  
Clinical Coordinator/Associate Clinical Professor  
University of Memphis

N. Dewaine Rice Ed.D, LPC-MHSP  
Assistant Chair & Director of Counseling Programs  
University of Memphis

Effective interventions for treating Post Traumatic Stress Disorders have become more essential due to the significant increase in the frequency of the disorder. This session will present a theoretical construct and pragmatic application of a Visual-Kinesthetic Dissociation technique for treating Post Traumatic Stress Disorder. The technique will be demonstrated and a step by step instructional template regarding the technique will be provided. Participants will have the opportunity for discussion regarding the intervention. A brief overview of other interventions will also be provided.

**4:00 – 5:00**

**EWING 331**

### **Take a Cop to Lunch: Establishing a Crisis Intervention Team Program in Your Hometown**

Richard James, Ph.D., NCC, NCSC, LPC, & Licensed Psychologist  
Professor  
University of Memphis

James Moore, M.S.  
Mental Health Doctoral Student  
University of Memphis

Stephanie Lovins, MS  
Social Work Student  
University of Memphis

This program will introduce the clinical mental health worker to the concept of police officers as first line responders and how they are critical to an integrated community mental health program – especially for rural areas that have few immediate intervention resources. Program training of CIT officers will be detailed along with how the CIT program can become an integrated program with mental health service providers and consumers. Details will be provided on how providers can apply for and undergo training at the Memphis Police Academy.

**4:00 – 5:00**

**EWING 334**

### **Integrating Spirituality and Promoting Ego Strength: The Role of ACT Therapy**

Jan C. Lemon, Ph.D., LPC-S, NCC  
Assistant Professor, Counseling and Psychology  
Mississippi College

Rosanne Nunnery, Ph.D., LPC-S, NCC  
Core Faculty, Mental Health Counseling  
Capella University

This session provides therapist with specific knowledge as to how Acceptance and Commitment Therapy uses mindfulness, acceptance, and values-based living to free the client from depression, emotional pain, negative thinking, and self-judgment and allows the client to strengthen his or her ego and commit to a life that is valued. This session takes the participant on a journey from Freud's structure of the ego to understanding current meditation practices such as the prayer of the heart, HR meditation, and loving kindness meditation. Finally, the presentation joins present moment awareness with the tenets of acceptance and the domains of value-based living.

**4:00 – 5:00**

**EWING 209**

### **Suicide Prevention – Can You Keep A Secret?**

Dr. Richard Houston, Director of Counseling and Student Services  
Director of Counseling and Student Health  
Delta State University

Paula King  
Counselor  
Delta State University

Research shows that 90% of people in a suicidal crisis will give some kind of warning prior to making an attempt. The Question, Persuade, Refer (QPR) model of suicide prevention is designed to increase confidence in terms of asking the suicide question, encouraging a suicidal person in crisis to seek further assistance, and making referrals for further care.

**4:00 – 5:00**

**EWING 234A**

### **What is ADHD - A Neuroscience View**

Shane Viner, M.Ed., LPC, NCC  
CEO/Therapist  
Viner Counseling Center

Attention Deficit Hyperactivity Disorder is one of the most common disorders in mental health but is also commonly misunderstood. Since the 1990's, which is considered the "Decade of the Brain" much has been learned about A.D.H.D. from brain scan research. Also there will be a review of what interventions work based on brain scan research.

**4:00 – 5:00**

**EWING 225**

### **Canine Assisted Play Therapy**

Jennifer Main, M.S. Clinical Psychology, LPC, RPT  
Doctoral Student, Counselor of Education and Supervision



## The University of Mississippi

This program will discuss the development of canine-assisted play therapy (CAPT) as a new therapeutic approach to working with children. CAPT integrates the use of animal-assisted therapy (AAT) and play therapy. Both AAT and PT are now considered evidence-based approaches and they share some common beliefs about healing and enriching children's lives. This program will provide an overview of the AAT research, the human-animal bond literature, and the clinical use of CAPT. This program will also provide a brief overview of the ethical, legal, and multicultural considerations with CAPT. Participants will leave the workshop with knowledge of how the human-animal bond can be used to advance the field of play therapy.

Cosponsored by Delta State University Play Therapy Training Institute  
APT Approved Provider #13-346. A play therapy certificate will be provided at the end of session.

**4:00 – 5:00**

**EWING 227/228**

### **The Language of the 2014 ACA Code of Ethics**

\*Ethics credit

George R. Beals, PhD, LPC-S, NCC  
Assistant Professor  
Delta State University

Returning from a day of *Train the Trainers* on the 2014 Code of Ethics. Dr. Beals will be highlighting the changes in the Code while paying particular attention to the language of the Code. Any Code of Ethics provides broad language that is open to interpretation; however, it is important to attend and use the language of the Code when we are sorting through ethical issues in our practice. Using specific case studies and examples, we will look at how the language of the code drives us and protects in our efforts to practice within the ethical standards of our profession.

**4:00 – 5:00**

**Roundtable Presentations**

**EWING 2<sup>nd</sup> Floor Open Area**

Roundtable discussions are hour long, small group sessions in which participants can engage in more dialogue with presenter(s). Roundtable sessions are credited for CEUs.

### **Table 1: A Brief Introduction to Sandtray Therapy**

Laura A. Bailey, M.S.  
Doctoral student, Counseling  
University of Memphis

We will provide an introduction describing the nature of sandplay. We will discuss differing theoretical styles and some basic directives that could be utilized in session. We will also briefly describe its use with a variety of populations and age ranges. A brief experiential component will be included.

### **Table 2: Put me in Coach - Counselors and Clients Team Up**

Katherine Bolding, MS  
Doctoral Student in Counselor Education

University of Memphis

M. Kyle Capstick, MS  
Doctoral Student in Counselor Education  
University of Memphis

Coaching has become a relevant and effective intervention model for those in the helping professions. Trained counseling professionals possess key skills and knowledge pertinent to successful coaching experiences which offer an alternative approach to the helping field. The coaching model also expands vocational opportunities available to counselors in a variety of settings. This presentation explores the coaching approach and highlights a number of uses as well as interventions. Current experiential successes will be shared as presenters explore the future of the coaching genre.

### **Table 3: Differences among Marginalized and Dominant Groups of Child Sexual Abuse Survivors**

Claire Williams Dempsey, M.S., NCC  
Doctoral student, University of Memphis  
PRN Counselor, Delta Medical Center

It is estimated that one in four females and one in six males in the general population will be victims of child sexual abuse by his or her eighteenth birthday. This prevalence of child sexual abuse almost guarantees that counselors (whether knowingly or unknowingly) will counsel a child sexual abuse survivor at some point in his or her career. Thus, it is important for counselors to have some knowledge of the literature on working with survivors of child sexual abuse. However, while the literature on working with child sexual abuse survivors is vast, it is limited in that it tends to only focus on survivors in the dominant discourse, often neglecting information on marginalized groups of child sexual abuse survivors. Thus, this presentation seeks to differentiate child sexual survivor differences among dominant and marginalized groups (including but not limited to the topics of disclosure and coping). Additionally, implications of these differences as the differences relate to counselors will be discussed.

### **Table 4: Self Care and Mindfulness for Counseling Professionals**

Leigh Pitre, BS, Graduate student  
Melissa Ethridge, BS, Graduate student  
Shondolyn Sanders, BA, Graduate student  
Talia Trigg, BS, Graduate student  
University of Memphis

Effective interventions for treating counselor burnout have become increasingly important due to increases in the severity of client issues as well as high caseloads and increasingly complicated administrative responsibilities. This presentation will focus on defining counselor burnout and explaining causes and consequences of burnout. Participants will learn preventative methods to counteract burnout by using PIE mapping (Physical, Intellectual, and Emotional) as a tool for self-care. Attendees will have the opportunity to experience strategies (e.g. mindfulness activity) through participation and discussion. At the end of this presentation, participants will be able to identify burnout symptomology and causes, learn to employ PIE mapping as a tool for self-care as well as understand other preventative methods for burnout.

### **Table 5: Culturally Valued: Teacher Action Research Spring 2015**

Maud Kuykendall, Ed.D.  
Associate Professor of Special Education  
Delta State University

Emphasizing the strengths, interests, cultures, and styles of young learners especially those with special needs will facilitate assessment and instruction. The presenter will discuss the reflections of teacher researchers who are completing action research in a capstone course for a Master of Education in Special Education this semester. She will share the teachers' attempts and successes with the use of a variety of strategies; and how they fared as they characterized instruction by the use of culturally valued knowledge and incorporated multicultural content into learning experiences.

**5:00**

**TURN IN YOUR CEU REQUEST/EVALUATION SHEET**

**Please return your CEU Request/Evaluation sheet at the end of the conference to your session moderator so that we can send you your CEUs and/or use your responses to make our conference better next year!**

**NBCC CERTIFICATES WILL BE EMAILED TO YOU WITHIN THE NEXT 3 WEEKS.**

**SW CERTIFICATES WILL BE MAILED TO YOU WITHIN THE NEXT 3 WEEKS.**

**School Counselor CERTIFICATES WILL BE MAILED FROM THE DSU  
DEPARTMENT OF CONTINUING EDUCATION (FOR DOE CONT ED).**

Please add [cvincent@deltastate.edu](mailto:cvincent@deltastate.edu) as an email contact so that your certificate will not go into a junk email account.

Thank you for joining us at the Woodall Spring Conference! See you next year!!







## CEU EVALUATION FORM

Please write in the Title of each session that you attend in each box.

Please mark: **5 = Strongly Agree** **4 = Agree** **3 = Disagree** **2 = Strongly Disagree** **1 = Not Applicable**

<b>9:00 – 11:00</b>	<b>Title:</b> Couples and Families Counseling
1. ___ Did the presentation provide new information or clarify information for you?	
2. ___ Did the presenter exhibit expertise on the subject?	
3. ___ Will this presentation substantially inform your practice?	
4. ___ Would you recommend this presentation to other practitioners?	
5. ___ Were the facilities appropriate?	
Comments:	

<b>11:15 – 12:15</b>	<b>Title:</b>
1. ___ Did the presentation provide new information or clarify information for you?	
2. ___ Did the presenter exhibit expertise on the subject?	
3. ___ Will this presentation substantially inform your practice?	
4. ___ Would you recommend this presentation to other practitioners?	
5. ___ Were the facilities appropriate?	
Comments:	

<b>1:00 – 2:30</b>	<b>Title:</b> Working Towards Solutions – Solution Focused Therapy
1. ___ Did the presentation provide new information or clarify information for you?	
2. ___ Did the presenter exhibit expertise on the subject?	
3. ___ Will this presentation substantially inform your practice?	
4. ___ Would you recommend this presentation to other practitioners?	
5. ___ Were the facilities appropriate?	
Comments:	

<b>2:45 – 3:45</b>	<b>Title:</b>
1. ___ Did the presentation provide new information or clarify information for you?	
2. ___ Did the presenter exhibit expertise on the subject?	
3. ___ Will this presentation substantially inform your practice?	
4. ___ Would you recommend this presentation to other practitioners?	
5. ___ Were the facilities appropriate?	
Comments:	

<b>4:00 – 5:00</b>	<b>Title:</b>
1. ___ Did the presentation provide new information or clarify information for you?	
2. ___ Did the presenter exhibit expertise on the subject?	
3. ___ Will this presentation substantially inform your practice?	
4. ___ Would you recommend this presentation to other practitioners?	
5. ___ Were the facilities appropriate?	
Comments:	