

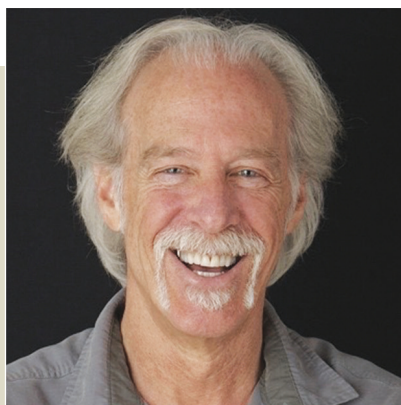
ICA ANNUAL CONFERENCE

“NAVIGATING THE FUTURE: STRATEGIES FOR SUCCESS”

Presented virtually with 2 live keynotes and 19 recorded sessions.

All recorded sessions will be available From Thursday, November 12 through Friday, November 20, 2020.

Registration is à la Carte for the sessions that you wish to attend.



FRIDAY KEYNOTE
Gregg Levoy,
XX



LIVE FRIDAY KEYNOTE
NOVEMBER, 13 – 9:00 a.m.

Gregg Levoy

“The Call to Serve”

People who are fueled by a sense of calling about service—a deep feeling of purpose and connection to something greater than themselves, and a match between who they are and what they do—will bring that kind of passion and spirit to their jobs and careers, their clients and employers, their lives and the lives of others.

These are people who are called, not just driven, and who work from passion, not just ambition. They also understand that when they insist on their own vitality, they stake a claim for everyone’s vitality.

This keynote explores the call to serve, and how we can not only embody it but spread it, inspiring service and stewardship at all levels. It will also help counselors gain clarity and courage to take whatever Next Steps will deepen their own alignment (or realignment) with the call to serve.

BIO

Gregg Levoy, author of *Callings: Finding and Following An Authentic Life* (Random House)—rated among the “Top 20 Career Publications” by the Workforce Information Group—and *Vital Signs: The Nature and Nurture of Passion* (Penguin), is the former behavioral-specialist at *USA Today*, and a regular blogger for *Psychology Today*.

He has Keynoted at the Association for Counselor Education & Supervision Conference, American Counseling Association, National Career Development Association, National Assn of Colleges and Employers, International Conference on Positive Aging, Society of Human Resource Management, National League of Cities, Smithsonian Institution, Environmental Protection Agency, Microsoft, and many others, and has appeared on ABC-TV, CNN, NPR and PBS.

A former adjunct professor of journalism at the University of New Mexico, and former reporter and columnist for *USA Today* and the *Cincinnati Enquirer*, he has written for the *New York Times Magazine*, *Washington Post*, *Omni*, *Fast Company*, and others. His website is www.gregglevoy.com

CONFERENCE SCHEDULE:



Thursday, November 12, 2020

4 Recorded Pre-Conference Workshops

6:00 pm Governing Council meeting Live via GoToWebinar

Friday, November 13, 2020

9:00 am Keynote: **Gregg Levoy**

“The Call to Serve” Live presentation

15 Recorded Sessions available through November 20, 2020

6:00 pm ICA Awards Presentation Live via GoToWebinar

Saturday, November 14, 2020

9:00 am Keynote: **Rob Reinhardt**

“Exploring Telehealth-Delving into Distance Counseling” Live presentation

15 Recorded Sessions available through November 20, 2020



SATURDAY KEYNOTE

Rob Reinhardt,
LCMHC, M.Ed, NCC



BIO

Rob Reinhardt, LCMHC, M.Ed., NCC has his own successful counseling practice and is CEO of Tame Your Practice. Known for his expertise in reviewing and recommending EHRs for therapists, Rob previously worked in Information Technology for over ten years and has lived around technology his entire life. With a comprehensive mix of technology, clinical, and business experience he can provide consultation and coaching regarding all facets of private practice. Rob is also the creator of Describe, the popular deck of cards and activities that can be used with individuals, families and groups of all ages. He’s also co-host of the popular podcast, TherapyTech with Rob and Roy, and co-author of the book Private Practice Preparedness: The Health Care Professional’s Guide to Closing a Practice Due to Retirement, Death, or Disability.

LIVE SATURDAY KEYNOTE

NOVEMBER, 14 – 9:00 a.m.

Rob Reinhardt, LCMHC, M.Ed, NCC

“Exploring Telehealth –
Delving Into Distance Counseling”

COVID-19 has brought the use of telehealth services front and center. Evidence continues to mount that, under the right circumstances, telehealth can be as effective as in-person delivery of services. Telehealth (also known as telemental health, e-therapy, distance counseling, “Skype therapy”, or telemedicine) is the delivery of medical or counseling services via email, chat, telephone or synchronous video chat. Current focus is on the use of synchronous video because it provides the experience closest to in-person sessions. Telehealth has been a growing trend, in part because of the convenience it offers to clients and the opportunities to serve those in rural areas. In 2020, it has become essential, and many restrictions have been temporarily lifted. For those interested in continuing to telehealth into the future, there are multiple factors to consider and, in some cases, significant barriers to overcome.

This presentation will discuss the benefits of telehealth, while also providing a broad overview of legal, ethics, insurance, and technology challenges that need to be addressed when providing these services.

Available Pre-Conference Workshops

Thursday, November 12, 2020 through Friday, November 20, 2020

RECORDED SESSION

Couples Counseling: The Essential Frameworks and Techniques



Sara Schwarzbaum,
EdD, LMFT, LCPC

THURSDAY HALF DAY

IACFC Couples counseling is a complex and challenging activity even for the most experienced counselors. Counselors who wish to enhance their skills for working with couples have a variety of models to choose from. This workshop will present an overview the most commonly used frameworks for couples counseling, including EFT, Gottman, Imago, Solutions Focused, psychodynamic and developmental models. The advantages and limitations of the major frameworks will also be addressed, along with treatment sequencing and practical interventions and tools derived from the models.

RECORDED SESSION

The Art and Play of Grief: Working with Youth in Response to Covid-19



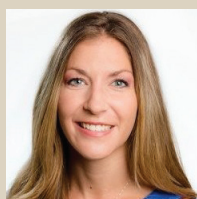
Leslie Contos,
LCPC, NCC, CCMHC

THURSDAY HALF DAY

ACACI This dynamic and experiential session will support your ability to work with children and adolescents experiencing loss from the pandemic. Work will be grounded in the Dual Process Model of Grief which frames healing as an oscillation between inner orientation and outer movement into the world in a new way. Active discussion will touch on key contextual elements of youth grief-work; such as cultural, neurodevelopmental, and support systems. The majority of this workshop will involve small group hands-on practice utilizing zoom breakout rooms, with a variety of developmentally appropriate and evidence-based assessments and interventions; including narrative storytelling, expressive arts, and child-centered play.

RECORDED SESSION

The Role of the School Counselor in Addressing Trauma: Building Resilience in the Face of Anxiety, Stress, and Covid-19



**Katherine Atkins,
PhD**

THURSDAY HALF DAY

ICA Trauma alters how youth perceive the world around them, creating dissonance, mistrust, isolation, confusion, anxiety, and depression. Everyday anxiety and stress can exacerbate trauma responses, and now school counselors (SCs) are dealing with outcomes of the COVID-19 pandemic where students are feeling even more isolated. The role of SCs can be chaotic and overwhelming under normal conditions, and yet are now uniquely positioned and called to address students'™ needs from a trauma-informed lens, which is critical considering the events of present day. This workshop will focus on the impact of child and adolescent trauma, including adverse childhood experiences, perceived and real traumatic events, violence, stress, and COVID-19. It will give tips to build resilience, opportunity for self-discovery, and allow for sharing of successes. Additionally, participants will process their own traumatic responses as caregivers and consider how this affects their work with students.

RECORDED SESSION

Working With Children Experiencing Traumatic Stress Reactions



Nadia Johnson, LCPC

THURSDAY HALF DAY

ICA According to the National Child Traumatic Stress Network, "Children who suffer child traumatic stress are those who have been exposed to one or more traumas over the course of their lives and develop reactions that persist and affect their daily lives after the events have ended." Over the past twenty-five years, research in neurobiology has shown that exposure to one or more traumatic events can cause permanent disruption of the autonomic nervous system, and set in motion changes in children's lives that affect their over-all functioning socially and academically.

In this workshop the presenter will discuss specific trauma-focused therapies that are effective in reducing traumatic stress reactions. Participants will learn how trauma-focused therapies help the brain to reprocess traumatic stress reactions no matter what culture a child originates from or what types of traumatic events were experienced by the child. We will also discuss the new challenges for therapists working with children since the onset of COVID-19. One of the greatest challenges is doing Telemental Health with children. We will discuss creative ways to keep children engaged and provide effective stress-reducing strategies. The presenter has over twenty-five years of clinical experience working with children as young as three years of age. She has worked with children in both agency and private practice settings who have experienced sexual, physical and emotional abuse. She has also worked extensively with both international and domestic adoptees and their families."

Conference Workshops – *Recorded Sessions*

Available Friday, November 13 through Friday, November 20

Behavior Chain Analysis - A Dialectical Behavior Therapy (DBT) Based Tool to Change Behaviors

Stephanie Pruefer, LCPC, CADC

DBT was originally created to work with individuals diagnosed with borderline personality disorder (BPD) and has been adapted to work with many populations, symptoms, and age groups. Within DBT, a skill called behavior chain analysis was created. Behavior chains work to observe and reflect on a problem behavior and work backward to understand factors that played a role in this behavior choice. This skill takes the pressure and focus off the behavior and analyzes factors related in order to reduce the chance of engaging in this behavior. This can be helpful for individuals struggling with substance use, self-harm, avoidance, gambling, and resistant behaviors.

School, Social Media, & Suicide

Latasha M. Wright, PhD, LPC

With almost all students having access to social media in school, the number of suicides have seen a dramatic increase. The days of face-to-face bullying are no longer and students are being targeted with the click of a button. Due to the fear of being ostracized, many students are reluctant to alert school officials and unfortunately take their life without reaching out for help.

Navigating Private Practice?: A Checklist for Start Up or Expansion

Norm Dasenbrook, LCPC

Know what it takes to start a successful private practice. Come learn the essential practical considerations to starting a successful private practice. This no-nonsense seminar will present tried and true practice building strategies to begin a practice from the ground up or expand a limited practice. The landscape of private practice for counselors is ever changing. You need to have a business mindset and a plan in order to do well. We are not taught this in graduate school and can seem counter-intuitive to being a counselor. It's not. Time will be provided for Q and A, so bring your questions! I am often asked in my seminars about a checklist for starting or expanding a private practice. An easy to follow private practice checklist will be provided to get you on the right track.

Application of Crisis Counseling Interventions with Diverse Clients

Shedeh Tavakoli, PhD, LCPC, CRC, ACS, CCMHC

Most clients in therapy have encountered some upheaval in their lives, including experience of crisis and traumatic events. Although the occurrence of crisis is a universal experience, the impact of such events are contingent on the subjective interpretation of the event. Each persons' perceptions is compounded by their life experiences, cultural beliefs, and values. This presentation will provide an overview of crisis counseling, culturally appropriate crisis counseling approaches, and their application within the context of diversity. Case examples will be used to demonstrate the clinical application of evidence-based practices while integrating culturally appropriate interventions.

The Intersection of Religion and Spirituality with Sexual Wellness for Persons with LGBTQIA+ Identities

Sandra Bednarz Petersen, LCPC

The maintenance of human health is multi-dimensional, including various reciprocal ecological influences. Sexuality and spirituality are two

historically oppressed and/or marginalized topics of counselor training and counseling intervention focus. This presentation integrates developmental and multicultural influences on human identity and mental health; framing the intersection of spiritual-religious influences on human sexuality. Mental Health Counselors, School Counselors, and Counselor Educators have critical psychoeducation and social advocacy roles in promoting balanced sexual and spiritual growth for all populations. In particular, this presentation will provide an intersectional perspective and approaches to addressing spirituality and sexuality needs for individuals identifying within LGBTQIA+ communities.

Racial Bias and Mental Health Diagnosis Disparities in the African American Community: Implications for Counseling Practice

Jahaan R. Abdullah, PhD, LPC, NCC

Research demonstrates disproportionate diagnoses of psychiatric disorder and mental health diagnoses for African American people. African Americans are three to four time more likely to receive a psychotic disorder diagnosis than Caucasian Americans (Schwartz & Blankenship, 2014). Presenters in this session will discuss the disparity in diagnosis for African American people and the lack of research for the African diaspora. Presenters will also discuss data associated with this research, the corresponding increased trauma associated with more stigmatizing diagnoses and the paucity in counseling research regarding this disparity.

Growing Up Mindful in a Stressed-Out World: Helping Children, Teens, and Counselors Feel Calm and Connected

Steve Murray, PEL:SC, LPC

It is not a surprise that researchers have found that many adolescents and young adults report significant stress, anxiety, and mental health issues. More than 1 in 20 children ages 6-17 (and one in three teens) suffer from anxiety disorders, according to a June 2018 study in the Journal of Developmental and Behavioral Pediatrics. Counselors are integrating mindfulness practices to free clients from cycles of hurt and blame, whether triggered by ordinary events or by more serious trauma. Attendees will learn how to utilize mindfulness and compassion practices to overcome shame, self-doubt, feelings of inadequacy, and to safely connect to others and sustain relationships. Participants will also learn practical skills to help their clients forgive themselves and others more readily, enriching their lives and improving their mental and physical health.

The Birds, Bees, and Butterflies: Gender Fluidity and What it Means for Counselors

Zachary Bloom, PhD, LCPC, LMFT

Descriptions of sex-related phenomena, such as gender-typed behavior or sexual orientation, have significant socio-political, religious, and personal implications. Western cultures dichotomize sex, recognizing only the male and female categories, but some cultures recognize other categories as well. Scholars suggest that we should consider gender as fluid or existing on a continuum. However, the literature is confounded by "Bikini Medicine" the notion that all interventions that work for men should work for women, albeit for differences in bikini zones. Therefore, we offer counseling implications from a strengths-based, holistic lens for counselors working with cisgender and non-binary clients.

Recorded Sessions Cont'd...

The Nuts and Bolts of Blogging: Ethics, Structure, and Integrity in Mental Health Blogging

Michele Kerulis, EdD, LCPC

Mainstream media's recognition of the benefits of mental health treatment has become more visible; popular news sites and a growing number of celebrities advocate for important issues. Additionally, blogging has become a popular way for professionals to share their ideas (Davies, 2016; Hammond, 2016; Thaug, 2018) about mental health. Digital scholarship has gained recognition (McGregor, 2017, Linden, et al, 2017) and professionals have identified blogging as an emerging form of scholarship (McGregor, 2017). Unlike traditional academic journals, blog posts are free to write and to read, making them more accessible to a greater amount of people. It is our role as counselors to be aware of innovative ways to communicate with the public about mental health and to educate our colleagues about ethical considerations related to media and blogging. Attendees will learn how to write blogs with attention paid to understanding ethical (AASP, n.d.; ACA, 2014; APA, 2017; ASCA, 2016) blogging; dev

Sexual Harassment Training

Carolyn Khan, LCPC, CDVP

A new provision requiring a one-hour course in sexual harassment training applies to all individuals licensed by the State of Illinois, including LPCs and LCPCs. This workshop meets this requirement. The workshop will cover the following topics: 1) What is sexual harassment, including its forms and types? 2) What should one do if one experiences or witnesses unwelcome sexual contact. 3) Reporting sexual harassment within one's place of employment and to outside entities, such as the Illinois Department of Human Rights. 4) Whistleblower protections.

Couples Counseling During COVID-19: Challenges, Techniques, & Strategies

Katherine Helm, PhD

COVID-19 has presented couples with unique and stressful challenges that have stressed their relationships to maximum levels. All of the normal coping strategies that individuals in troubled relationships often employ (e.g. meeting with friends, distraction strategies through work, having defined times away from one another) have not been available to couples. Additionally, extreme health, financial, and increasing mental health hardships have pushed some couples to the breaking point. This presentation will explore specific strategies to counsel couples in crisis due to the COVID-19 outbreak and assist practitioners in their work with these couples. Counselors will be provided specific interventions, techniques, and strategies to help couples deal with the immense stress placed on their relationships.

Ethics - Understanding Participation and Avoiding the Counselor's Role in our Courts: Family Law, Guardianship, Personal Injury Cases and More

Jonathan Nye, JD

Presentation will cover aspects of Mental Health Providers involvement in Family Law, Probate, Guardianship, worker's compensation, social security, disability, and child abuse related matters. Provide mental health providers with the resources to identify how and under what circumstances they may be asked to participate or avoid participation in such matters.

The Cost of Caring: "Compassion Fatigue, Vicarious Trauma, & Burnout"

Kasia Wereszczynska, LCPC, NCC, RYT, E gala Certified MHP

As explained by Carl Rogers (1980), "To be with another in this [empathic] way means that for the time being, you lay aside your own views and values in order to enter another's world without prejudice. In some sense it means that you lay aside yourself; this can only be done by persons who are secure enough in themselves that they know they will not get lost in what may turn out to be the strange or bizarre world of the other, and that they can comfortably return to their own world when they wish." Unfortunately, it can become increasingly challenging for helpers to return to their baseline without doing any personal self-care. Therefore, recognizing compassion fatigue, vicarious trauma, and burnout is an important step toward both the prevention and intervention of such debilitating effects. Once done, one may engage in desirable activities to maintain one's satisfaction. As such, this presentation will define compassion fatigue, vicarious trauma, and burnout; define their symptoms.

Understanding a Child's Social-Emotional Development

Kimberly Duris, EdD, LCPC, CADC

Children encounter numerous forms of stressors in their daily living. Some of these stressors are mild, and the child can continue to function with minimal negative consequences. Other stressors are more impactful on the child's development and can result in various levels of impairment. Often children experience difficulties in their social-emotional functioning when faced with severe stressors. The ACE survey outlines the negative impact on a child's overall living when one or more stressors are present in their life. The ability of a counselor to understand what influences a child's social-emotional development is critical to helping that child adjust successfully. This workshop will focus on identifying various stressors in a child's life that can have a negative outcome on their overall academic, social, and emotional development. Additionally, participants will learn about the role of healthy relationships and techniques to endure adverse experiences in childhood.

Assisting with Career Development in the Virtual Space

Autumn L. Cabell, PhD, LPC-R, NCC, CCC

This presentation is aimed at presenting counselors with virtual tools to assist high school and college students with their career development through virtual mediums. Due to COVID-19, unemployment rates in the US have skyrocketed. Yet, there are still opportunities to help students and their career development so that they are prepared to enter the world of work. Additionally, COVID-19 has opened the door for virtual work environments and hiring practices. This shift towards virtual opportunities will change the way counselors can support students. This presentation will help counselors understand how they can help students utilize job search platforms, conduct professional development, interview, and find mentorship opportunities.