

Welcome

to the

49TH Annual Fall Conference

NOV 3-5, 2017

King of Prussia, PA



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

PROOF

Front and back cover designed by Jill McEnroe



Welcome to the 2017 PCA Conference

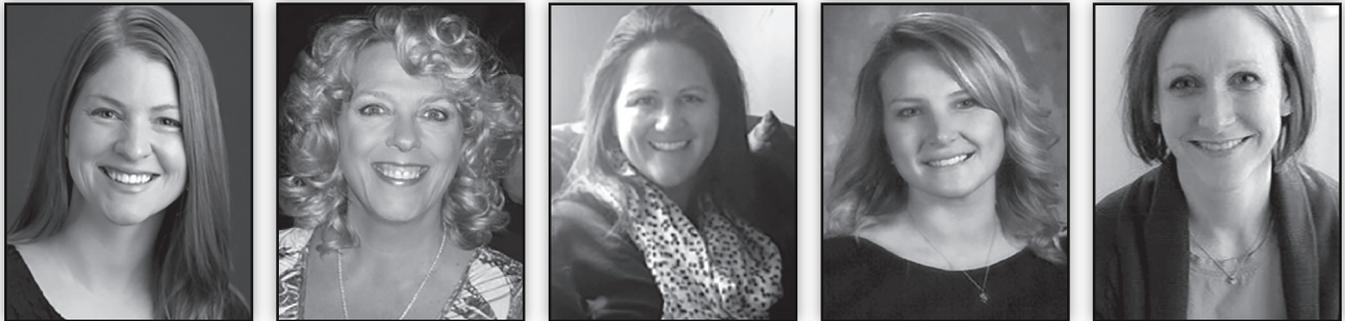
Greetings PCA Members:

Welcome to the 49th Annual Pennsylvania Counseling Association Fall Conference. We are excited to bring the conference to beautiful, historic Philadelphia this year. Building Alliances is the heart and soul of our identity as counselors. From the critical building of the therapeutic alliance to the interdisciplinary and community alliances that create an environment that fosters social change, working together to advocate for the needs of our clients and students has never been a stronger call to action than it is right now. This year's theme "Building Alliances: Working Together for Change" is my vision of bringing together all mental health disciplines to improve access to evidence based care, and also bringing together those within our field that have traditionally experienced feelings of being disenfranchised. I hope that all who attend have a meaningful and enlightening experience, and hopefully with the addition of the Networking Social, we can connect and empower each other to bring about change for clients and our communities.

Linda Thompson

Linda Thompson, Ph.D., LPC, LMFT

Welcome from the 2017 PCA Conference Committee



PCA Conference Committee:

Stacey Havlik (sponsors, advertisers), Linda Thompson (co-chair), Lisa Corbin (co-chair)
Ashley Duerlin (volunteers, Continuing education), Kathryn Nulf (Networking social)

On behalf of the Pennsylvania Counseling Association and the Executive Council, we would like to extend the warmest of welcomes to the 49th Annual PCA Conference, "Building Alliances: Working Together for Change". Your attendance at this conference promotes the counseling profession in Pennsylvania! Each year, this conference provides opportunities for students, professional counselors, and counselor educators to come together for common purposes - to advance the field of Professional Counseling and enhance our knowledge, skills, and awareness.

We are excited to welcome our largest turn out for a PCA conference ever. This year, we are offering more CE's than previous years and combining our poster session with a Networking Social with live entertainment and prizes. Please join us for our social, poster session, and division tables on Saturday night from 5:00 pm until 7:30 pm in the Ballroom. We look forward to greeting you personally and hope to help make your weekend of professional development as valuable and enjoyable as possible.

We also want to extend a special welcome to Maiken Scott from WHYY, The Pulse as our keynote speaker. Please be sure to join us for her Keynote Address focusing on Why Your Work Matters. The keynote will take place along with the Awards Luncheon on Saturday at 11:30 a.m. in the Ballroom.

Also, don't forget to stick around for our Sunday morning Ethics Institutes. Earn much needed ethics CE clock hours by attending these valuable sessions.

Again, Welcome. We hope you enjoy your time with us and we look forward to a great event!

PCA is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) and offers NBCC approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. This year's conference will also offer approved hours for Certified Rehabilitation Counselors (CRC) and Social Workers (SW).

Reasonable Accommodations: If accommodations for a disability are required, please contact the Radison Hotel – Valley Forge directly. You can also contact your conference co-chairs for assistance as needed, particularly if you are in need of an alternate form of any conference materials.

Meet the 2017 PCA Conference Keynote Speaker

Maiken Scott

Host, WHYY's *The Pulse*



Maiken Scott hosts WHYY's *The Pulse* - a national health and science show that explores the people and places at the heart of health and science. Since its launch in December 2013, *The Pulse* has crafted a unique, "ground-level" approach to telling compelling stories and breaking down complicated issues. For the *Pulse*, Maiken has explored the 'jukebox' inside of our heads, fake service dogs, and early interventions for people with schizophrenia.

Before hosting *The Pulse*, Maiken served as WHYY's behavioral health reporter for several years. She was one of the first reporters in the country to focus exclusively on this topic as a reporting beat.

Maiken cast a wide net in covering mental health – reporting on it as a subject that comes up in our daily lives – at work, at home, and in relationships. She covered stress at work, mental health after natural disasters, trauma informed care, and the recovery movement in large mental health systems.

She also did a series of investigative stories reporting on dilapidated boarding homes in New Jersey that house severely mentally ill people.

Maiken now hosts and curates training conferences for other journalists on mental health topics.

Welcome Maiken! We are honored to have you part of PCA this year!

Conference Quick View Agenda

FRIDAY, NOVEMBER 3, 2017

- 1:00 pm - 4:00 pm Optional Pre-Conference Institute: LGBT Transgressing Binaries (Conestoga)
- 1:00 pm - 6:00 pm **Registration** (Grand Foyer)
- 4:30 pm - 6:30 pm **PCA Board Meeting**
- 6:30 pm – 7:30 pm **PCA Planning Meeting**

SATURDAY, NOVEMBER 4, 2017

- 7:30 am - 11:30 am **Registration** (Grand Foyer)
- 7:00 am - 8:00 am **Continental Breakfast** (Grand Ballroom)
- 8:00 am - 5:45 pm **Exhibitor Tables Open**
- 8:00 am - 9:00 am **1 Hour Educational Sessions**
- 9:15 am - 11:15 am **2 Hour Educational Sessions**
- 11:30 am -12:45pm **Awards Luncheon & Keynote Speaker, Maiken Scott** (Ballroom)
- 1:00 pm - 2:00 pm **1 Hour Educational Sessions**
- 2:15 pm - 3:15 pm **1 Hour Educational Sessions**
- 3:30 pm - 4:30 pm **1 Hour Educational Sessions**
- 5:00 pm - 7:30 pm **Poster Presentations, Division Tables, & Reception** (Grand Ballroom)

SUNDAY, NOVEMBER 13, 2017

- 7:30 am - 8:30 am **Registration** (Grand Foyer)
- 7:00 am - 8:00 am **Continental Breakfast** (Grand Ballroom)
- 8:00 am – 9:45 am **Division Meetings** (see individual listings)
- 10:00am –1:00pm **3-Hour Ethics Learning Institute** (included in conference price)
- 12:00pm - 12:30pm **Submit CE Clock Hours Form & Conference Evaluation**
(at registration desk)

Division/Association/Chapter Meetings

Sunday November 5, 2017

8:00 am – 9:45 am

If you are a division, association, or chapter member, or want to become a member, please be sure to attend a meeting today. All too often, it is difficult for division members to meet in person, so please take advantage of this opportunity to meet with colleagues, to hear about and help to develop initiatives for your division, and to participate in your division’s ongoing endeavors to foster their specialization of counseling in Pennsylvania. If you are not a member, but are interested in what a division does or in becoming a member, you are welcome to attend a meeting. This year’s meetings are as follows:

DIVISION/ASSOCIATION/CHAPTER:	ROOM
PA Association of Child and Adolescent Counselors	Devon
PA Association of Counselor Education & Supervision	Mt. Davis
PA Association of Lesbian, Gay, Bisexual, & Transgender Issues in Counseling	Quaker
PA Association of Multicultural Counseling & Development	Hemlock
PA Association of Specialists in Group Work	Gladwyne
PA School Counselors Association	Keystone
Greater Philadelphia Area Counseling Association	Bryn Mawr
Chi Sigma Iota Pennsylvania Statewide Networking Group	Haverford
Greater Pittsburgh Counseling Association	Radnor

2017 EXHIBITORS

- Relative Evolutions, LLC
- LuLaRoe Melissa Kleiner
- Rogers Behavioral Health
- Rose Hill Center
- Biblical Theological Seminary
- Philadelphia College of Osteopathic Medicine
- Pennsylvania Association for Lesbian, Gay, Bisexual, Transgender Issues in counseling (LGBTIC)
- Livengrin
- Pocono Counseling
- Haggerty, Goldberg, Schleifer & Kupersmith, P.C. (HGSK)
- Temple University’s College of Education

PALGBTIC

Pennsylvania Association for Lesbian, Gay,
Bisexual, and Transgender Issues in Counseling

November 3, 2017 1-4pm

Radisson Hotel-Valley Forge
King of Prussia, PA

Transgressing Binaries:

Towards a Multidimensional Understanding of Gender, Sexuality, and Intersections with Other Identities



Every day without thinking, we identify ourselves and others using a number of binaries: man or woman, gay or straight, Latino or non-Latino, etc. Despite how rooted this notion is in our culture, it often isn't an accurate representation of human experience, and it excludes a wide range of identities in between what we often consider to be polar opposites as well as identities that are off the spectrum entirely.

This workshop will focus on a number of these invisible identities, including intersex, nonbinary or genderqueer, agender, asexuality, and pansexuality. Participants will explore social constructs that invalidate these identities and hinder their acceptance, as well as discuss ways identity impacts counseling. The workshop will incorporate a variety of models to discuss the ways that research and terminology has evolved, as well as how communities developed their own self-descriptions. It will integrate discussion of how intersections of identities may impact the terms that individuals use, their relationship with their identities, and their experiences in society at large.

PALGBTIC is a division of the Pennsylvania Counseling Association

Presenters:

Paul Datti, PhD, CRC, HS-BCP
Jennifer Edwards, BA
Dominick Petitto, BS
Ricardo Marsili, MDiv, MS, NCC, LPC

Register at

www.pacounseling.org

Questions? Contact:

Ryan Gruber
President, PALGBTIC
gruber.ryan@gmail.com

3 CE Clock Hours Eligible:

LPC, NBCC, & SW

(Additional Fee for SW certificates)

The Pennsylvania Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2039. Programs that do not qualify for NBCC credit are clearly identified. The Pennsylvania Counseling Association is solely responsible for all aspects of the programs.



Earn additional CE Clock hours by registering for the full conference—November 3-5, 2017. Details at www.pacounseling.org

2017 PCA CONFERENCE SESSIONS

Saturday, November 4th 2017

1 HOUR EDUCATIONAL SESSIONS (8:00 AM – 9:00 AM)

Application of The Hope Centered Career Model for At Risk Youth and the Post-High School Transition

Quaker

LeeAnn Eschbach, Ph.D., NCC, LPC, Emily M. Lang, BS

This presentation addresses the many developmental, personal, and career counseling needs of at-risk youth, including homeless youth, as they approach post-high school transitions. Recognizing many of these clients drop out of high school, we will apply resilience factors identified in the Search Institute's Developmental Assets to facilitate post-high school transitions. The Hope-Centered Career Model addresses reflection, clarity, visioning, goal-setting and planning, and implementation. We will utilize the Hope-Centered Career Model in a multi-faceted intervention including mentoring, job skills training and career counseling for these clients.

Navigating Death and Dying: An Identity and Relational Focused Approach

Bryn Mawr

Gabriel Gross, Bachelor's of Arts in Philosophy and Psychology, Ben T. Willis, Ph.D.

Navigating the last days of one's own life, or a loved one's life, can be difficult. The significant changes and expectations of further loss impact people on intra- and interpersonal levels. Counselors can use identity theories to help their clients make sense of near-death changes in order to facilitate healthier adjustment and bereavement. This session will describe some identity theories and how they can practically be used with people near the end of life and/or their loved ones. Didactic, small group, and experiential learning will be incorporated.

Multicultural Considerations in Caregiver Consultation

Haverford

Kristy A. Brumfield, Ph.D., LPC, NCC, RPT-S,

This program will present up-to-date information on the role of counselors in caregiver consultation with an emphasis on special considerations when working across cultures and ethnicities. Understanding privacy expectations and how to meet the needs of families, without discouraging the caregivers or unintentionally breaking cultural guidelines, will be explored.

Preparing Counselors to Work with Healthcare Professionals: Bridging the Gap

Keystone

Elizabeth A. Gosch, PhD, ABPP, Philadelphia College of Osteopathic Medicine, Maureen Sessa, B.A., Jonathan Lorenzo, B.A., Philadelphia College of Osteopathic Medicine

This presentation will explore 3 examples of interprofessional education and training implemented as part of an MS in Counseling program: Shared Medical Appointment/Wellness Groups, Motivational Interviewing, and an Interprofessional Case Seminar. Presenters will address the advantages and challenges of delivering high quality, experiential and didactic interprofessional training as part of an existing counseling curriculum. Principles of effective collaboration, skill building, and interdisciplinary knowledge sharing will be discussed.

Resiliency Theory & Strengths Based Approach with College Students: Collaborating, Conceptualizing, and Intervention

Gladwyne

Aubrey Daniels, M.S.Ed, M.Phil.Ed, So Rin Kim, M.A.

Today, mental health challenges are at an all-time high for college students. 1 in 3 students reported feeling depressed for long periods of time (Henriques, 2014). 30% of college students report struggling academically due to their challenges with mental wellness (Henriques, 2014). Therefore, it is important for this population to receive proper mental healthcare. This presentation will focus on resiliency theory and strengths based approaches in counseling when working with this population. Attendees will learn specific interventions and how to conceptualize cases via this approach. Attendees will learn how to collaborate with the multiple areas of counseling on college campuses.

Attending to Atheists: Counseling Perspectives for Professional Practice

Devon

Kevin Wilkerson Ph.D., NCC, ACS,

Research suggests that atheists make up anywhere from 3-26% of the United States population. However, due to societal and reputational pressures, many atheists do not publicly disclose their beliefs. Withholding this dimension of oneself from others may come at a cost. Although spiritual and religious values in counseling are frequently discussed, very little attention in the helping profession literature has been dedicated to examining the potentially distinct health and wellness needs of atheists. Session attendees will have an opportunity to explore and discuss the ways that counselors might develop working alliances with this potentially marginalized, underserved population.

Traumatic Stress in Children: Addressing the Impact of Parent Incarceration

Merion

Fawn T. Robinson, Ph.D., NCC, Jamie Gorgacz, BA, Kim Hixon, BS, Catherine Sitting, BS

This presentation will examine the scope of complex trauma associated with children of incarcerated parents. The presenters will identify and elaborate on how children are impacted by parental incarceration and the risk factors associated with their parents' experiences. The same risk factors (e.g., addiction) that exist for incarcerated parents can also present risks towards their children. The presenters will describe and explain common symptoms of complex trauma and discuss significant implications associated with parental incarceration. The presentation will also provide best practices for incorporating family based and trauma-informed interventions in counseling sessions as a way to improving treatment outcomes for working with children of incarcerated parents. In addition to addressing the counselor's role in intervention, this presentation strongly advocates for building alliances across the multiple disciplines that serve this at risk population.

Practitioner Self Awareness to Build an Affirming Space for LGBTQQIA Communities

Conestoga

Ashley Deurlein, M.Ed., LBS, NCC, Amber Connell, MA, LPC

This presentation and discussion session will investigate counselor self-awareness in cultural competence with the identification of heterosexual privilege and intersectionality. This will dissect how heteronormativity and oppression blindness result in the marginalization and microaggressions against the LGBTQQIA communities. The group will discuss barriers in the school and community settings and develop affirmative practices to utilize with LGBTTQIA students and clients.

Preparing School Counselors to Self-Advocate for their Professional Roles

Hemlock

Stacey Havlik, Ph.D. Assistant Professor, Villanova University, Krista Malott, Ph.D., Associate Professor, Villanova University

School counselors are often called upon to engage in “non-counseling” related tasks. These tasks can hinder their ability to perform the roles in which they have been trained. Professional self-advocacy, which is defined as “school counselors’ efforts to promote awareness and support for their professional role” is critical to ensuring that they are engaging in the most effective practices to support students. We will describe the results of a study investigating professional self-advocacy and discuss strategies and challenges related to school counselors’ promotion of the field and their professional roles.

Where is the Missing Link: Supervision Collaboration between Site Supervisors and Classroom Supervisors in Master’s Level Programs.

Mt. Davis

Michelle Colarusso, ABD, MA, NCC, Ryan Bowers, Ph.D, LPC, NCC, CSOTP

Counselors are ethically responsible for engaging in and/or providing supervision in order to protect and monitor client welfare (ACA, 2015). Supervision is the utmost way counselors can work together in a collaborative way to not only protect clients, but to ensure they are providing effective counseling. This session will provide an overview of the models of supervision, the importance of developing a supervision style, and examples and discussion of collaborative efforts to link supervision in Master’s programs to field supervisors in practicum and internship.

School-Family-Community Partnerships: Building Social Capital and Advocating for Change

Radnor

Matthew L. Nice, MS, Erin E. Neuman-Boone, Ph.D. Derron Hilts, BS Kathryn Johnston-Moschak, BS

Given that professional counselors are uniquely positioned to address the injustices and inequities that underlie the academic achievement gap, these practitioners can enhance the environment in which students function by advocating for marginalized and devalued racial/ethnic and low-income groups through strengthening school-family-community collaboration. This presentation will explore the political structures and sociocultural realities of historically disadvantaged, underserved students, and strategies to engage school, family, and community stakeholders in collaborative efforts to attend to these issues. The presenters will discuss relevant and meaningful school-community engagement activities, and facilitate discussion on the relevant research on student outcomes and ethical practices.

American Red Cross and Disaster Mental Health Informational Session

Buchanan

Dr. John Weaver

This educational session will provide counselors with information on how to become an American Red Cross (ARC) Disaster Mental Health worker and other opportunities available through the ARC. We will also discuss how the ARC can help your clients and the basics of Disaster Mental Health.

2 HOUR EDUCATIONAL SESSIONS (9:15 AM – 11:15 AM)

(Re)defining the Relationship: Understanding Polyamory and Implications for Counselors

Gladwyne

Jenn Edwards, B.A., Paul A. Datti, Ph.D., C.R.C, HS-BCP

Polyamory, the practice, desire, and/or acceptance of having more than one intimate relationship simultaneously (with knowledge and consent of everyone involved), is a growing relational identity, closely associated with LGBTQ+ identities. Counselors, who predominantly come from monogamous backgrounds, often lack tools to effectively and affirmingly work with polyamorous clients, particularly with regards to relationships and social navigation of their identities. This session will provide a foundation in polyamorous culture and community as one with a rich set of values and practices, will discuss counseling implications for working with polyamorous people, and provide resources to help serve them more effectively.

Gatekeeping and the Role of the Counselor Educator: A Panel Discussion for the Pennsylvania Association of Counselor Education and Supervision (PACES)

Buchanan

*Jennifer Barna, Marywood University
Richard Joseph Behun, Marywood University
Scott Horowitz, Drexel University
Derek Parker, Liberty University
Eleonora Bartoli, Arcadia University
Mindy Heher, Capella University*

*Ruth Palmer, Eastern University
Stanley Hoover, Messiah College
Tracy Stinchfield, Immaculata University
Kristy Brumfield, Immaculata University
Suzanne Mayer, Neumann University
Ed Wahesh, Villanova University*

Counselor educators have an ethical obligation to endorse competent counselors and to protect clients through effective gatekeeping methods. At times, student deficits are complex and not easily addressed with a standard remediation plan. This PACES sponsored panel will provide participants with specific strategies used by counselor education programs to remediate academic, professional, ethical, clinical, and dispositional deficiencies in students. Attendees are encouraged to engage the panel with questions and to share their own experiences with gatekeeping.

Navigating, accessing, and providing persons with substance use disorders the services to support long term recovery: Documentation, language, and networking essentials

Haverford

Dr. Diana Piperata

Many professionals have experienced the uphill battle when attempting to access services and provide persons with substance use disorders the necessary care required to initiate and support long-term recovery efforts. This informative presentation lead by the Intake and Clinical Directors of a non-profit substance use residential treatment facility will introduce participants to essential documentation and accurate verbal and written clinical language to use when accessing substance use treatment services. Presenters will share stories of struggle and success, including strategies for strengthening requests for continuing care services and the importance of networking with other professionals and community organizations.

Prevention and Treatment of HIV: An Interdisciplinary Approach

Bryn Mawr

Courtney R. Franklin, LMSW

Despite significant advances in research and treatment, HIV continues to spread rampantly all over the world. Alongside physicians providing medical care, social workers and counselors are in a unique position to assist on an interdisciplinary team by providing guidance and support for those living with the disease. This session is ideal for professionals who provide counseling to those living with HIV and will provide timely information on evidence based treatment efforts. After attending, participants will have greater understanding of the benefits of an interdisciplinary approach to the treatment of HIV and the tools required to help patients achieve the best possible outcomes.

Building Alliances: Professional Counselors and Pastors Working Together for Change

Hemlock

Taunya Marie Tinsley, Ph.D., D.Min., NCC, LPC, Andre' D. Ivy, D.Min., M.Div., MSW

This session will provide an overview of the multicultural and social justice competencies and the competencies for addressing spiritual and religious issues in counseling. Additionally, a professional counselor and senior pastor will provide an overview of the role of the church and other faith-based organizations in identifying and discussing mental health and mental illness. Finally, culturally appropriate skills, interventions and resources for how effective partnerships can be created between professional counselors and faith-based and community organizations for the benefit of the lives of clients will be provided.

Healing from Intimate Partner Violence: Empowerment Enhanced through Art Therapy

Mt. Davis

Astra B. Czerny, PhD, LPC, NCC, DCC, Rachel Brandoff, ATR-BC, ATCS, BCPC, LCAT

The empowerment wheel (Czerny & Lassiter, 2016) is a tool that enhances the healing journey from intimate partner violence by focusing on six key areas of growth. This presentation will infuse art therapy activities into each of the six areas of growth in the empowerment wheel as a means to increase self-awareness, healing, and empowerment from intimate partner violence.

Hypnotherapy: More Than Just Your Grandfather's Pocket Watch

Devon

David A. Arena, Psy.D., J.D., M.A., MBA, M.Ed., LPC, NBFCCH,

Hypnotherapy remains a viable approach to treatment of a wide range of symptoms and issues including: smoking cessation, anxiety, OCD, anorexia, bulimia, asthma, bed wetting, IBS, fibromyalgia, trauma/PTSD, fears/phobia, chronic pain, surgical/dental pain, child birth, migraines, depression, sexual dysfunction, and high blood pressure. This experiential workshop will include: a brief history of clinical hypnosis, a discussion of the applications of clinical hypnotherapy to modern professional counseling practice, an experiential journey through a "typical" hypnotherapy session, a discussion the use of hypnotherapy in distance learning, and a synopsis of the empirical evidence supporting the efficacy of hypnotherapy.

Interpersonal Neurobiology and Attachment: Practical Implications for Counselors.

Radnor

Kathryn Soeder, B.A., Katherine E Purswell, Ph.D., LPC, NCC, RPT

Come join us for an interactive discussion of attachment relationships, brain development, and what research on these topics tell us about our day-to-day client interactions. You'll learn some basics about attachment and brain development, though we'll spend most of our time exploring practical strategies for engaging clients' right brains (the creative, emotional side) to help clients become more self-aware, empowered, self-empathic, and knowledgeable about themselves.

Intimate Partner Violence: Trauma Informed Best Practices

Keystone

Minna Davis, M.A. NCC, LPC

An understanding of trauma-informed advocacy and treatment is essential to providing effective services for abused individuals and their children. Through lecture, discussion, and interactive activities participants will learn the dynamics of domestic abuse and how trauma-responsive healing models and interventions promote stability and recovery.

Stuck in a Rut? Need Good Group Ideas?

Conestoga

Lisa Corbin, LPC,

Four mental health professionals will present their favorite group activities that have yielded positive results by increasing awareness and discussion. We will engage the audience and provide you with handouts.

Working as a Clinician of Color in 2017 - Racism, Institutionalized Racism, Microaggressions and its Impact on Us (Intended Audience: Professionals of Color)

Quaker

Tonya Lapido, LCSW, Lee Fulton-Cars, LSW

As clinicians and counselors of color we have our own personal and professional experiences with racism. Whether it comes in the form of microaggressions at work or outright aggressions in the world these experiences have an impact on us as people and professionals. We'll discuss the impact that this has on us as well as what steps we can take to care for ourselves as we continue to care for others. The discussion will include how to: work in an environment when you're one of few racial minorities, understanding microaggressions, what they are and the impact on us, managing workplace microaggressions both from organizational cultural and/or from clients (indirect, subtle, or unintentional discrimination against members of a marginalized group), work cross culturally (both with clients who look similar and those who look different than you).

AWARDS LUNCHEON (11:30 AM – 12:45 PM)

Grand Ball Room

Each and every year, PCA provides awards to counseling practitioners, educators, administrators, programs, and students who have gone above and beyond in their perspective roles. Join us today at the luncheon as we present the following awards to deserving candidates:

**PCA Outstanding Graduate Student
PCA Outstanding Practitioner Award**

**PCA Outstanding Research/Publication Award
PCA Outstanding Counselor Education Program Award**

KEYNOTE SESSION (11:30 AM – 12:45 PM IN CONJUNCTION WITH AWARDS LUNCHEON)

Keynote address: Why your work matters

Grand Ball Room

Maiken Scott

Host, WHYY's The Pulse

In our hectic day-to-day work lives, it can feel like what we're doing doesn't make a difference. We're just completing a never-ending series of small tasks, while paperwork piles up and emails go unanswered. But, looking in from the outside – I know that your work matters – and I can see the difference your work makes. I'll explore the importance of listening, and listening well.

I'll share my experiences with listening – and what happens when people feel heard.

1 HOUR EDUCATIONAL SESSIONS (1:00 PM – 2:00 PM)

Counselor Education and Integrated Care: Facilitating Change in Perspectives and Delivery Method

Radnor

Bridget Asempapa Ph.D., LSC, LPC-OH

Integrated care promotes holistic approach to health care treatment, and it increases collaborative efforts between primary care and behavioral health practitioners. Support for integration and examples of implementation are evident, but the development of practitioners for this level of care is limited. This study was developed to ascertain graduate counseling students' perceived competencies relative to the Substance Abuse and Mental Health Service Administration and Health Resources and Service Administration (SAMHSA–HRSA) integrated care competency categories. Results of the study is presented, and practical implications and recommendations of exposing counselor education students to integrated care are offered in this presentation.

Everybody's Biased: What to do?

Mt. Davis

Krista Malott, PhD, LPC, Edward Wahesh, PhD

Research indicates that we all possess biases toward persons of various identities (Bronson & Merryman, 2009), which prohibits our ability to work effectively with clientele and colleagues (Utsey, Ponterotto, & Porter, 2008). For educators, simply talking about biases can fail to change students' deeply ingrained beliefs. Come experience a unique experiential activity meant to reduce personal biases and stimulate growth-inducing dialogue (Hodson, Dube, & Choma, 2015). The presenters will walk you through an activity and processing of this activity, whereby you engage in an imagined interaction across groups (Hodson, Dube, & Choma, 2015). The presenters will briefly share preliminary findings of a study regarding use of the intervention with graduate and undergraduate students, offering surprising insights about which identity groups students tend to most regard as anxiety-inducing future clientele.

ICO: A model for continuing professional development for school counselors

Keystone

Beth Gilfillan, M.Ed. in Counseling, So Rin Kim, MA in Counseling

In 2013, a group of school counselors organized a program called International College Options (ICO) aimed at helping students and counselors explore the expanding college landscape. The program originated from growing student interest in international colleges and the realization that school counselors were not prepared to help and support them in this area. This presentation will examine the steps it took to create this program and what was effective in that process of developing a professional development opportunity.

Intersecting Identities and Intersecting Generations: An Intergenerational Dialogue about Multicultural Counseling Competence and Social Justice Advocacy

Quaker

Audrey Ervin, Ph.D., Academic Director Graduate Counseling Psychology, Delaware Valley University, Stephanie Dunn, B.A., Graduate Student Delaware Valley University Lauran Heenan, B.A., Graduate Student Delaware Valley University Margaret Mitchel, B.A., Graduate Student Delaware Valley University Jennifer O'Donnell, B.A., Graduate Student Delaware Valley University

This interactive discussion will invite intergenerational participants to discuss how generational vantage point impacts perceptions of multicultural competence and social justice advocacy. The goal is to create an empowering space where students with a fresh awareness of multicultural issues and an awakened passion for social activism can connect with multiple generations of counselors and activists. Participants will develop strategies for increasing multicultural competence and social justice advocacy and ask: How can we facilitate inclusive, intergenerational conversations? What can each counseling generation learn from each other? How can intergenerational dialogue serve as a mechanism to facilitate unity, education and critical consciousness?

LGBTQ Youth in Schools: How to Advocate and Engage Students More Effectively

Hemlock

Nickolas A Summa, LMFT, Lynn Birnie, MA , Marissa Capuzzi, MEd

LGBTQ youth experience ongoing harassment in their schools and this bullying is connected with mental health problems as well as with adverse educational outcomes such as negative school attitudes, disciplinary problems, lower grades, higher truancy, etc. In schools where LGBTQ students feel supported and safe they are less likely to have depressive thoughts, they attend school more regularly, have higher QPAs, and are less likely to use substances. Our presentation will assess school counselor's self-awareness of LGBTQ students, offer knowledge about how to talk to students about their sexuality or gender identity, and offer resources on how to refer for professional counseling services in a way that empowers and affirms the students' identities.

Does My Client Need a Referral for Medications? A Practical Guide for Mental Health Counselors

Haverford

Dogukan Ulupinar, LPC, NCC, Billie Lewis, PA-C

Clinical mental health counselors are increasingly challenged by the increased use of psychoactive medications in addressing mental health issues. Participants will learn basic principles in making decisions for medication referrals in clinical mental health settings. They will also take away a greater understanding of different types of psychotropic medications in relation to combined treatment with psychotherapy.

Looking For The Light: Vicarious Posttraumatic Growth and Compassion Satisfaction among Addiction Counselors.

Bryn Mawr

Denise Haggerty, MA, NCC,

Addiction has reached crisis levels and impacts all those who involved including the individual struggling with the addiction, family, friends, and counselors. Addiction counselors are at risk of experiencing negative impacts on themselves as a result of the work they do. Negative impacts on addiction counselors include burnout, vicarious trauma, and secondary traumatic stress which has been thoroughly researched in the professional literature. Positive experiences such as compassion satisfaction and vicarious posttraumatic growth has been given very little attention in the professional literature on addiction counselors however both have been shown to be experienced by other populations of counselors and helping professionals. This session seeks to increase knowledge of positive outcomes of addiction counselors as a result of their work. Barriers specific to addiction counselors will be addressed and application for practice, policy, supervision, education and training will be discussed.

Sleepless in Pennsylvania: An overview of insomnia with special emphasis on assessment and treatment for everyday clinical practice

Merion

Mindy Heher, PhD, LPC, NCC, ACS,

Difficulty falling asleep, frequent awakenings, and feeling poorly rested despite adequate opportunity to sleep, are common complaints of people who suffer from insomnia. Cognitive behavioral therapy for insomnia (CBT-I) has emerged as an efficacious treatment approach for insomnia. Practitioners who are well-informed about the symptoms of and treatments for insomnia can improve the quality of life for their clients. Attendees of this presentation will be able to describe how sleep architecture changes across the lifespan, identify risk factors for insomnia, be familiar with insomnia assessments, and immediately implement empirically based behavioral treatment interventions for insomnia in their current clinical practice.

The Professional Counselor and Client Outcomes in Integrated Care Systems

Buchanan

Cheryl W. Neale-McFall, PhD, LPC, NCC, Eric W. Owens, PhD, LPC, NCC, ACS

Increasingly, professional counselors find themselves working within integrated care systems, systems that connect behavioral health professionals with those in medical fields. Join us as we examine the counselor's role in these systems, as well as important knowledge, skills, and other considerations necessary for success in within integrated care organizations.

Help Wanted: Working Together to Enhance the Career Development Process

Devon

Fawn T. Robinson, Ph.D., NCC,

This research-based presentation explores the career development process of African-Americans emerging adults through the lens of psychological distress, societal challenges, racially-driven stressors, resources, and community hardships. The presenter will provide information on adolescent development, career development, racial oppression, and internalized racial oppression while incorporating an interactive activity highlighting the difficulties and barriers associated with the career development process. This presentation will also address culturally appropriate mental health services and career interventions for practical implementation in school and community-based career development programs, counseling practice, and counselor training programs.

Masters in Psychology and Counseling Accreditation Council (MPCAC): Connecting professions, promoting excellence.

Conestoga

Eleonora Bartoli, Ph.D., Mark E. Kenney M.Ed., NCC, LPC; Chris Walter, M.A., LPC

The presenters will review the history MPCAC and invite participants to consider the benefits of drawing from theories and research derived from multiple professions to maximize the impact of counseling practices. They will then address the importance of scientific knowledge and cultural responsiveness in counselor training, and describe how MPCAC's standards encourage the infusion of these concepts throughout the curriculum. They will also discuss how to demonstrate the effectiveness of curricula through specific program outcomes. Finally, the presenters will describe how MPCAC standards can be used to meet the unique needs of states laws or diverse populations.

Understanding the Help-Seeking Intentions of Chinese Individuals: Integration of Chinese Cultural Conception of Mental Health

Gladwyne

Terence Yee, PhD, NCC, Alexis Lawless

Chinese individuals have been found to underutilize mental health services (Chiu, 2004; Rudowicz & Au, 2001). Based on recent research findings, this interactive educational session will provide clinicians an understanding of factors that affect Chinese individuals' perceptions of mental health services and their help-seeking intentions. The presenter will discuss how counselors can be culturally responsive when providing services to Chinese clients by utilizing a case study.

1 HOUR EDUCATIONAL SESSIONS (2:15 PM – 3:15 PM)

Identity, belonging, and representation: Conversations on intersectionality in professional identity

Mt. Davis

Abby Dougherty PhD NCC LPC, Scott Horowitz, MA, MT-BC, LPC, ACS, Natalie Carlton, PhD, ATR-BC, LPCC

It seems clear that diverse identities and training only enhance the knowledge base and relational skills of practitioners, but do we also show value to belonging to more than one group when it comes to professional identity? Using a mixture of lecture, experiential activities, and arts-based media, three clinicians and educators with shared and mixed professional identities will collaboratively present a description of the many interconnections between professional and personal identity and how our fluidity between roles and identities have manifested greater creativity in our professional roles and activities.

New counselor self-care: Implementing wellness in an academic setting

Haverford

Travis W. Schermer, LPC, Jaymee Vitullo

This presentation will share the findings of a single-subject qualitative study that examined counselor wellness in a Practicum course. Counselor trainees were tasked with implementing wellness activities into their lives over the course of the semester and provided ongoing feedback about the process. The results of the analysis indicated five prominent themes, which inform the work of counselors and educators alike. This presentation will connect the often nebulous concept of wellness to the concrete realities of clinic and classroom alike.

PENN Futures Graduate School Alliance for Field Practice

Bryn Mawr

Marsha Richardson, Psy.D.,

A Graduate School Alliance for field practice aims to develop a collaborative, interdisciplinary approach to the preparation and support of practitioners for community schools and community-based services. This training approach pools expertise from several divisions within one university to place practitioners-in-training in one identified field placement where supports, professional development, and learning opportunities are enhanced and mutually beneficial for trainees and the site. An overview of such program will be discussed to include information on program design, measurement of observable gains, barriers to implementation and sustainment.

The Strong Black Women Race-Gender Schema: Implications for clinical practice

Radnor

Jewele Proctor, B.A., Melanie Kautzman-East, Ph.D.

Stereotypical archetypes have plagued African American women for centuries. Today, these stereotypes are imposed upon all African American women whether they adhere to them or not. The Strong Black Woman race-gender schema has implications for African American women clients seeking counseling. Within this schema, African American women are expected to not ask for help and suffer in silence in the face of adversity. The SBW race-gender schema impedes on the joining process between counselors and African American women. If this is not addressed, it can perpetuate the cycle of distrust between African American women and the mental health field.

Collaboration Is Key: Advocating Together for Legislative Change

Buchanan

Aniela Scanlon, M.Ed., LPC, ACS, Travis Schermer, PhD, LPC, ACS, Kristen Hawk, MA, LPC

Interprofessional collaboration of mental health professions in PA is imperative for effective legislative change. This session will focus on how collaborative legislative advocacy advances all professions while continuing to advocate for consumer safety and care. Attendees will learn current Government Relations legislative advocacy initiatives and ways in which to become involved.

College and Career Preparation for Students Experiencing Homelessness: Considerations for School Counselors

Hemlock

Stacey Havlik, Ph.D. Assistant Professor Villanova University, Patrick Rowley, Doctoral Student, Virginia Tech University

Youth experiencing homelessness face unique challenges in the school system that can hinder their ability to be successful in their college and career preparation. Now that the Every Student Succeeds Act (ESSA) calls specifically on school counselors to provide career and college support for students experiencing homelessness, it is more important than ever that they help to address their unique needs. In this presentation, we will provide background information on homelessness and education, and the McKinney-Vento Homeless Assistance Act, as well as discuss challenges and strategies related to college and career planning for students experiencing homelessness.

Empowerment, Connection, & Strength in Numbers: Facilitating Support Groups for Individuals with HIV

Devon

Brittany L. Pollard, Ph.D., Chris K. Burd, B.S.

While it is commonly understood that individuals newly diagnosed with HIV often face challenges related to physiological symptoms, stigma, and depression, barriers associated with accessing health care, adhering to strict treatment regimens, and navigating the holistic impact of diagnosis are often overlooked. For already marginalized populations, these challenges become quickly compounded. Therapeutic support groups are one powerful tool for helping clients to process their diagnosis, build social alliances, and assume control for managing HIV. This interactive session demonstrates one model for facilitating a support group for HIV+ clients, highlighting and addressing the myriad of issues faced by this population.

Professional Counseling: Building Alliances While Promoting Identity

Conestoga

Eric W. Owens, PhD, LPC, ACS, Debra G. Hyatt-Burkhart, LPC, ACS, Richard Parsons, Licensed Psychologist

There is much debate regarding what exactly identifies counseling as a profession, unique and distinct from others. While some contend that professional identity can be defined by degree title and accreditation status, others have argued that the notion of identity is something that should transcend these demarcations, instead defined by issues that are more core to oneself, such as the valuing and investing in the tenets of professional counseling. Join a diverse panel of presenters who hope to engage one another and session participants in these topics that are critical to the growth of our profession.

Religious and Spiritual Beliefs and Trauma

Quaker

Monir Morgan, Ph.D., Ph.D., LPC, NCC, ACS,

This presentation focuses on providing an overview of the relationship between trauma and religious and spiritual beliefs and practices. It outlines the common physical, emotional, behavioral, cognitive, and spiritual effects of trauma. The common spiritual/religious-based trauma recovery activities for survivors will also be described.

Using content analysis in program evaluation efforts: An introduction for professional counselors

Merion

Edward Wahesh, PhD, NCC, ACS,

Professional counselors are often called upon to present evidence that demonstrates the utility and effectiveness of their efforts. Sometimes the most valuable data available to use in evaluation are narrative, or written communication. In this session, we will discuss a framework for analyzing written communication that produces valid and replicable findings. Examples of how this approach can be used by professional counselors in a variety of setting (school, clinical, and college) will be presented. Participants, including those with a limited background in research, will leave this session prepared to use content analysis methods to enhance their program evaluation efforts.

Narrative Solutions to Somatic Problems: Narrative Therapy, Eating Disorders & Obesity

Gladwyne

Erin E. Neuman-Boone, Ph.D., Anthony M. Boone, Ph.D., LPC

Narrative therapy is a powerful model of counseling for treating eating disorders and obesity because the focus of treatment considers the role of stigma, discrimination and the cultural context of internalized messages. This presentation includes an overview of Narrative Therapy techniques such as deconstructing conversations, externalizing and re-narrating the problem, and grasping the multi-storied individual and the application of these techniques to the treatment of eating disorders and obesity.

Decreasing Externalizing Behaviors of Adolescents in Inpatient Settings: Collaborative Problem Solving (CPS) as an Alternative to Point and Level Systems.

Keystone

George Lutchendorf, M.A.

Do you work with adolescents at a residential treatment program (RTP) or inpatient psychiatric unit? Then you are likely familiar with point and level systems to motivate children's behavior, and may even have questions about the efficacy of these programs for all children. I will be talking about an alternative approach called Collaborative Problem Solving (CPS). The premise of CPS is that some children lack the cognitive skills to understand programs based solely on consequences. I will talk about the CPS model and also discuss my own experiences as a direct care staff at an RTP for 13 years.

1 HOUR EDUCATIONAL SESSIONS (3:30 PM – 4:30 PM)

What would I be getting myself into? Truths about taking on a Leadership Position within PCA

Devon

Dr. Linda Thompson

Have you considered forming a special interest group, division or chapter within PCA? Have you thought about taking a leadership role and making a difference for counselors in Pennsylvania? Have you thought about the road to leadership in ACA? Come join Dr. Thompson, current PCA president and past president of the ACA division, IAAOC to discuss what you can do within PCA and how we can support your professional and advocacy goals.

A Wellness-Based Perspective: Promoting Wellness Principles in Organizations

Buchanan

Derron Hilts, B.S., Matthew Nice, M.S.Ed.; David Delmonico, Ph.D.

The wellness initiative has gained spotlight over the years, and the importance of effective wellness leadership, advocacy, and practical application has been essential for the continued success and enhancement of the counseling profession. This session will explore the relevant research about promoting a culture of wellness, enhancing professional identity through wellness leadership, and ethical practices. The presenters will facilitate discussion about creative activities, programs, and principles that can integrate into schools, universities, community agencies, and communities to promote counselor wellness.

CAALM - A New Comprehensive Treatment Model for the Treatment of Military Veterans Suffering from PTSD

Mt. Davis

Dr. Grafton Eliason, NCC, LPC, Kayla Benzio, Graduate Student at CalU

Many therapists do not realize that many veterans they see as clients, have already been treated for symptoms of PTSD so that they could be re-deployed for action in the field. As a result, many contemporary modalities are found to be ineffective. This presentation will demonstrate a new comprehensive treatment model for those veterans who continue to suffer from PTSD. The CAALM model will be taught and demonstrated.

Counselors as Advocates: The First Line of Defense

Keystone

Aubrey Daniels, M.S.Ed, M.Phil.Ed, N/A

Are you a mental health counselor working with children and adolescents who experience complex trauma? A question you may ask yourself is, "am I truly advocating for my clients?" Attendees will learn how to identify child and adolescent clients experiencing complex trauma. Presentation will then provide an overview of advocating for these clients via a trauma informed care lens, which promotes working with the clients and empowering the parent(s)/caregiver(s). Participants will also learn how to collaborate with school counselors, school professionals, and other mental health professionals to truly advocate and benefit the client.

But who are your real friends?: Understanding and affirming online networks as sources of support

Radnor

Julian Burton, Ph.D., M.A., B.A., Jennifer L. Edwards, B.A., M.A. in progress

Despite their immense importance to many people, particularly young people, online relationships and communities are consistently devalued in society at large. This in part stems from research comparing online relationships to in-person relationships using measures that are not relevant to the former. This session will explore perspectives on the value of internet-based relationships, communities, and support systems, as well as the ways that counselors can identify the strengths in them and interact with these systems in clients' lives.

Feedback: do they even use it? Encouraging counseling students' engagement with classroom feedback.

Gladwyne

Melanie Kautzman-East, Ph.D., Courtney Alveraz, Ph.D

This educational session will outline how to orient students to giving and receiving feedback in a counselor preparation program using techniques designed to have students meaningfully engage with feedback. Students tend to experience difficulty related to the feedback experience. Improving the way students are able to provide and respond to feedback can serve to enhance reflectivity and skill building in students, which in turn positively influences the counseling profession.

Using Mindfulness Techniques with students with emotional behavioral disorders in the public schools: A team approach with students, teachers, school administrators, and parents.

Merion

Thomas DeGeorge MA. M.ED LPC. NCC,

Using Mindfulness Techniques with students with trauma/emotional behavioral disorders in the public schools: A team approach with students, teachers, school administrators, and parents. Building a team model incorporating counselors, teachers, parents and students to address trauma related emotional behavioral disorders in the day to day setting of the public schools.

Impostor or Rookie? A Panel Discussion of Feelings of Fraudulence and Self-Efficacy in Counselor Development

Bryn Mawr

Matthew S. Mutchler, Ph.D., Brian Mullan, B.A., Kelly Bonomo, B.A., Stephanie Dunn, B.A., & Rebecca Kornberg, B.A.

While many counselors and counselors in training are familiar with the impostor phenomenon in terms of clients, less attention has been given to our own experiences with such feelings of fraudulence. This presentation will focus on the state- and trait-experiences of the impostor phenomenon in the context of development of counselor self-efficacy. Didactic learning will be paired with examples from a panel discussion of current graduate students. Counselors, counselors in training, and counselor educators are encouraged to attend and participate.

She, He, They and Ze: Using Appropriate Gender Pronouns for Transaffirmative Counseling

Conestoga

Audrey Ervin, Ph.D., Academic Director Graduate Counseling Psychology, Delaware Valley University, Virginia Wolper, B.A., Delaware Valley University Graduate Student

The purpose of this interactive, skill-based workshop is to provide counselors with a space to practice applying appropriate gender pronouns in counseling. This workshop will address basic trans-affirming terminology and outline current research about resistance to using appropriate gender pronouns. The implications of misgendering will be addressed. Participants will be provided with case vignettes and invited to practice applying various gender pronouns. Participants will develop a personal action plan that outlines strategies to engage in empowering counseling relationships with TGNC people.

Multicultural Competent Counseling: The Journey Continues to Integrate Spiritual, Ethical and Religious Values in Counseling

Hemlock

Taunya Marie Tinsley, Ph.D., D.Min., NCC, LPC, Melva Hartzog, M.A., M.Div., Curtis Terry, M.S., Rayna Carter, M.S.Ed, Lora Hubbard, LPC, Kathleen Hunt, LPC, Fawn Robinson, Ph.D

This session will provide an overview of religion and spirituality, the African American church, pastoral counseling, spiritual counseling, professional counseling and the mental health needs of culturally diverse populations. Additionally, as part of a panel discussion, six master- and doctoral-level counselors will share their journey of strengthen their multicultural competencies as part of their counseling and supervision experiences at a church-based counseling center.

Continuity of Care Following a Mental Health Hospitalization

Haverford

Robin S Archer, MA, LPC,

Counselors are frequently faced with ensuring continuity of care after a mental health hospitalization. This session explores the necessity of collaboration among various healthcare providers, barriers to effective coordination of care, and strategies for increasing the likelihood of improved continuity of care for clients who experience mental health hospitalization.

Privilege, Power, and Bias: Addressing Social Justice Advocacy in Group Counseling

Quaker

Chris K. Burd, B.S., Brittany L. Pollard, Ph.D.

The Association for Specialists in Group Work (ASGW) has endorsed a broad range of multicultural and social justice principles for counselors engaging in group work. But what do they really mean? How does a facilitator initiate courageous conversations about social justice advocacy with clients who may not be willing to “go there”? In this session, we will demystify social justice jargon and provide practical activities that can be utilized to address privilege and oppression in a positive, productive way. Participants will be encouraged to explore their social identities and examine how those identities inform their work with diverse populations.

NETWORKING SOCIAL AND POSTER PRESENTATIONS (5:00 PM –7:00 PM)

Grand Ball Room

Post-traumatic Play: Identifying and Intervening

Sydney Stephenson, B. A., Courtney M. Alvarez PhD., NCC, LPC

What exactly is posttraumatic play? How should you treat it, and who is qualified to do so? This poster presentation answers these questions and more, as the presenters describe research related to posttraumatic play and review the efficacy of several play therapy interventions. Participants will be able to identify themes in posttraumatic play, common characteristic of posttraumatic play, and effective interventions for children experiencing trauma reactions. The presentation also addresses the theme of “Building Alliances” by discussing how to collaborate with other professionals to more effectively identify, assess for, and intervene with children, who have experienced trauma.

Trauma and Coping Factors Associated with Post-Traumatic Growth: A Comparison of Men and Women

Katie Graziano, M.A.

The presenter will outline the major findings of a recent literature review. The aim of this review was to investigate trauma and coping factors associated with post-traumatic growth (PTG) in men and women. It was consistently found that women endorse using a greater number of coping strategies per stressor and are more likely to engage in emotion-focused and support-seeking coping strategies than are men. Some studies suggested that men use more solution-focused and avoidant coping strategies, although these findings were mixed. Based on the information gathered, implications for counselors who focus on helping clients overcome traumatic experiences will be discussed.

Motivational Interviewing and Adolescents: Tailoring an Approach to a Resistant Crowd

James K. Matta, Sr. Ed.D., L.P.C., N.C.C., Regina Schrecengost M.A., N.C.C.; Amanda Prugar MA, NCC; Andrew Brokenshire, BS; Bennet Minchen, BS

This presentation targets a wide array of counselors who work with adolescents struggling with issues of comorbidity and behavioral change. The information contained in this poster presentation is highly relevant to counselors working with adolescents who are frequently mandated for treatment. Time will be spent looking at the various biological, cognitive, social, and emotional differences that adolescents experience in relation to adults. Issues surrounding this segment of the population are distinct and MI can facilitate the change process. This includes working with adolescents confronting the following issues: limited coping skills, working towards behavioral autonomy, and often engaging in risk taking behavior.

Stress Management: The use of mind-body methods

Jacqueline A. Walsh, PhD, LPC, NCC, BCB,

Stressors abound in our modern world. Counselors, with our focus on wellness, are uniquely qualified to utilize mind-body methods to assist clients with managing their stress. We will discuss selected mind-body interventions, such as: breathing, progressive muscle relaxation, autogenic training, guided imagery, etc.

Modifying Filial Therapy for Chinese Parents

Terence Yee, PhD, LPC-I (Texas), NCC, Jose Diaz

Conducting filial therapy with Chinese parents can be challenging due to cultural differences in parenting beliefs and values. A deeper understanding of Chinese parenting values could be extremely helpful in building the therapeutic alliance when working with Chinese parents. The focus of this presentation will be to provide filial therapists culturally responsive modifications that can be applied when working with Chinese families.

Confronting the Commonality. Adolescent Social Media Addiction: Where Are We; What Can We Do Now?

Eric Shapiro, BA, Anthony Basilovecchio, Alexa Inserra

Despite the alarming climb and ubiquity of social media addiction, there is little to no consensus regarding how to conceptualize and treat social media addiction among adolescents. This is especially concerning as adolescent populations are the most susceptible to addictive behavior, both from a neurological and societal perspective. This presentation will showcase the current state of social media addiction among adolescents, the severity, cross cultural variances, and potential interventions. This presentation is intended to address the issue of social media addiction here and now, conveying interventions clinicians and non-clinicians alike can utilize in an immediate, pragmatic capacity.

Prescription Pill Addiction post injury in Athletes and the Role of Parental and Coach pressure

Kelsey Jones, B.S., Elizabeth Seitzinger, B.S., Annamarie Williams, B.S.

Injuries can impose a significant physical and mental burden on anyone. This poster presentation concentrates on the current research surrounding prescription pill addiction, injury and parental and coach pressure on current student-athletes.

The Curses of Generational Trauma and Family Narratives

Alexus Sheppherd

Attendees at this session will learn about how generational trauma and family narratives effects children psychologically and define their sense of self. The presentation will examine the relations between parental trauma and the narrative interaction style when defining children's development.

The Intersection of Social Action Art Therapy and Collective Trauma: A Critical Review of the Literature

Samantha M. Baggott, BA, Denise Wolf, MA, ATR-BC, LPC Abby Dougherty, PhD NCC LPC

Current research supports the need to explore patterns of oppression that may impact treatment of individuals that have experienced collective trauma. Social action art therapy utilized within a community impacted by a major disaster may help to meet the psychological and social needs of survivors, support physical and emotional recovery within the community, and support individuals advocating for change. This poster presentation will present a critical review of the literature to explore the intersection between social action art therapy and communities impacted by disaster and collective trauma. Examples demonstrating art therapy applications, strengths, and weakness will be presented.

The Rise of Eating Disorder Addiction in Response to Sexual Trauma

Jessica Schaffer BA, Amanda Schuhl BS, MS (in progress), Yahmemato Debleye BS, MS (in progress)

Many associate additions to drugs and alcohol, but there are different types of addictions. This proposal will focus on the addiction of eating disorders. This proposal will display eating disorders as maladaptive coping skills for sexual trauma. Many may argue that eating disorders are not forms of addiction but according to American Society of Addiction Medicine, "addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors, interpersonal relationships, and dysfunctional emotional response." Similar to substance and alcohol addiction, one whom has an eating disorder can relapse without proper treatment.

Stress and Cognition: The Effect of Therapy Dogs on College Students

Alison Teter, Alexa Pell B.S., Matthew S. Mutchler Ph.D.

This poster reviews a student-led study on the effect of interaction with therapy dogs on anxiety and cognitive performance. We compared four groups of undergraduates on heart rate, general knowledge test performance, and state/trait anxiety. While there was no impact on cognition, significant differences were found for state anxiety.

Video Game Violence and the Teenage Mind

Tiffany Cautilli, Rashel Wynick, Lorian Brown, Daisy Cabalhin, Astra Czerny

Do you have or know a child who is constantly playing violent video games? Have you ever wondered about the long-term effects that these games have on the mind? In this session, Video Game Violence and the Teenage Mind, presenters will explore these questions. Presenters will discuss the current literature on the effects that games like Call of Duty, Modern Warfare, and Grand Theft Auto, have on teenagers. Presenters will explore the impact of physically violent, sexually violent, and verbally violent video games on the mind of the teenager.

Etiology and Treatment of Exercise Addiction

Brittany Nicoline, Clinical Mental Health Student, Immaculata University, Deneen Miller, Ph.D.

This session will provide information regarding exercise addiction with a poster presentation format. I will begin by introducing the topic and discussing current literature on exercise addiction. In addition, I will further discuss current treatment modalities and potential for future research and programming focused on assisting clients struggling with exercise addiction. Along with presenting the research, I will provide a format for open questions from presentation attendees.

Potential Effects of Child Care Centers being Universally Trauma Informed

Alyssa Gibson, BA,

Is Rap Music a Contributing Factor to the Increased use of Drugs and Alcohol in Children and Adolescents?

Muniyra Muhammad B.S., Missy Hudson B.S., Melissa Willard B.S.

It seems fair to say that rap music has a strong influence over the young impressionable minds that may listen to the extremely explicit lyrics. The real question seems to be whether the music influences the people, or is the music a direct representation of what has been impacting inner city communities for generations, long before the birth of rap music. Being a product of the inner city, you began to wonder what came first. Are rappers simply narrating events and situations that they are all too familiar with? It's a well-known fact that drugs have been in our communities long before the rise of rap music. So I wonder if this is a fair statement to make. If an artist is recounting a real story that so many of our youth can relate to, then why are we blaming them for being the leading cause for substance misuse within our own communities?

Suicide Attempts, Relapse and Addiction

Christopher Vargas, Astra Czerny, PH.D, LPC, NCC, DCC, Victoria Lowers, Jonathan Mauger, Jennifer Jeffers, Christopher Vargas

This session will discuss the bidirectional correlation between a history of suicide attempts and increased risk of relapse, especially in relation to alcohol and opioid addiction. This 30 minute presentation, which includes a visual aid, will also focus on the interdisciplinary efforts that need to be geared toward understanding and treating addiction and mental health as two issues that interact with each other equally.

The Effects of Postpartum Depression on Children

Kristen N. Smith M. Ed.

Studies revealed that maternal postpartum depression adversely affects a child's development in many ways (Deave, Heron, Evans, & Emond, 2008; Kersten-Alvarez et al., 2012). Social, emotional, and behavioral problems, as well as delays in cognitive functioning are described in this poster presentation. Furthermore, physiological changes in the fetal brain are revealed in children affected by maternal depression during pregnancy. The importance of advocating for new mothers is paramount. Effective, research-based counseling strategies and techniques are described. In addition, suggested psychoeducational materials are provided in order to prevent the physical, social, and emotional outcomes of children affected by maternal depression.

2017 PCA CONFERENCE SESSIONS

Sunday, November 5th

3 HOUR ETHICS INSTITUTE (10:00 AM – 1:00 PM)

Countertransference and the Boundary of Self: The use of Self in the Therapeutic Alliance

Thomas M. Baier, MHS, LPC, CADAC, CCS

The therapeutic relationship is not an ordinary social exchange. Instead, the key differentials are ultimately aligned around issues of power and control. Projective identification is a two-way street. But, it's a two-way street under the control of one traffic cop: you. Yet who among us has not been trapped by the emotional web that is often a part of the therapeutic relationship? Issues of intimacy, love, hate, over-involvement and withdrawal—all of these elements take a toll on the counselor whose job it is to somehow manage all of these elements while creating an environment that is conducive to meeting the client's needs and goals while in treatment. This session explores the use of clinical self while establishing and maintaining appropriate boundaries thus assuring that the client benefits maximally in the therapeutic exchange while the counselor maintains a healthy psychic distance as a means of assuring objectivity and avoiding burnout.

Exploring Issues, Questions, and Concerns Related to the Pennsylvania Code

Charles Jacob, PhD.

Ethical Decision-Making Models: Case Examples and Applications

This section of the ethics program will focus on review of ethical decision-making models followed by an interactive discussion of case examples pertaining to each section of the ACA code of ethics: The Counseling Relationship, Confidentiality and Privacy, Professional Responsibility, Relationships with Other Professionals, Evaluation and Assessment, Supervision/Training/Teaching, Research/Publication, and Technology. The presenters will offer a brief overview of ethical decision-making models followed by a series of case examples culled from clinicians in practice. This section of the presentation will consist mostly of application of ethical principles in an open forum discussion.

Leadership Opportunities in PCA!!!

PCA and its divisions and chapters are always striving for new ways and to have innovative people to better represent and serve the counselors in Pennsylvania. We invite you to consider a leadership role, to join a committee, or to become involved with divisions or chapters within your state counseling organization!

There are many opportunities available at the Executive Council, division, and chapter levels to serve your fellow professional counselors.

Please see the contact list below or the PCA website if you are interested any of the following:

- Divisions and chapters may be seeking board members or officers. Representatives of each division and chapter can inform you of what leadership roles may be available.
- Just want to become a division member? It's easy. Go to the PCA website now or when you are renewing your membership and sign up: www.pacounseling.org
- The PCA Conference Committee is seeking volunteers to help plan and execute PCA's 50th Annual Conference in 2018. Your conference co-chairs can provide information on these opportunities.
- Interested in other opportunities or want to hear more about PCA? Please contact any member of the PCA Executive Council to hear more about the organization or to find a volunteer opportunity that is right for you.

We look forward to working with you!

Mark Your Calendars for the Spring!



*Chi Sigma Iota
PA Statewide Conference*

Global Vision:

Celebrating Diversity, Community, and Connectedness

Where: West Chester University of
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When: Saturday, April 21, 2018



For more information email
csi.pa.conference@gmail.com

Featuring Keynote Speaker
Dr. Skip Niles

Attention 2017 Conference Presenters!

As one of this year's conference presenters, we would like to invite you to develop your presentation into an article for submission to the *Journal of the Pennsylvania Counseling Association (JPCA)*. The JPCA is a professional, refereed journal dedicated to the study and development of the counseling profession. The Editor invites scholarly articles based on existing literature that address the interest, theory, research, and innovative programs and practices of professional counselors. All submissions are blind peer reviewed and authors should expect a decision regarding a manuscript within three months of acknowledgment of receipt. Attached are the guidelines for developing and submitting a manuscript to the JPCA. Manuscripts may be submitted via email to JPCA Editor, at pcajournal@gmail.com.

Thank you for attending the conference this year!

SAVE THE DATE FOR

The 50th Annual PCA Conference!

November 9-11, 2018

**Sheraton Pittsburgh at Station Square
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Details to follow at www.pacounseling.org

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- Clinical Psychology (PsyD, Certificate)
- School Psychology (PsyD, EdS, MS)
- Mental Health Counseling (MS)
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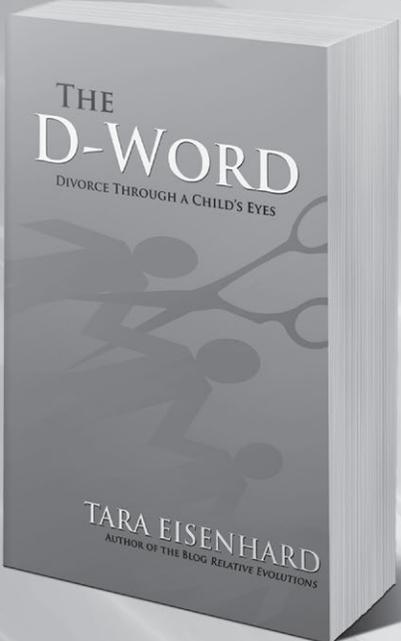
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