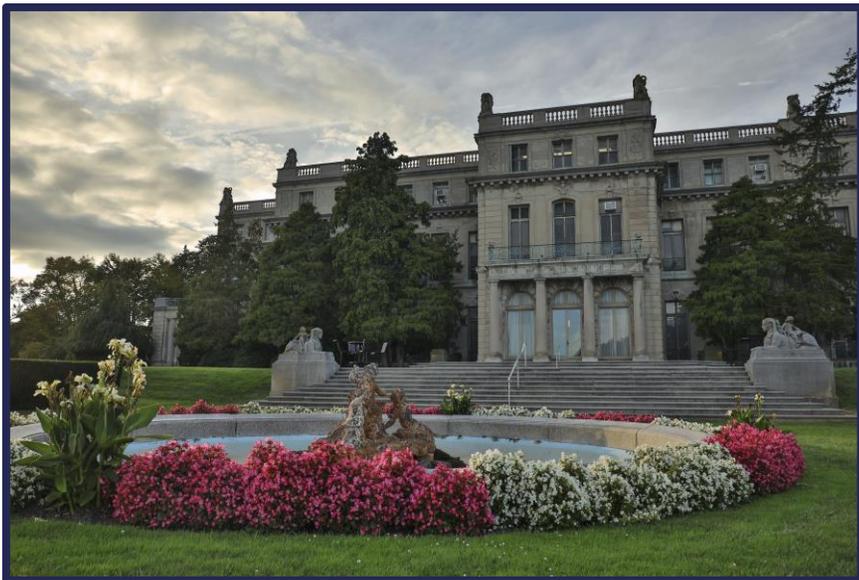


# Current Topics in Counseling Conference

Department of Professional Counseling



November 16, 2019

## COUNSELING ALUMNI CONNECTION

This conference is facilitated by the Department of Professional Counseling's alumni organization, Counseling Alumni Connection (CAC). The purpose of the CAC is to keep post-graduate students connected to their academic community and invested in the field of counseling through the promotion of professional and personal development. Post-graduate students will be encouraged to participate in a number of sponsored workshops and trainings, open roundtable discussions, community outreach events, and networking opportunities held on and off campus.

## TABLE OF CONTENTS

KEYNOTE SPEAKER, DIANA HULSE.....	2
ALAN CAVAIOLA.....	3
MEGAN DELANEY.....	3
GARY HANDLER.....	4
CAROL VEIZER.....	4
KATHLEEN GRANT.....	5
BELINDA ANDERSON.....	5

# KEYNOTE SPEAKER

## DIANA HULSE

Edd, LPC, NCC

Diana Hulse, Professor Emerita of Counselor Education at Fairfield University, received her master's and doctoral degrees from Indiana University. Her teaching and research interests have included training in active listening and responding skills, group skills, and competencies for giving and receiving corrective feedback. Dr. Hulse is lead author of, *#CanWeTalk: A Guide to*



*Building Relationship Competencies*. Dr. Hulse has been a counselor educator at Ball State University, the University of Maine, and the University of New Orleans. She is a Licensed Professional Counselor in Connecticut.

In 2004 Dr. Hulse was honored as one of four inaugural fellows in the American Counseling Association (ACA). In spring 2007 she was named a Research Professor at the University of New Orleans. She is a Fellow in the Association for Specialists in Group Work (ASGW) and recipient of the David K. Brooks, Jr. Distinguished Mentor Award from the ACA Foundation. In 2012 Dr. Hulse received the Alpha Sigma Nu Graduate Teacher of the Year Award at Fairfield University.

**Workshop:** The Necessity of Interpersonal Relationships to Thrive in the Digital Age: A Call to Action for the Counseling Profession

**Time:** 9:00am-10:30am

**Description:** The world needs counselors. The purpose of this talk is a call to action for counselors to take the lead and use their counseling competencies to build and nurture interpersonal relationships in our digital age. Active listening and responding skills hold the key for making civil and satisfying interpersonal relationships a reality at work, school, home, and in social settings. These skills also serve as the gateway to demonstrating a range of emotional intelligence skills necessary for success throughout the lifespan. Counselors possess the skills to help individuals build and improve interpersonal relationships that can prevent loneliness and isolation and enrich lives. At the end of the talk participants will have ideas of how to use, model, and teach active listening and responding skills to students, clients, and members of their local community.

## ALAN CAVAIOLA

PhD, LPC, LCADC

**Workshop:** Effective Techniques for Counseling Individuals with Personality Disorders

**Time:** 10:40am -12:10pm

**Description:** Counseling individuals with Personality Disorders (such as Narcissistic Personality Disorder and Borderline Personality Disorder) poses particular challenges for counselors. The purpose of this presentation is to provide participants with practical techniques and strategies for effectively counseling these types of clients and to present recommendations for handling crises that may be likely to arise with these clients. This presentation will also review some of the latest research pertaining to counseling strategies and techniques.

Dr. Cavaiola is a full Professor in the Department of Professional Counseling at Monmouth University. He has taught at Monmouth University for the past 32 years and is currently the Director of the Addiction Studies program. In addition to publishing several empirical journal articles, Dr. Cavaiola, has also co-authored eight books, including four textbooks on Crisis Intervention. For eight years, he served as an Associate Editor for the journal *Substance Abuse*. He has presented at both national and international conferences.



## MEGAN DELANEY

PhD, LPC

In collaboration with Kristen Huber, MA, LPC, NCC

**Workshop:** Nature is Nurture: Counseling and the Natural World

**Time:** 10:40am -12:10pm

**Description:** Humans have long interacted with the natural world, from foraging and hunting for food to more recently, finding solace and peace in a beautiful vista. Our connection to nature runs deep in our DNA, yet our modern world has humans indoors almost 93% of the day. There is growing evidence that being in nature provides a healing elixir for physical and mental ailments. Ecotherapy, a growing but lesser known construct in mental health, describes the reciprocal relationship humans have with nature and the capacity of that relationship to build strength and provide healing. This presentation provides an overview of the theoretical constructs of Ecotherapy with historical considerations and recent research discussed. Perspectives and reflections will be offered through the presenter's own experience as a former wilderness therapist and current Eco-therapist /counselor educator. Examples of practical ways to incorporate Ecotherapy with children and adults, within school settings, in group work and with veteran populations will be provided. Descriptions of other Ecotherapy modalities will also be included, such as animal-assisted, equine, horticultural, forest bathing, green exercise and adventure based therapy. To bring the content to life, the presenter will add case examples, reflections and experiences with nature as a partner in the therapeutic relationship.

Megan Delaney has a PhD in Counseling and is currently an Assistant Professor in the Department of Professional Counseling at Monmouth University. Her research explores the influence of the natural world on our mental health and the use of Ecotherapy in clinical practice. Trained in outdoor education through the National Outdoor Leadership School, Dr. Delaney spent several years as a wilderness instructor with troubled teens. Today she infuses Ecotherapy in her private practice and in her classroom. Dr. Delaney's book, *Nature is Nurture: Counseling and the Natural World* is anticipated in 2020 from Oxford University Press. Dr. Delaney's website is [www.megandelaneyphd.com](http://www.megandelaneyphd.com).



## GARY HANDLER

PhD, LPC, NCC, ACS

**Workshop:** Changing Minds: Using the Science of Perception in Treatment

**Time:** 1:15pm-2:45pm

**Description:** Many clients' presenting problems are based on their individual perceptions that result in maladaptive emotional, cognitive and behavioral responses. In this session, participants will review some of the latest brain and neuroscience insights into perception and its impact on human behavior. Participants will also explore how these insights support and strengthen counseling theories. Finally, attendees will also explore how this can enhance their toolkit for case conceptualization and thus, treatment.

Dr. Gary Handler obtained his MS in Counseling from Monmouth University in 1998. Previously, Dr. Handler had a long career in the communications industry working for Bell Laboratories, AT&T and for various spinoffs of these companies. That career ended in 1995, and after earning his MS, he began his career in counseling. He obtained his LPC license and worked as a practitioner in free clinics doing individual counseling and supervision of interns. He also worked as an in-home counselor for the YMCA and had a private practice. In 2003 he began teaching in Monmouth University's Department of Psychology and later in the graduate department of Professional Counseling. He taught a wide variety of courses, ranging from Statistics in Behavioral Sciences to Human Development and Case Conceptualization. He developed an interest in Neuroscience and incorporated this knowledge in his counseling courses. He retired from the University in 2018 and keeps in touch as an adjunct and as an alumnus.



## CAROL VEIZER

MA, LPC, ACS, NCC

**Workshop:** Becoming a Clinical Ethnographer: Transforming Stories of Suffering into Meaning and Purpose

**Time:** 1:15pm-2:45pm

**Description:** In this program, we will discuss the importance of obtaining a narrative view of discovering the meaning of our clients' suffering by learning about and applying the skills of an ethnographer in our psychological practice. We will explore the art of re-storying as a method of assisting our clients to transform stories of illness and suffering into stories of meaning and purpose

Carol Veizer is the founder and director of the NJ Center for the Healing Arts ("NJCHA"), an integrative mental health center and teaching institute in Red Bank, NJ. Established in 1989, "NJCHA" is considered to be one of the first integrative mental health centers in the country to successfully co-locate within an outpatient organizational site, a range of professional disciplines, branches of learning, and fields of expertise, including an interdisciplinary team of mental health professionals, practitioners of alternative and complementary healing arts, and educators. In 2010, Carol also co-founded the International Network of Integrative Mental Health, a global organization that advances whole-person approaches to mental health care through education, research, networking and advocacy. As an integrative psychotherapist, educator, consultant, and designer of healing spaces, Carol's mission is to integrate the most effective conventional and complementary approaches to healing, blending art, science, spirituality, environmental consciousness, the humanities, and social practice.



## KATHLEEN GRANT

PhD, LAC, NCC

**Workshop:** The Impact of the Extreme Achievement Orientation on Adolescent Mental Health

**Time:** 2:55pm-4:25pm

**Description:** Extreme achievement pressure has been ranked as the fourth highest risk factor for adolescent well-being. Research suggests that when external indicators of success such as GPA, standardized test scores, and extracurricular achievement are highly valued, some youth may experience developmentally inappropriate levels of stress, which can contribute to anxiety, depression, and substance use. This presentation will overview the challenges adolescents face in this cultural context, and provide strategies to work with adolescents, families, and schools to foster health and well-being.

Dr. Kathleen L. Grant is an Assistant Professor in Educational Counseling and Leadership at Monmouth University. Dr. Grant studies issues associated with extreme achievement pressure on adolescents, promoting access and equity to high-quality education, and improving school climate and safety. She has presented her research at national, regional, and local counseling conferences. Dr. Grant is a Nationally Certified Counselor (NCC), a certified New Jersey School Counselor, and a certified Director of School Counseling Services in New Jersey. She is a member of the American Counseling Association (ACA), the American School Counseling Association (ASCA), the Association for Counselor Education and Supervision (ACES), and the National Association for College Admissions Counseling (NACAC).



## BELINDA ANDERSON

PhD, LAc

**Workshop:** Why Integrative Medicine and the Philosophy of Traditional Healing Can Save the US Healthcare System

**Time:** 2:55pm-4:25pm

**Description:** Healthcare costs in the US are running at almost 20% of the GDP. Per capita healthcare spending is approximately double that of other nations, yet the US ranks well below those nations in terms of quality. The US consumes 80% of the world's opioid medications. Opioid overdose causes the death of about 130 Americans every day. With the health of the US population declining, there is an urgent need to change the system. A focus on health promotion, wellness and prevention are at the foundation of integrative medicine, whose philosophical basis comes from traditional healing systems. Grounded in a biopsychosocial model, mental health and therapies focusing on psycho-emotional healing are critical components. This presentation will discuss what integrative medicine is, its parallels to traditional healing systems and use of the biopsychosocial model, and why it is seen as capable of solving America's healthcare crisis.

Dr. Anderson is the Founding Director of the Institute for Health and Wellness at Monmouth University, an Associate Clinical Professor at Albert Einstein College of Medicine (Bronx, NY), and a Research Professor at Pacific College of Oriental Medicine (NY). She earned her PhD in Molecular Biology from the University of Sydney (Australia), her Master's in Higher Education from Teachers College Columbia University, and her Master's in Acupuncture and Chinese Herbal Medicine from the Massachusetts College of Pharmacy and Health Sciences (New England School of Acupuncture). Dr. Anderson has over 25 years of administrative, clinical, research and teaching experience. Her recent federally-funded research is in the field of integrative medicine for the underserved, and developing curriculum and instruction in evidence-based medicine. Dr. Anderson serves as an associate editor for *Explore: The Journal of Science and Healing*, is a member of the NIH National Advisory Council for Complementary and Integrative Health, and co-chair of the Research Working Group of the Academic Collaborative for Integrative Health. From 2009-2018 she maintained a Chinese medicine private practice at New York University Fertility Center and is an internationally recognized expert in the use of acupuncture to improve assisted reproductive outcomes.

