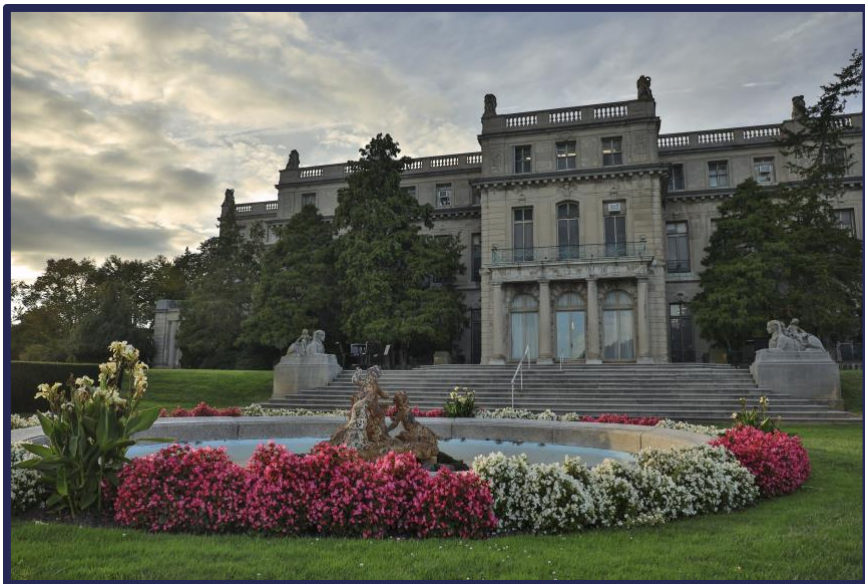


Current Topics in Counseling Conference

Department of Professional Counseling



November 16, 2018

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.

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KEYNOTE SPEAKER

S. KENT BUTLER, PH.D., LPC, NCC, NCSC

S. Kent Butler, Jr. holds a Ph.D. in Educational Psychology, with a concentration in Counseling Psychology, from the University of Connecticut. Dr. Butler is a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC), and Nationally Certified School Counselor (NCSC). He currently serves as the faculty advisor to CHI SIGMA IOTA International Honor Society. Dr. Butler also serves as the Principal Investigator, for The High-Risk Delinquent and Dependent Child Educational Research Project: Situational Environmental Circumstances Mentoring Program (SEC), which is a partnership between the University of Central Florida and several Florida universities. On the national level, Dr. Butler has served the Association for Multicultural Counseling and Development (AMCD) as the 2011 - 2012 President and American Counseling Association (ACA) Governing Council Representative (2015 – 2018). He is honored to be a member of AMCD's Multicultural Counseling Competencies Revisions Committee (2014 – 2015) which produced the newly endorsed Multicultural Social Justice Counseling Competencies (MSJCC). Dr. Butler was bestowed with an ACA Fellow Award in April of 2016. His research and academic interests lie in the areas of Multicultural Counseling, Social Justice, Mentoring, Counseling work as it relates specifically to African American males, Group Counseling, School Counseling, and Multicultural Supervision.



Workshop: Privileged Equity: Removing Culturally Biased Barriers

Time: 9:00am-10:00am

Description: While people who hold certain privileges should not be “blamed” for every advantage enjoyed, they should at the very least be held accountable for their behaviors while relishing in them. Showing responsibility in how they use said power & privilege; seeking to eliminate inequality and taking care to promote equity. Equity is important in every dimension of life; intimately connected to sex, gender, and diversity, profoundly affecting health and well-being. The presenter will use his personal life story to speak to the effects of privilege on his own mental wellness and resolve and share best practices for removing culturally biased barriers. The interactive session will also showcase how to successfully balance counseling with social justice advocacy. This keynote will also provide counselors with insights that help them to ascertain whether intervening on an individual or community wide scale is appropriate.

JAMIE HANLEY

LPC, ERYT-500

Workshop: Trauma Sensitive Yoga: Helping Clients Find Compassion and Emotion Regulation through Embodied Awareness

Time: 10:15am-11:45am

Description: Yoga and mindfulness practices have become an increasingly popular recommendation for counseling clients, and for good reason. In this session, participants will learn why yoga is effective in helping clients down-regulate, increase self-compassion, and reinforce non-judgement. Additionally, participants will learn what makes a yoga class trauma sensitive, and why they should be seeking trauma sensitive classes for their clients. Lastly, attendees will engage in embodied experiential practices that can be incorporated therapeutically to increase present moment awareness.

Jamie has been teaching yoga in mental health settings since 2008, and has worked with a variety of locations including substance abuse treatment centers, therapeutic schools, eating disorder treatment facilities, and general mental health partial care and intensive outpatient settings. Concurrently, over the last ten years, she has owned and operated Elevate Yoga, while getting her MS and hours towards LPC licensure. In 2013, Jamie conducted a study on the effects of yoga on anxiety and depression and found statistically significant results. Since 2012, Jamie has helped train yoga teachers, with a specific interest in restorative yoga, trauma sensitivity, and therapeutic applications in mental health populations. Additionally, she has offered Therapeutic & Trauma Sensitive Yoga Teacher Training internationally. In March of 2018, Jamie opened her private practice within Elevate Yoga & Wellness.



DAVID JULIUS FORD, JR.

PH.D., LPC, NCC, ACS

Workshop: LGBTQQIA: Reading Between the Letters

Time: 10:15am-11:45am

Description: This presentation explores each letter under the Queer rainbow, explains what identities exist, discusses microaggressions, and the ethical standards that address treatment of members of the LGBTQ+ community. The presenter will provide terms, language, and resources that will assist Counselors and Counselors-in-training in working with clients who are members of the community. The presenter will also discuss intersecting identities.

David Julius Ford, Jr., Ph.D., LPC, NCC, ACS, has four years teaching in a Counseling program and is in his first year at Monmouth University. He has his LPC in NC and VA and has his NCC and his ACS credentials. His areas of expertise include Addictions Counseling, Career Counseling, Group Counseling, and Supervision. His research interests include Black male students at PWIs, the LGBTQ+ community, persons living with HIV/AIDS, and the intersection of sexuality, race/ethnicity, and religion/spirituality. Dr. Ford earned his BA in Psychology and his MA in Clinical Mental Health Counseling from Wake Forest University and his Ph.D. in Counselor Education and Supervision from Old Dominion University.



IAN KOCH MS, LCADC, CAS

Workshop: It's Time for a Change: Changing the Face of Addiction Treatment and Recovery Services

Time: 1:00pm-2:30pm

Description: This presentation will critically analyze the standard 28-day approach to addiction treatment and challenge belief systems regarding the current model. It compares addiction treatment to other forms of illness and rehabilitation. Ian will examine common terms used in recovery and identify the barriers that confusing language creates in the recovery process. The lecture will discuss the 8 Dimensions of Wellness and how these should be incorporated in long-term treatment modalities.

Ian Koch has over 15 years of experience working within the field of addiction and presents as a continuation of fulfilling his lifelong mission. Graduating from Champlain College with a BA in Social Work and Southern New Hampshire University with an MS in Community Mental Health, Ian has an extensive foundation in human relations, interpersonal skills, and valuable practical experience. He possesses a full working knowledge of all aspects of addiction treatment, recovery, and the 12-step process as originally outlined in 1939. Following his graduation from Southern New Hampshire University, Ian continued to expand his awareness of the human condition as he graduated from St. Michael's College with a Certificate of Advanced Study focusing on Unitive Psychology, combining facets of spirituality and different religions to heal the human soul. In addition to being certified as an Alcohol and Drug Counselor in Vermont and New Hampshire, he holds international certifications as an Alcohol and Drug Counselor and an Addiction Specialist. Recently, Ian obtained his LCADC in New Jersey and began a non-profit 501(c)3, Surfside Recovery Services Inc., DBA Surfside Structured Sober Living. Through his non-profit, he offers addiction recovery services such as counseling, intervention, sober coaching, recovery housing, and family support.



JESSICA BURKHOLDER PH.D., LPC, ACS, NCC

Workshop: Incorporating Ethical Decision-Making Models into Clinical Practice

Time: 1:00pm-2:30pm

Description: The most recent *ACA Code of Ethics* states that counselors need to use ethical decision-making models (EDM) when facing ethical dilemmas. This study examined how practicing counselors address ethical dilemmas and whether the use of an EDM resulted in better outcomes. This session will aid counselors using ethical decision-making models to make ethical decisions that are informed, complex, reflective, and legally defensible.

Dr. Jessica Burkholder is a licensed professional counselor in New Jersey and an Assistant Professor in the Department of Professional Counseling at Monmouth University. Her research interests include the ethical development and multicultural training of counselors. Clinically, Dr. Burkholder has specialized in the treatment of adolescent sexual behavior problems, trauma, and mood and anxiety disorders in children and adolescents. She is trained in EMDR and practices part-time in Red Bank, New Jersey.



JESSICA BULLOCK

LPC, LCADC, CCS

Workshop: Starting a Private Practice

Time: 2:45pm-4:15pm

Description: This program takes a closer look at the initial steps of starting a private practice. Discussion regarding the decision-making process, resources needed to initiate, and most common roadblocks will be reviewed. Q & A is recommended at the end of the session.



Jessica has served in many roles in the field of counseling and education and plans to continue to expand what she has built. She has learned the entrepreneurial aspects of counseling. Although challenging, she enjoys the business aspect of the counseling profession. She carries two licenses in the fields of Mental Health and Addictions Therapy and holds a certification as a clinical supervisor. Jessica received her Master's Degree in Marriage & Family Therapy in 2005. In 2012, she received her secondary Master's Degree in Professional Counseling. In 2010, she pursued a private practice and opened Life Options Counseling Services LLC. At that time, she saw approximately 5-10 clients per week who met criteria for substance use disorders primarily. Realizing that this population suffered with Mental Health Disorders as well, she hired a part time contractor to serve those needs until she was able to receive full licensure as a Mental Health Counselor in the state of New Jersey. From that time, Life Options grew to become an agency located in two counties, 5 counselors, 2 administrative assistants and 1 operations manager. Jessica serves in the positions as Adjunct Professor at Union County College and a consultant position as Executive Director at The Passion Care Center of Perth Amboy. Jessica released a faith-based book entitled, "Invisible Tears: Private Moments After Child Loss" in 2010. Together with her husband Kevin, they released another faith-based E-Book entitled "13 Positions of Love: I Still Do" in 2017. Additionally, she enjoys her speaking engagements and conducts workshops and seminars. Moreover, she serves as a consultant for entrepreneurs in private practice. Her most important positions are her roles as wife and mother to her four children, Alexis, Alana, Kevin II and Ava.

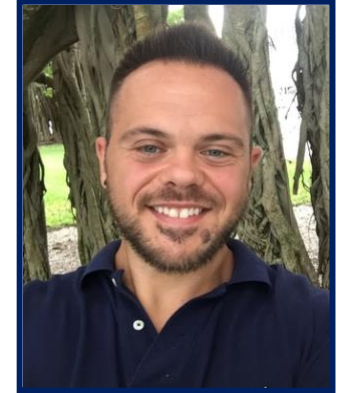
FRANK FLORENCE

MA, ATR-BC, ATCS, LPC, LCADC, CCTP

Workshop: Vulnerability and Shame Reduction:
Art Therapy Experiential

Time: 2:45pm-4:15pm

Description: This program will highlight the creation of an environmental mandala which serves to support individuals in creative self-expression, team work and non-verbal communication. This directive will explore how to support clients in reducing feelings of shame through vulnerability and mindfulness.



Frank Florence is a Board Certified and Registered Art Therapist, Licensed Professional Counselor, Licensed Clinical Alcohol and Drug Counselor, Certified Clinical Trauma Professional, and Art Therapy Certified Supervisor. Frank graduated from Marywood University in 2013 where he obtained his Master's Degree in Art Therapy. Frank has been working in the substance abuse treatment field since his graduation. He has experience developing and implementing art therapy programs at several agencies. Frank currently works at Enlightened Solutions where he is the Program Director.