

Current Topics in Counseling Conference

Department of Professional Counseling



MONMOUTH UNIVERSITY

December 1, 2017

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	2
ALAN CAVAIOLA	3
KIM LEATHERDALE	3
JOANNE JODRY	4
CYNTHIA O'CONNELL	4
CAROLYN BRADLEY	5
JENNIFER DUNKLE	5
KIM PILLSBURY	5
STEPHANIE HALL	6
ALISHA DE LORENZO	6

KEYNOTE SPEAKER

CATHERINE ROLAND, ED.D., LPC, NCC

Dr. Catherine Roland, Past-President of the American Counseling Association (2016-2017), is a Licensed Professional Counselor in Louisiana and New Jersey and a National Certified Counselor (NCC). Dr. Roland holds a doctoral degree in Counselor Education and M.Ed. in School Counseling from the University of Cincinnati. Her clinical specialties include counseling with adults in trauma, older adults, couples and families, and counseling diverse and the LGBTQ communities.



Dr. Roland served as Professor and Chair of the Counselor Education Department's MA and PhD programs at The Chicago School of Professional Psychology, on the Washington DC campus from 2014-2017. Prior to that, she has held Department Chair, faculty positions, or student affairs positions at several universities throughout the country, including Montclair State University where she authored and directed the PhD in Counseling program.

Dr. Roland has been nationally active for over 25 years with the American Counseling Association, in leadership positions within the Association for Adult Development and Aging (AADA); ACA Governing Council Representative for three terms, two for AADA and one term for ASERVIC (then ARVIC). Dr. Roland was editor of ADULTSPAN Journal, the national peer-reviewed journal of the Association for Adult Development and Aging, for 12 years, and has served on multiple national scholarly journal review boards.

Dr. Roland has been the recipient of many awards and has served on many doctoral dissertation committees, through which she has had the opportunity to teach and to mentor many professionals who are now in counseling profession leadership roles. Dr. Roland's current scholarship interests include ethical advocacy in counseling and supervision, counselor identity and mentoring, and counseling/supervising marginalized populations.

Workshop: **Advocating for Mental Health: Current Challenges and Ethical Responsibilities**

Time: 9:00am-10:00am

Description: This session will outline the current issues facing counseling professionals as they practice, teach and study the profession. Advocacy is a vital part of the lives and work of mental health counselors, these days more than ever. 'Advocate' is a doing word, and as such, we will discuss how to be an advocate while respecting and holding our ACA Ethical Code in the highest esteem. Counselors face more challenging issues and presenting problems from families or individuals than we have in the past, and the ways in which to protect our counselor identity and support our Code are varied and sometimes intricate. The ultimate charge is to support, assist, listen and empathize with families and individuals, in an ethical and professional manner. So where is the roadmap on how to advocate, sometimes politically, that allows us to remain in compliance of the Ethics Code, and for humanity and the greater good for community? Let's discuss.

In this keynote, avenues will be discussed around how a counselor can and should express herself or himself vis a vis any discriminatory practice or law that may emerge. If we as counseling professionals are to adhere to the Code, then the tenant of openness and non-judgmental interaction must be embraced.

Within a context of positivity, hope and courage, we will proceed to the point of embracing what we must and can do as ethical counseling professionals, whether clinicians, school counselors, college counselors, counselor educators or counseling students, while imagining those actions that we may consider doing, would like to do, and perhaps cannot. We will find that path for each if us.

ALAN CAVAIOLA

PH.D., LPC, LCADC

Workshop: Motivating the Unmotivated: Counseling Court-Mandated, Coerced & Other Treatment-Ambivalent Clients

Time: 10:15am-11:15am

Description: Although there are many counseling techniques designed to assist clients who voluntarily seek treatment for Substance Use Disorders, there are few techniques that are designed to assist clients who may be mandated to treatment or who are unmotivated for treatment. Those would include clients who are seeking counseling under duress (e.g. those coerced into treatment by loved ones or significant others). This presentation will explore the various approaches that may be utilized to “motivate the unmotivated” to accept change, ranging from the most coercive approaches such as civil commitment and other court-ordered treatment to Johnsonian interventions to the least coercive approaches such as CRAFT and Motivational Interviewing. These approaches will be described and there will be a discussion of the advantages and disadvantages of these various approaches.

Dr. Cavaiola is a full Professor in the Department of Professional Counseling at Monmouth University where he is currently serving as the Director of the Addiction Studies program. Prior to coming to Monmouth, he taught in the Psychology Department at Rowan University. Dr. Cavaiola is the former Clinical Director of the addiction treatment programs at Monmouth Medical Center which included a 49-bed adolescent substance use disorder residential program. He has co-authored six books and many journal articles. His research interests include assessment and treatment of DUI offenders, adolescent trauma, opioid use disorder treatment and work stress. Dr. Cavaiola is currently an Associate Editor of the journal *Substance Abuse* and serves on the Board of the International Coalition of Substance Abuse Educators (INCASE) and the National Association of Substance Abuse Educators (NASAC). Dr. Cavaiola is a Licensed Professional Counselor (LPC), a Licensed Clinical Alcohol and Drug Counselor (LCADC) and a licensed psychologist in New Jersey.

KIM LEATHERDALE

LPC, ATR-BC, NCC, DCC, BCC

Workshop: Understanding and Helping Couples in the Social Media Age

Time: 10:15am-11:15am

Description: What it means to be a couple and/or married has changed throughout the years. What was important or problematic years ago changed, and few things have changed it as much as the advent of current technology and social media. As a modern day counselor, this workshop will show you how to understand these changes and take into account the impact of social media and technology on current couples and relationships.

Kim Leatherdale is a well-known therapist, presenter, and author of *You Own It, Now Grow It!* And *Accused of Cheating and You're Not* who has spoken for *Fortune 500 companies, colleges, and state and national groups*. She is a nationally certified and registered therapist whose talks receive heartfelt positive feedback. Known as “The Happy Couple Expert”, she is a no-nonsense relationship expert who shares immediately useful skills and ideas in a clear and fun way. Kim offers cutting edge online and phone counseling services as well as traditional in office sessions. Clients as widely spaced as Singapore and the East coast of the USA benefit from her services. Having presented to thousands of individuals, she is passionate about teaching couples and individuals how to revolutionize their lives through easy and enduring skills.

JOANNE JODRY

ED.D., DMH, LPC, LCADC, NCC, ACS

Workshop: Buddhist Philosophy as Counseling Technique: Postmodern Zen

Time: 11:30am-12:30pm

Description: This interactive session will allow the participant to explore humanistic principles of Buddhist philosophy and learn how to apply them clinically. Concepts such as the Four Noble Truths, the 8 Fold Path, 6 Whole Roots of Mind, the 8 Vicissitudes, the 5 Precepts, and the 3 Kinds of Suffering, among others, will be explored. Buddhist philosophy has much to offer to anyone suffering. This session will allow the counselor to take the many philosophies of Buddhism and be able to apply them clinically to help the client. This session will go beyond the already understood basic techniques of mindfulness and meditation to help the counselor understand how human suffering can be alleviated. Ideas of case conceptualization will be discussed and how to make this philosophy work as an addendum to any other counseling theory that the clinician currently practices. Additionally, we will build on the works of: Kornfield, Hanson & Mendius, Epstein, Yalom, Tsering & McDougall, DeSilva, and, of course, HH Dalai Lama.

Dr. Jodry is an Assistant Professor in the Department of Professional Counseling with Monmouth University. Her post-doctoral concentration has been focused in multicultural and multi-religious awareness in a patriarchal society. She has presented on several applications of feminist theory at national and international conferences in addition to having her writing published in ACA's *Vistas*. Dr. Jodry holds an Ed.D. in Counselor Education and Supervision as well as a degree in Medical Humanities. Dr. Jodry has served in many leadership positions for the ACA and NJCA. Areas of publications and research include how spirituality, world religions and feminism interplay with all aspects of counseling, the counselor and the therapeutic process. Dr. Jodry has been a practicing counselor in agencies, schools, community, and crisis intervention and privately for 15 years. She currently volunteers with state and local crisis intervention teams.

CYNTHIA O'CONNELL

M.ED., SCHOOL COUNSELOR, DSC, SAC, RYT

Workshop: Counselor Self Care using Mindfulness Meditation and Movement

Time: 11:30am-12:30pm

Description: Objectives for this presentation include an overview of Mindful Meditation, with movement. Participants will engage in aspects of the program during the presentation. These aspects will help participants understand how Mindful Meditation can help develop self-awareness and enhance one's understanding of the incorporation of social, physical, mental, and emotional health for both themselves and their clients. Additionally, participants will walk away from this presentation with tools to implement immediately into their own practice.

Cynthia O'Connell is a Specialist Professor in the Educational Counseling graduate program at Monmouth University. She has worked as a teacher, coach, school counselor and Director of Counseling Services K-12 in New Jersey for over 30 years. She is a certified Yoga Calm® Trainer and an RYT200 Yoga Instructor. She works with children through adults in yoga/mindfulness techniques, meditation and Yoga Calm®. She has trained educators in several school districts and in Iceland, working directly with their students. She created and facilitated an eight-week program at Brookdale Community College with their GED students, 16-24 years old and continues to work with their students. She received her training in teaching Mindfulness Based Stress Reduction at the Jefferson-Myrna Brind Integrative Medicine Center in Philadelphia.

CAROLYN BRADLEY
PH.D., LCSW, LMFT, LCADC

JENNIFER DUNKLE
PH.D., MSW

Workshop: Is Aging the Same for Everyone? Issues and Advocacy for LGBT Older Adults

Time: 1:30pm-2:30pm

Description: This workshop examines how sexual orientation impacts the aging experience. Drawing on data gathered by the presenters from interviews and surveys conducted with members of the LGBT community, information will be shared regarding the needs and experiences of this unique cohort. Areas requiring advocacy for improved services will be identified.

Carolyn Bradley is the MSW Program Director and an Associate Professor of Social Work in the School of Social Work at Monmouth University. Dr. Bradley teaches primarily in the Clinical Concentration. Her research interests are in aging within the LGBT community, spirituality, women, and addiction recovery. In addition to teaching and research, she maintains a small private practice.

Jenny Dunkle, Ph.D. is an Associate Professor of Social Work at Stockton University in New Jersey and an adjunct professor and researcher in the School of Social Work at Monmouth University. Dr. Dunkle has been studying and working in the area of LGBT aging since 2012. She has a MSW from the Monmouth University School of Social Work and a BA in Sociology from Marshall University in Huntington West Virginia.

KIM PILLSBURY
LPC, LCADC, NCC, ACS

Workshop: Motivational Interviewing: An Evidence Based Approach for Addressing Ambivalence

Time: 1:30pm-2:30pm

Description: Motivational Interviewing, MI, has become a leading approach for addressing and resolving ambivalence for change. This workshop will provide an overview of this evidence based approach, review its principles and introduce the spirit of MI. In addition, participants will learn how to incorporate MI into their clinical practice and strengthen their clients' motivation to make changes in their lives.

Kimberly Pillsbury is a Licensed Professional Counselor (LPC) and Licensed Clinical Alcohol and Drug Counselor (LCADC). She specializes in anxiety, depression, addiction, life changing stresses, relationships, and women's issues for adults. She is also a National Certified Counselor and a credentialed Advanced Clinical Supervisor. Kimberly has successfully completed 30-hours training for Gambling Addiction Counseling.

Kimberly earned her Master's in Business Administration in 1993 and a Masters of Arts in Community Counseling from Georgian Court University in 2009. She completed her graduate practicum training at Ocean Township Department of Human Services. There she provided individual, group, couple, and school based counseling to adults and adolescents in the areas of anxiety, depression, relationship issues, and parental support. Her supervised training for licensure was completed at New Hope Integrated Health Care, where she received extensive training and experience in substance use and co-occurring disorders, including depression, anxiety, trauma, and pathological gambling for adults.

Kimberly maintains a private practice in Red Bank, NJ and provides Clinical Supervision at New Hope Integrated Care to clinicians seeking LPC and LCADC licensure. She is an active member of The American Counseling Association and NJ Counseling Association.

STEPHANIE HALL

PH.D., LPC, NCC, ACS

Workshop: Counseling for Grief and Loss

Time: 2:45pm-3:45pm

Description: Participants will learn the differences between average and complicated grief (emotions, cognitions, behaviors, and physical sensations). They will also learn the four tasks of mourning as outlined by Worden's model and will be able to identify factors that mediate the grieving experience. Participants will learn the types of complicated grief and ways to begin processing tasks of mourning that facilitate the resolution of complicated grief.

Dr. Hall is a Licensed Professional Counselor, National Certified Counselor, and Approved Clinical Supervisor. Dr. Hall's research and teaching interests include multicultural counseling, women's issues in counseling, ethics in counseling, professional identity of counselors, grief counseling, and group work. She is the chair of the Department of Professional Counseling at Monmouth University and works part time in a private practice in Eatontown, New Jersey.

ALISHA DE LORENZO

LAC, NCC

Workshop: Yoga + Mindfulness + Social Emotional Learning to Transform Individuals, Students, Schools, and Communities

Time: 2:45pm-3:45pm

Description: This workshop will draw upon and contribute to a growing body of research demonstrating the benefits of mind-body wellness practices and social-emotional development for individuals and students. Participants will learn the ways mindfulness and social emotional learning (SEL) can help create more peaceful and equitable schools and communities. We will also explore how these tools can help teach individuals with diverse backgrounds, learning styles, and abilities how to increase their social and emotional competencies. Through an inspiring lecture, question-and-answer session, experiential exercises, and instruction in practical application, we will explore the science of supporting mindfulness and SEL, supporting healthy and thriving communities, and ways of integrating mindfulness and SEL into therapy, schools, families, and communities.

Alisha De Lorenzo received her MS in Mental Health Counseling from Monmouth University. She received her Bachelor's degree in Movement Sciences and Education and has worked in public education as a teacher and student assistance coordinator. Alisha has been trained in an integrative mental health model using conventional and contemplative approaches to access physical, emotional and spiritual freedom. She works at The NJ Center for the Healing Arts, Red Bank, where she sees teens, adults, parents and couples for individual counseling. Additionally, Alisha is the Founder and Owner of Living YES, LLC, a community of seekers committed to consciously choosing yes to life, as well as is the Director and Creator of Y.E.S. (Youth Empowerment Summer) Institute, a week long leadership, adventure, yoga, and mindfulness program for youth. She has been trained in the Baptiste methodology and is certified in kid's yoga through the Baptiste Institute. Alisha has been teaching yoga and facilitating personal transformation workshops since 2009, and has a growing private clientele and home studio community.