

# Virtual Current Topics in Counseling Conference

Department of Professional Counseling

## COUNSELING ALUMNI CONNECTION

The purpose of the Counseling Alumni Connection (CAC) is to keep graduates of the Department of Professional Counseling connected to the Monmouth University community by providing quality programming for the promotion of professional and personal development. Alumni are encouraged to participate in educational programs and ongoing initiatives sponsored by the CAC. All CAC programming and its participants will adhere to the Code of Ethics of the American Counseling Association.



October 16, 2020  
Pre-Conference Ethics Institute  
9:00 am - 3:00 pm

October 17, 2020  
Full-Day Conference  
8:30 am – 4:30 pm

MONMOUTH  
UNIVERSITY  

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PROFESSIONAL  
COUNSELING



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# KEYNOTE SPEAKER

## MONA ROBINSON

PhD, LPCC-S, LSW, CRC

**Workshop:** Cultural View of Disability: Communicating with People with Disabilities

**Time:**

9:00am-10:30am

**Description:**

The purpose of this presentation is to provide an overview of multiculturalism it pertains to communicating with people with disabilities. The presenter will explore disabilities from a multicultural perspective to increase participants' cultural competence when working with people with disabilities. Participants will be able to articulate an overview of multiculturalism as it relates to work with people with disabilities, identify appropriate language to use when communicating with the population, and exhibit increased competency when communicating with people with disabilities.

*\*1.5 multicultural CE hours*



Dr. Robinson is a Professor and Immediate Past Chair of the Department of Counseling and Higher Education at Ohio University. She holds a Bachelor of Science in Psychology, Master of Arts in Rehabilitation Counseling, and a Doctorate in Rehabilitation Services (Rehabilitation Counselor Education) from The Ohio State University. She is a Certified Rehabilitation Counselor, Licensed Professional Clinical Counselor Supervisor, and Licensed Social Worker. Her research interests include psychiatric rehabilitation, disability advocacy, multicultural counseling, ethics, and dual diagnosis.

Dr. Robinson is currently First Vice President for the National Council on Rehabilitation Education (NCRE). She has served as Past President of the National Association of Multicultural Rehabilitation Concerns (NAMRC), the Ohio Rehabilitation Association (ORA), and the Ohio Rehabilitation Counseling Association (ORCA).

# SARAH SPRINGER

LPC, ACS, CDWF-Candidate

# KATHLEEN GRANT

PhD, LAC, NCC

# LAUREN COZZOLINO

LAC, NCC

# SHELBY TORTORELLO

Graduate Counselor in Training



Sarah I. Springer is an Assistant Professor in the Professional Counseling Department at Monmouth University. She is a Licensed Professional Counselor (LPC- NJ) and Approved Clinical Supervisor (ACS). Dr. Springer's area of expertise is counseling children, adolescents, and parents. She has published most often in the areas of Group Work, Supervision, and Counselor Training.

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, 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).

Lauren Cozzolino is a Licensed Associate Counselor (LAC-NJ) and a graduate of the MS in Clinical Mental Health Counseling program at Monmouth University. She has worked with children and adults with diverse emotional, behavioral, and intellectual needs. Her passions in counseling include mindfulness-based interventions, social justice advocacy, multicultural sensitivity, and destigmatizing (reducing shame) around mental health services.

Shelby Tortorello is a graduate-level counselor in training at Monmouth University. She currently works as a graduate research assistant under the supervision of Dr. Sarah I. Springer. Her experience in the field includes co-facilitating group work in an inpatient setting and participating in advocacy work and paraprofessional counseling for young mothers in an inner-city environment.

## **Workshop: Examining Shame Resilience: Applying Brené Brown's Theory to Personal and Professional Counselor Development**

### **Time:**

10:40am-12:10pm

### **Description:**

This presentation will discuss the connection between shame and mental health concerns and address its implications for personal development and client growth. Specifically, participants will learn about the ways in which shame can lead to disconnection and experience activities and short videos that help to facilitate personal and professional awareness. Throughout the program, participants will learn about the components of shame resilience and acquire strategies and resources that can support client conceptualization and healthy personal and professional relationships.

# DARA GASIOR

PsyD, LPC (Licensed Clinical Psychologist)

**Workshop:** Family Therapy: Working with Challenging Family Dynamics in Effective Manner

**Time:**

10:40am-12:10pm

**Description:**

This session will focus on a brief review of various family theories including a discussion of Bowenian, Structural, Strategic, and Brief Solution Focused treatment models. Techniques, benefits, and criticisms of each model will be explored using various case examples to assist attendees in recognizing the practical implementation of these techniques into their treatment of difficult families.



Dr. Dara Gasior is a licensed clinical psychologist with over 20 years' experience working with various clinical populations. She received her doctorate at Ferkauf Graduate School and has been working with clients in diverse settings throughout her career. In her various clinical roles at High Focus Centers, she has worked with clients of all ages struggling with mental illness, substance abuse and co-occurring disorders.

Due to her passion for the field and for mentoring newer clinicians, Dara has embraced her new role as the Director of Assessment and Training. In this role she is able to provide numerous clinical trainings designed to explore evidence-based practices, discuss clinical challenges and empower clinicians to feel better prepared and more confident in their individual work

# JESSICA BURKHOLDER

PhD, LPC, NCC, ACS

**Workshop:** Body Focused Interventions in Trauma Treatment

**Time:**

1:15pm-2:45pm

**Description:**

This presentation will introduce attendees to new trauma theories and approaches that attend to how trauma manifests itself in the body. Participants will be introduced to interventions that help clients experience a bodily sense of safety, self-regulation, and awareness. Leading practitioners in this area will be identified so attendees can continue to grow in their trauma treatment competence following this will be identified so attendees can continue to grow in their trauma treatment competence following this presentation



Jessica Burkholder, PhD, LPC, NCC, ACS, is an Assistant Professor of Professional Counseling at Monmouth University in West Long Branch, New Jersey. She received her PhD in Counseling Education and Supervision from Kent State University.

Dr. Burkholder's research interests focus on the ethical development and multicultural training of counselors. Clinically, she specializes in trauma, mood, and anxiety disorders in children and adolescents. She is a licensed professional counselor in the state of New Jersey

# ERIN MURPHY

MS, LPC, LCADC



## **Workshop:** Medication Assisted Treatment

### **Time:**

1:15pm-2:45pm

### **Description:**

The purpose of this presentation is to provide an overview of medication assisted treatment. Basic information about the neuroscience of addiction will be presented. Participants will be engaged in a discussion of three types of medications used in treatment of Opioid use disorder. The misconceptions of medication assisted treatment will also be reviewed. Participants will be able to gain a basic understanding of the neuroscience of addiction, be able to identify 3 medications utilized in MAT and understand the advantages of MAT through this presentation.

*\*1.5 opioid CE hours*

Erin Murphy is a Board Certified Licensed Professional Counselor (LPC) and a Licensed Clinical Alcohol and Drug and Counselor (LCADC) practicing in the state of New Jersey. Ms. Murphy has over 14 years' experience helping individuals who struggle with the effects of a substance use disorder, helping to rebuild their lives. Erin's clinical experience includes extensive work with adults, adolescents, and families. Her expertise is in the areas of addiction, trauma, anxiety, anger management, conflict resolution, grief, and loss. Erin is passionate about fighting the stigma against substance use disorders and medication assisted treatment. Ms. Murphy is a believer in empowering clients to advocate for themselves as they navigate their journey to recovery.

Ms. Murphy is currently the Clinical Director at Central Jersey Comprehensive Treatment Center, where she oversees all clinical operations and provides supervision and guidance to CADC, CADC interns and LAC who are working toward licensing. She also directs a multidisciplinary team of nurses, medical doctors, counselors and other collaborative partners. Ms. Murphy has been an educator for the Opiate Overdose Prevention Project since the pilot program began in 2014.

Ms. Murphy's past positions have been with Jersey Shore Addiction Services, CPC Behavioral Healthcare where she provided crisis intervention services and Jersey Innovative Services where she provides in-home family therapy. Ms. Murphy received both her undergraduate and graduate degrees at Monmouth University from the Department of Counseling with honors and is a member of Chi Sigma Iota (CSI).

# DAVID BURKHOLDER

PhD, LPC, NCC, ACS

**Workshop:** Couples Counseling: History, Special Considerations, and Effective Theories and Interventions

**Time:**

2:55pm-4:25pm

**Description:**

This program will cover the history of couples counseling, distinct issues couples face, and evidence-based theories in working with couples. Participants will gain increased understanding of the history and development of couples counseling, the distinct issues couples face and how to work through them, and the theoretical underpinnings and interventions associated with two of the foremost approaches for working with couples: Emotion-Focused Therapy and Gottman Method Couples Counseling.



Dr. David Burkholder is an independently licensed counselor, associate professor, and Department Chair in the Department of Professional Counseling at Monmouth University.

Dr. Burkholder started his professional career as a counselor in 2004, working primarily with children and adolescents. Upon completing his PhD and joining Monmouth University in 2009, Dr. Burkholder took a hiatus from clinical work to focus on his new role as a faculty member in the department of professional counseling.

In addition to teaching and scholarship, in 2017 Dr. Burkholder began trainings in Gottman Method couples counseling and in 2018 established a private practice where he works exclusively with couples. Dr. Burkholder also teaches a course on couples counseling in which students complete the level one clinical training in the Gottman Method.

# JULIANNE NESTOR

MS, LPC, SAC

## **Workshop:** “Not Thin Enough”: Overcoming Barriers to Eating Disorder Treatment and Recovery

### **Time:**

2:55pm-4:25pm

### **Description:**

This program aims to educate mental health professionals on the complexity of eating disorder (ED) treatment, particularly with regard to anorexia nervosa (AN) and bulimia nervosa (BN), and the barriers patients face in seeking out and/or engaging in treatment. Factors will be explored that contribute to AN and BN patients’ struggle with understanding the validity and severity of their illness, which often inhibits patients from beginning the recovery process. The presenter will provide insight into the roles of an ED in patients’ lives, including control, emotion regulation, and many others. Further, external barriers to ED patients’ receiving treatment, including managed care, the glorification of eating disorders on a societal level, and themes within family dynamics will be discussed. By the end of this program, mental health professionals will develop a more in-depth understanding of barriers to ED treatment, as well as clinically appropriate interventions in working with, and advocating for, patients who struggle with an ED.



Julianne (Jules) Nestor completed her Master of Science in Professional Counseling in 2016 at Monmouth University, as well as obtaining Student Assistance Coordinator certification.

Jules has worked as an associate therapist at Monmouth Psychological Associates Eating Disorders Program since 2017, where she conducts individual therapy, family therapy, parent education, and initial assessments for patients struggling with eating disorders or body image-related issues.

Jules co-facilitated the eating disorders support group at Riverview Medical Center, under the supervision of Donald Erwin, PhD, from 2015-2019. Jules has also worked as an adolescent clinician at the Partial Hospitalization and Intensive Outpatient levels of care