# Wyoming Counseling Association

# National Association of Social Workers-WY

Joint Annual Conference

# "Trauma-Informed Care Across the Lifespan"



September 26-28, 2019
Red Lion Hotel & Conference Center
Cheyenne, WY

Co-Sponsored by:



## Welcome to the JOINT ANNUAL STATE CONFERENCE between the Wyoming Counseling Association and the National Association of Social Worker-Wyoming Chapter.

Counselor and social worker professionals each serve community needs. By joining forces, we can provide a high-quality conference and network to expand our knowledge and work together across Wyoming. If you have any questions or concerns during this conference, please seek us out or stop by the registration table for assistance.

#### **Conference Tips:**

**Attire:** Most participants dress in casual "Wyoming" business attire. We recommend that you bring a light sweater or jacket as it is difficult to achieve room temperatures ideal for everyone!

#### **Courtesy:** *Please...*

- **a.** Turn off or silence phones and electronic devices during workshop sessions.
- **b.** Avoid wearing perfumes/colognes. They can cause respiratory issues with some attendees.
- **c.** Refrain from conversations and electronic device usage in sessions as a sign of respect for others.
- **d.** Choose a different workshop if all seats available seats are taken.
- **e.** Please complete an online evaluation for each workshop attended and for the overall conference. We really DO read and incorporate your suggestions for speakers and conference improvements!

**Photo Disclaimer:** Registrants to the conference understand that publicity photographs may be taken during the event and their image/photographic likeness may appear in photographs. Photos containing your image/likeness may be used for publicity or general information purposes including publication on the NASW Wyoming website, WCA website or within other publicity which may be seen by the general public.

**Exhibit Hall Networking:** Get connected! We've built ample time into the schedule for leisurely networking with sponsors, exhibitors and colleagues in The Butte. Learn about referral resources and resource providers relevant to social work and counseling in Wyoming.

**Joint NASW/WCA Awards Presentation:** Join us as we celebrate the embodiment of hope by recognizing the NASW Wyoming and WCA award recipients on Saturday.

**Business Meetings:** Join your professional organizational leaders for the NASW-WY and WCA business meetings on Thursday. Snacks are included as part of your registration so please join us to learn about the work your organizations are doing to support our professional community.

**Student Get Together:** All students are invited to participate in a student gathering at Paramount Ballroom on Friday from 7:00-9:00 organized by Mu Nu Tau Chapter of Chi Sigma Iota, the Counseling Honor Society chapter at the University of Wyoming.

**Featured Sessions:** In support of our partner organizations, we have featured sessions that offer specific training and opportunity to learn more about our Wyoming professional development organizations.

#### **State Continuing Education Credits and NBCC Clock Hours:**

Please note to receive credit for all of the CE contact hours being offered at the conference you must:

- 1. Attend at least 85% of the entire length of each plenary or workshop.
- 2. Sign the workshop roster. Should you need to request a verification of attendance at a later date; your request can only be honored if we can confirm your name is on the workshop roster! Please note there is a fee incurred if verification is needed following the conference.
- 3. <u>Complete the CE Evaluation form online</u>. Your feedback is shared with the board of directors to assist with improving the workshops offered and planning for future conferences. This is also how you receive your continuing education certificate.
- 4. Complete the form at the end of the program noting the sessions you attended (keep this for your own records) and calculate the number of hours you earned.
- 5. Fill-in the number of hours completed on your CE certificate received <u>via email</u> after submitting the online evaluation form.
- 6. Please visit the Registration table if you are interested in receiving UW graduate credit or PTSB credit.

**Online Evaluation and Continuing Education Certificate:** Conference evaluations are available this year online! Please take time to complete the online evaluations for the sessions attended and the full conference experience. At the end of the evaluation, you will be prompted to provide an email address. After submitting the evaluation, your Continuing Education Certificate will be sent via email to the email address provided. Be sure to keep this email, as you can reprint your CE form if needed later!

The online evaluations are linked on the WCA conference website. You can also access the form via the website or QR Code below:

https://bit.ly/2ZtstRx





This event is co-sponsored by NASW-WY and WCA. Wyoming Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, NBCC ACEP No 2051. Programs that do not qualify for NBCC credit are clearly identified. WCA is solely responsible for all aspects of the programs.

# **Red Lion Hotel Map**



# **2019 WCA/NASW Conference Schedule**

	Th	ursday, Septembe	er 26, 2019	
8:30-	<b>WCA Board</b> Teto	_	NAS	S <b>W Board Meeting</b> Sheridan
10:30	*No continuir	Board Members Only ng education hours provided	*No	Board Members Only continuing education hours provided
	Sand Play: Healing with t Unconscious	A Deep Dive int	o Counseling ocky Mountain	Principles and Best Practices of Clinical Supervision in
	Rose Harriet, LPC, RPT-S, S			Social Work
12:00- 2:50		Andrew Souther Andrea McGra Lay-nah Blue Morris	ith, MS, LPC	Ronn Jeffrey, LMFT Pat Boyer, LCSW, LMFT
	Yellowst		Laramie ision Training Hours	Shoshone *Supervision Training Hours
2:50-3:15		SNACK The B		Sponsored by Volunteers of America
3:15-4:45	<b>WCA Busines</b> Snacks Pr Non-Members	rovided s Welcome! Laramie		SW Open Meeting Snacks ProvidedMembers Welcome! Yellowstone
4:45-5:00	*No continuir	ng education hours provided <b>BRE</b>		continuing education hours provided
5:00-6:00	Zero Suicide Initiative: How a Hospital and Community Can Approach Suicide Prevention  Joshua Spinney, MA, LPC	Elder Orphans: Aging without Family Support Janet de Vries, MS, LPC, NCC, MCC	Practical Ethics Social Workers Frontier Pract  Kristin (Sween Alcala, MSW, LO	reatment Interventions to your Client's Readiness Level of Change
	Laramie *Suicide Training Hour	Shoshone	Sout *Ethics Training	h Fork g Hour Yellowstone

		Friday	, Septembe	r 27, 2019		
		-	•	and Keynot		
		-		opriate Trauma on for Competer		
8:15-12:00	Franc	Hudspet	h, PhD, NCC, LF	PC-S, ACS, RPh, R	RPT-S, CP	PC, DDP-1
						Big Horn *Ethics Training Hours
				_		nd Greet
						or Downey ersity of Wyoming
12:00-1:00	LUNCH BREAK	(On Yo	ur Own)		-	Social Work
					-	Big Horn y UW Division of Social Work
	Studen	t Poster		"Trickster": Ho	ow S/he	Tricked the Patriarchy!
1:00-1:30					Jamie Eg	olf, LCSW
	*No continuing	g educatio	The Butte n hours provided			Big Horn
	Trauma Treatment across the Lifespan: Neurobiologically- Informed, Developmentally	Educa Ap Trea	Psycho- tional Group proach to ting Clients	Existential Cat Awareness, Care, and Wo through Diff	Self- orking icult	Narrative Therapy in Group Settings  Shonya Neuman, MS,
1:30-2:50	Appropriate Child and Adolescent Treatment		erious Mental Illness Ashear, PhD	Kristin Ericksor LIMHP, CPC, NC BCB	n, PhD,	PPC Frederick Bergh, MS, PPC, CAP
	Franc Hudspeth, PhD			Jose Alemo	an	
	Laramie		South Fork	S	hoshone	Yellowstone
2:50-3:00			В	REAK		
3:00-4:30	Trauma Treatment the Lifespan: Neurobiologically-In Treatment for Ad	formed	More: Heali Innovat	dly Yoga and ng Trauma in ive Ways	Resi	orating Mindfulness & iliency Factors in the uma Informed Care Culture
	Franc Hudspeth, P		•	LCSW, RYT-500, -700		Jennie Miller, PhD
		Laramie		Yellowstone		Shoshone

4:30-4:40		BREAK	
4:40-5:30	Trauma Treatment across the Lifespan: Ethical, Neurobiologically- Informed, Treatment Planning Franc Hudspeth, PhD	The Journey Towards Purpose: Integrating Life Purpose into Career Counseling Kirk Thiemann, MS, PPC	Becoming: How Past Events Shape Our Future Self Stacey Lane, MSW, LCSW, EMDR Certified
	Laramie *Ethics Training Hour	Shoshone	Yellowstone
		Student Get Together	
		Paramount Ballroom	
7:00-9:00		1609 Capitol Ave Cheyenne, WY 82001	
	0	rganized by Mu Nu Tau Chapter of Cl	*All students welcome! hi Sigma Iota Counseling Honor Society



	Saturda	ay, September 28, 2019	
	Upstream Suicide Prevention Methods for Young Adults and Higher Education	Incorporating Creativity and Play-Based Counseling into a Comprehensive School Counseling Program	Solution Focused Brief Therapy (SFBT)
8:00-9:20	Amanda Matthews, PCSW, MSW, BSW	Robert Paul Maddox II, PhD, LPC (MO), NCC	Stephen Finzo, PsyD
	Laramie *Suicide Training Hours	Shoshone *Advanced Topic	Yellowstone
9:20-9:30		BREAK	
	WY-ASERVIC: Spirituality and Religion in Professional Counseling: A Panel Discussion	WySCA: School Counselors' Role Supporting Students Living with Trauma	Legislative Advocacy in Behavioral Health: A Panel Discussion
9:30-10:20	Andrew Southerland, MS, PPC Andrea McGrath, MS, LPC	April Petty, MS, PPC, NCC Suzanne Scott, MACC, LPC, NBCT RebeccaAnne Edelman, MA, MEd, NCC	Lance Goede, MS, LPC, NCC Senator Tara Nethercott Representative Sue Wilson And Others
	Laramie	Shoshone	Big Horn
10:20-10:30		BREAK	
10:30-11:50	Mental Health Issues and Suicide Prevention in a County Jail  Glenna Hansen, LPC, NCC	Compassion Fatigue and Burnout: Coping with Acute Stress: Providers that Treat the Traumatized	Vicarious Trauma and Self- Interventions  Stephen Finzo, PsyD
	Laramie *Suicide Training Hours	Rosemary Bartle, MS, LPC Shoshone	Yellowstone
11:50-12:15		SNACK BREAK The Butte	Sponsored by Perimeter Healthcare
	WCA A	AND NASW AWARDS PRESEN	
12:15-12:45		*No	Big Horn continuing education hours provided
		The Rules Have Changed	
12:45-2:15	Wyomin	Lance Goede, MS, LPC, NCC g Mental Health Professions Licer	nsing Board
			Big Horn

#### Session Descriptions: Thursday, September 26, 2019

#### 12:00-2:50

#### "A Deep Dive into Counseling Supervision in Rocky Mountain Communities"

Amanda DeDiego, PhD, NCC
Andrew Southerland, MS, PPC
Andrea McGrath, MA, LPC
Lay-nah Blue Morris-Howe, PhD, LPC
Laramie Room

Supervision is a critical aspect of counselor training and development. Especially in Rocky Mountain communities, supervision is a complex relationship including considerations of community need and ethical conduct. This session explores supervision theory, ethical problem solving, and considerations for supervisors working in rural communities.

#### "Sandplay: Healing with the Unconscious"

Rose Harriet, LPC, RPT-S, STR Yellowstone Room

This seminar is a basic "how and why it works" introduction to Sandplay as developed by Dora Kalff. The creation of Sandplay trays allows conflicts to arise from the unconscious and then reorganize psychologically in a healthy way. Jungian philosophy, the tools, therapeutic setting, training, and case examples with children and adults, will be used to provide the participant with a broad view of how Sandplay is a transformative treatment modality.

#### "Principles and Best Practices of Clinical Supervision in Social Work"

Ronn Jeffrey, LMFT
Pat Boyer, LCSW, LMFT
Shoshone Room

An introduction to the principles and best practices of good clinical supervision in the field of social work. Case materials from both the presenters and participants will enhance the learning experience. Both presenters have many years of clinical supervision experience and hold the credential of approved supervisors from AAMFT.

#### 3:15-4:45

#### **Wyoming Counseling Association Business Meeting**

Non-Members Welcome! Laramie Room

#### National Association of Social Workers - Wyoming Chapter Open Meeting

Non-Members Welcome! Yellowstone Room

\*Business meetings not eligible for WY CE or NBCC clock hours

#### 5:00-6:00

#### "Zero Suicide Initiative: How a Hospital and Community Can Approach Suicide Prevention"

Joshua Spinney, MA, LPC Laramie Room

A regional rural hospital and a community mental health agency have both been able to develop a suicide prevention model that has used no financial assistance to work collaboratively to prevent suicide in Park County. Statistics and data from nearly two years show how nearly 200 people have been prevented from falling through the "mental health cracks" of our medical system. A discussion and exploration into how collaboration of a community hospital, a community mental health organization, and community effort can be a backbone in developing a functional suicide prevention model without any additional financial assistance required from governmental organizations.

#### "Elder Orphans -- Aging without Family Support"

Janet de Vries, MS, LPC, NCC, MCC Shoshone Room

More than 1 in 5 Americans older than 65 are — or are at risk of becoming — "elder orphans" — someone who is aging alone with no family available to address their caregiving needs. One study states that 23 percent of boomers will eventually be without family caretakers. Because women live longer than men, women are even more vulnerable. This presentation will identify concerns and share solutions brainstormed by individuals who participated in facilitated discussions on the subject.

#### "Matching Group Treatment Interventions to your Client's Readiness Level of Change"

Kristin Erickson, PhD, LIMHP, CPC (NE), NCC, ACS, BCB Tonya Goodwin-Daly, PLADC Yellowstone Room

Working with individuals in a pre-contemplation stage of readiness to change can be incredibly challenging. Come learn about one student's journey creating and implementing a substance abuse group pre-treatment model she developed to specifically meet clients where they are at during this difficult pre-contemplation stage of readiness to change. Tips will be shared, along with successes, and lessons learned, for clinicians who might find this treatment model helpful for the clients they work with.

#### "Practical Ethics for Social Workers in Frontier Practice"

Kristin (Sween) Alcala, MSW, LCSW South Fork Room

This presentation includes a review of the social work code of ethics, rules, and statutes in Wyoming. Exploration of scope of practice and the importance of education to build on scope and competency will be explored. Further, the session will include discussion of professional identity for social workers and their roles, emphasizing wellness strategies in addition to ethical and legal professional obligations of confidentiality and appropriate disclosure. The presenter will offer practical tips for social workers navigating social media, legal involvement, and practice in a rural state.

## Session Descriptions: Friday, September 27, 2019



**8:15-12:00** *Big Horn Room* 

## **Opening Remarks and Keynote Session:**

**Developmentally Appropriate Trauma Treatment:**Laying Your Ethical Foundation for Competency and Advocacy

Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1

Utilizing developmentally appropriate, neurobiologically-informed practices is not new; however, often models are utilized without regard to whether there is evidence to inform the use or understand the potential outcome. Also, a part of our codes of ethics, we all have guidelines for competency and advocacy. This session highlights the intersection of ethics, neuroscience, developmentally appropriate, evidence-informed practices, competency, advocacy, and accountability.

**About the Presenter:** Franc is an Associate Dean of Counseling at Southern New Hampshire University. He is Editor of the International Journal of Play Therapy and the Journal of Counselor Preparation and Supervision as well as an editorial board member for the Journal of Creativity in Mental Health and The Professional Counselor. He serves as President-Elect of the Association for Creativity in Counseling and as Chair of the Association for Play Therapy's Foundation Board of Directors.

He received his PhD, in Counselor Education & Supervision, from The University of Mississippi in 2009. He has been a Registered Pharmacist since 1989, a Mississippi Licensed Professional Counselor since 2004, an Arkansas Licensed Professional Counselor since 2015, Registered Play Therapist Supervisor, and a nationally Approved Clinical Supervisor since 2007. His writing and research interests include trauma's impact on brain development, psychopharmacology, neuroscience influences on counseling, and play therapy applications to attachment disorders.

#### 12:00-1:00

#### **Meet and Greet**

**Dr. Eleanor Downey,** Director of University of Wyoming Division of Social Work Featuring Presentation: "Accompanying: A Model for Leadership and Professional Mentoring"

Big Horn Room

#### 1:00-1:30

"Trickster: How S/he Tricked the Patriarchy!"

Jamie Egolf, LCSW Big Horn Room

Prior to modern trauma treatment, oppressed and traumatized women transformed their struggles: low status, forced silence, sexual and physical abuse (foot breaking and binding), denial of education, ownership of money and land. They even created a language (Nüshu) that only women could read—a thousand years ago.

#### **Student Poster**

The Butte

#### 1:30-2:50

"Trauma Treatment across the Lifespan: Neurobiologically-Informed, Developmentally Appropriate Child and Adolescent Treatment"

Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1 Laramie Room

Complex or developmental trauma, in children and adolescents, can be overt or covert and are typically ongoing/repetitive. As such complex/developmental trauma should be addressed, in stages, with neurobiologically-informed, developmentally appropriate models that include: (a) building on the safety and security of caregivers and community, (b) being developmentally sensitive, and (c) addressing affective-behavioral dysregulation.

<sup>\*</sup>Refreshments provided by UW Division of Social Work

<sup>\*</sup>Not eligible for WY CE or NBCC Clock Hours

<sup>\*</sup>Student poster not eligible for WY CE or NBCC clock hours

#### "A Psycho-Educational Group Approach to Treating Clients with Serious Mental Illness"

Victor Ashear, PhD South Fork Room

The workshop will present research on the role of the self in mental illness and recovery with implications for therapeutic interventions. The workshop will also explore the barriers to treating individuals with serious mental illness diagnoses as well as techniques for overcoming them. The workshop will highlight innovative approaches to both the process and the content that appear to be effective with this population. Finally it will address the importance of helping clients achieve a balance between illness acceptance and pursuing recovery goals and a meaningful life.

#### "Existential Catapults: Awareness, Self-Care, and Working through Difficult Transitions in Life"

Kristin Erickson, PhD, LIMHP, CPC (NE), NCC, ACS, BCB Jose Aleman Shoshone Room

The workshop will present research on the role of the self in mental illness and recovery with implications for therapeutic interventions. The workshop will also explore the barriers to treating individuals with serious mental illness diagnoses as well as techniques for overcoming them. The workshop will highlight innovative approaches to both the process and the content that appear to be effective with this population. Finally it will address the importance of helping clients achieve a balance between illness acceptance and pursuing recovery goals and a meaningful life.

#### "Narrative Therapy in Group Settings"

Shonya Neuman, MS, PPC Frederick Bergh, MS, PPC, CAP Yellowstone Room

After a brief introduction to the merits of Narrative Therapy, particularly in group work, activities and processing will be demonstrated with audience participation. This is an audience inclusive activity that aims to engage participation as a part of demonstrating the impact Narrative Therapy can have in group work.

#### 3:00-4:30

"Trauma Treatment across the Lifespan: Neurobiologically-Informed Treatment for Adults" Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1 Laramie Room

Complex trauma, in adults, can be overt or covert and are typically ongoing/repetitive. As such, complex trauma should be addressed in stages with neurobiologically-informed, culturally sensitive models that include: (a) building on the safety and security of family and community, (b) being culturally sensitive, and (c) addressing affective-behavioral dysregulation.

#### "User-Friendly Yoga and More -- Healing Trauma in Innovative Ways"

Dawn Sopron, LCSW, RYT-500, CYT-700 Yellowstone Room

I will present an overview of various cutting-edge mind-body therapies, including yoga, EMDR, Sensorimotor Psychotherapy, Somatic Experiencing, and Dynamic Attachment Re-patterning. Most require specific training and certification to integrate into your practice with clients; my goal is to stimulate a trauma-centered, mind-body framing of client problems, so you may then explore more by pursuing future professional development opportunities. However, the yoga techniques I will teach can be integrated right away, both for your own compassion fatigue prevention and to help clients regulate affect and experience more stability and integration.

#### "Incorporating Mindfulness & Resiliency Factors in the Trauma Informed Care Culture"

Jennie Miller, PhD Shoshone Room

Trauma Informed Care focuses on the impact of trauma on individuals and systems along with focusing on how to develop strategies to reduce the risk of re-traumatization in the helping profession environment. Mindfulness and resiliency factors are two vital components to include in this paradigm. This presentation will explore how to incorporate and utilize practical strategies to enhance mindfulness and resiliency factors in the Trauma Informed Care setting.

#### 4:40-5:30

"Trauma Treatment across the Lifespan: Ethical, Neurobiologically-Informed, Treatment Planning" Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1 Laramie Room

Providing neurobiologically-informed, developmentally appropriate and/or culturally sensitive treatment requires a thoughtful treatment plan. Treatment planning models differ in your chosen theoretical philosophy, how the information you have gathered is prioritized and integrated, and ethical decision-making. This session presents a treatment planning model that incorporates assessment evidence, developmental sensitivity, neurobiologically-informed practice, and ethical treatment.

#### "The Journey Towards Purpose: Integrating Life Purpose into Career Counseling"

Kirk Thiemann, MS, PPC Shoshone Room

Research indicates that having a sense of life purpose brings a multitude of health, social, career, and personal benefits. Career counseling needs to go beyond professional and academic considerations; career counseling presents an opportunity to address one's sense of life purpose which then is applied through career. The presentation describes an emerging model of life purpose development. This model of career counseling is holistic and can provide benefits to clients with trauma backgrounds.

#### "Becoming: How Past Events Shape Our Future Self"

Stacey Lane, MSW, LCSW, EMDR Certified Yellowstone Room

Our personality, our life experiences, and attachment patterns are developed early in life. While no one escapes adversities in life, how we experience them and how we are taught to handle them has a significant impact on our current functioning and future behavior. This presentation will describe how past events shape our future self and treatments available for successful resolution of symptoms as a result of adverse life experiences.

### Student Get Together



1609 Capitol Ave Cheyenne, WY 82001 7:00-9:00

All students welcome!
Organized by Mu Nu Tau Chapter of Chi Sigma Iota Counseling Honor Society

#### Session Descriptions: Saturday, September 28, 2019

#### 8:00-9:20

#### "Upstream Suicide Prevention Methods for Young Adults and Higher Education"

Amanda Matthews, PCSW, MSW, BSW Laramie Room

This workshop aims to showcase current upstream prevention methods and best practices for suicide screening and prevention for young adults and higher education institutions. We will showcase the initiatives that the UW Lifesavers coalition is heading as well as how they have partnered with the community to expand prevention efforts.

"Incorporating Creativity and Play-Based Counseling into a Comprehensive School Counseling Program"

Robert Paul Maddox II, PhD, LPC (MO), NCC

Shoshone Room

\*Advanced session

School counselors often face challenges such as high caseloads, demands to fulfill multiple roles within schools, and limited resources, all while being called upon to address the academic, career, and social-emotional needs of all students. Because of this, many school counselors find themselves seeking developmentally appropriate strategies and interventions that can be implemented school-wide to meet the varying needs of students. This presentation provides participants with a review of the major components of a Comprehensive School Counseling Program (CSCP), along with an overview of how use creativity and a play-based counseling approach within a CSCP.

#### "Solution Focused Brief Therapy (SFBT)"

Stephen Finzo, PsyD Yellowstone Room

This training will provide an overview of the establishment and development of SFBT, its uses for appropriate populations, and its skills and nuances for application. We will explore the tenets of the treatment as related to addressing the client's need in the present and with the focus on the future. We will explore the Needs and Change model addressing motivation, respectful curiosity, and the preferred future. We will determine and define interventions and skills readily available to the participant.

#### 9:30-10:20

#### WY-ASERVIC Featured Session:

Spirituality and Religion in Professional Counseling: A Panel Discussion"

Andrew Southerland, MS, PPC Andrea McGrath, MS, LPC Laramie Room This panel discussion will be hosted by members of the Wyoming chapter of ASERVIC (Association for Spiritual, Ethical and Religious Values in Counseling). During this presentation, panelist will discuss the different roles that spirituality and religion can play in the lives of clients and how counselors can incorporate this topic into their professional practice. Furthermore, attendees will have an opportunity to ask questions, share experiences, and discuss how spirituality and religion impact the counseling process.

#### **WySCA Featured Session:**

"School Counselors' Role Supporting Students Living with Trauma"

April Petty, MS, PPC, NCC

Suzanne Scott, MACC, LPC, NBCT

RebeccaAnne Edelman, MA, MEd, NCC

Shoshone Room

School Counselors are in a unique position to not only help identify the adverse effects of trauma on learning and social/emotional development in students but also support the student so they can be successful in the classroom and the real world. This means supporting and educating the staff on trauma. This session will focus on the role school counselors play in a school environment when dealing with trauma and supporting learning in students while assisting staff to help avoid compassion fatigue. A qualitative study on the lived experiences of rural mental health counselors and school counselors in crisis response with clients and students who are a threat to themselves or others will also be explored.

#### "Legislative Advocacy in Behavioral Health: A Panel Discussion"

Moderator: Lance Goede, LPC, MHPLB Member

- Senator Tara Nethercott, Co-Chair Wyoming Judiciary Committee
- Representative Sue Wilson, Co-Chair Wyoming Labor & Health Committee
- Korin Schmidt, Director of the Department of Family Services
- Bob Lampert, Director of the Department of Corrections
- Tara Muir, JD, Lobbyist/Public Policy Director WCADVSA
- Andi Summerville, Executive Director/Lobbyist WAMHSAC
- Lindsay Simineo, LPC, Legislative Advocate Wyoming Counseling Association

#### Big Horn Room

This panel explores the role of clinicians in legislative advocacy. Topics include current issues in the legislature that could impact clients, state agencies, professions, licensure, education, voting rights, and criminal justice reform in Wyoming. Panelists include current members of state congress and community stakeholders.

#### 10:30-11:50

<sup>&</sup>quot;Mental Health Issues and Suicide Prevention in a County Jail"

Glenna Hansen, LPC, NCC Laramie Room

Nationwide, the scarcity of community and hospital-based mental health care, has pushed many people with mental illnesses onto the streets. County jails frequently end up being the default providers of mental health care. Many jail and prison inmates, have diagnosable mental conditions. Along with the presence of mental disorders, a great range of stressors, unique to the jail population, and setting, lead to a high risk of suicide. This presentation aims to present the particular issues that present in county jail populations, and the efforts made at preventing suicide in this setting.

# "Compassion Fatigue and Burnout: Coping with Acute Stress: Providers that Treat the Traumatized" Rosemary Bartle, MS, LPC Shoshone Room

The World Health Organization (WHO) has defined workplace burnout as a health threat, particularly for those who treat the traumatized. The bad news is, we already know this. The good news is, burnout is recognizable and treatable. In this session, learn the causes and symptoms of burnout and Compassion Fatigue or Secondary Traumatic Stress. Interventions covered will include restoring resilience and cognitive restructuring as well as creative approaches to managing burnout. Participants will receive handouts and materials lists to use themselves and/or with clients experiencing workplace burnout.

#### "Vicarious Trauma and Self-Interventions"

Stephen Finzo, PsyD Yellowstone Room

This training is designed to build the "self-intervention" skills of the provider who is working with trauma survivors. While working with trauma survivors may be rewarding, vicarious trauma or "vicarious traumatizing" can be debilitating for the clinician. This course will provide tools to recognize distress and burnout, provide information about resilience and counter-transference, and help in developing a strategy for "self-intervention" enhancing a sense of well-begin and self-care. Self-interventions will include exploration of physical and cognitive symptoms of vicarious trauma as related to building and healthy plan for taking care of personal needs and impacts.

#### 12:45-2:15

#### "The Rules Have Changed"

Wyoming Mental Health Professions Licensing Board Lance Goede, MS, LPC, NCC Big Horn Room

The Mental Health Board has recently revised many rules that affect licensees and supervisors. The session will highlight some of the changes, help answer some of your questions and tell you how to be involved in the next rule revision process.

# **Presenter Biographies**

Amanda DeDiego, PhD, NCC is an Assistant Professor of Counseling at the University of Wyoming. She is based at the Branch Campus in Casper and helped to restart the Casper cohort for the counseling program in 2016. She also serves as the Chapter Faculty Advisor for the Mu Nu Tau Chapter of Chi Sigma lota International Counseling Honor Society for UW. She has a PhD in Counselor Education from the University of Tennessee and holds a MS in Community Counseling from the University of North Georgia. She specializes in group work, specifically with youth using Adventure Based Counseling.

**Amanda Matthews, PCSW, MSW, BSW** has done numerous presentations for the College of Health Sciences related to social work, and have presented at the Native American Summer Institute for the University of Wyoming.

Andrea McGrath, MA, LPC is currently a doctoral student in the Counselor Education and Supervision Program at the University of Wyoming. She holds a Bachelor's degree in Psychology and Spanish and a Master's degree in Counseling Psychology. She is currently a Licensed Professional Counselor and Licensed Addiction Counselor. She has worked in residential and community mental health settings, working with adults with co-occurring disorders. Her areas of interest include substance use and co-occurring disorders, underserved populations, counselor education, and supervision, with a particular interest in counselors in recovery from substance use.

**Andrew Southerland, MS** is currently a doctoral student in Counselor Education and Supervision at the University of Wyoming. Additionally, I am also an instructor for undergraduate counseling courses at the University of Wyoming and the mental health specialist for the University of Wyoming's Athletic Department, where I provided counseling services to student-athletes. Prior to my doctoral program, I was a university counseling center counselor, where I works primarily with international students and athletes.

April Petty, MS, PPC, NCC is the school counselor for Douglas Intermediate & Upper Elementary Schools in Douglas, WY. Prior to pursuing a career in school counseling, she was a Head Start Home Visitor for Community Action of Laramie County and Client Services Coordinator at LifeChoice Pregnancy Care Center, both in Cheyenne. She holds a Bachelor of Arts from Lincoln Christian University in Family Life Ministries with a focus in Psychology and a Master of Science from the University of Wyoming in Counseling with an emphasis in School Counseling. She is a National Certified Counselor, a certified K-12 School Counseling in the State of Wyoming, and a Provisional Professional Counseling in the state of Wyoming. A Chicago native, she has lived in Wyoming for over ten years and LOVES it! When she is not hanging out with 2<sup>nd</sup>-5<sup>th</sup> graders, April loves spending time with her husband, son and their two Australian Shepherds and cheering on her favorite Chicago sports teams!

**Dawn Sopron, LCSW** is a psychotherapist and therapeutic Yoga teacher in Sheridan, WY. For 25 years, her passion has been helping people recover from trauma using mind-body techniques, such as EMDR. She has worked in hospitals, mental health clinics, and home health/hospice, plus the private counseling practice she began in 1993, Clay Pot Counseling, Inc. She also teaches Healing Yoga classes and co-leads Women's Yoga and Music Retreats. She has provided in-services on stress management, compassion fatigue, and suicide

prevention, plus recently taught at the Sheridan Chamber of Commerce Ignite Your Business Conference and at the Casper College Wellness Conference.

Frederick Bergh, MS, PPC, CAP is a Substance Abuse Treatment Provider and Mental Health Counselor and Self-Help Center. He works with individuals suffering from addiction to understand the Disease Model of Addiction and to help them gain understanding, healing, and coping strategies in their treatment and recovery. He holds a master's degree in Mental Health Counseling from University of Wyoming as well as an associate's degree in Addictionology from Casper College. He is currently pursuing his LAT and is interested in advanced trauma treatment training as he continues to see the need for it in his clients.

*Glenna Hansen, LPC, NCC* is a Wyoming native. She graduated from the University of Wyoming, with my Masters in Counseling, in 1993. In the years, following my graduation, I have worked in different settings, including mental health, substance abuse, private practice, and correctional. I have provided community presentations on various mental health-related subjects. I currently teach Suicide Prevention, and basics of mental illness, to sheriff's detention deputies and staff, at the Laramie County Detention Center.

**Jamie Egolf, LCSW** is a Clinical Social Worker and Jungian Psychotherapist who has worked in Community Mental Health and Solo Practice for several decades. She has presented nationally and internationally on such topics as "Trickster." Years ago, she helped draft the Social Workers' Licensing act.

Janet de Vries, MS, LPC, NCC, MCC was Casper College's director emeritus of Student Success Services, is a Licensed Professional Counselor and Master Career Counselor. With 25+ years of experience in the employment and career development field, Janet is a netweaver who thrives on giving people hope and helping people to be successful in their education, careers, and retirement. She has presented at state and national counseling conferences.

**Jennie Miller, PhD** received a PhD in Mental Health Counseling from Oregon State University. She has done scholarly work, academic endeavors, and been a therapeutic practitioner in many different settings. Most recently, she is an adjunct instructor at Casper College in the Addictionology & Psychology Department. She is also doing life coaching and consulting with "The Mind Eclectic". Her current interests include research methodology, energy psychology and quantum theory in psychology.

**Jose Aleman,** a former combat medic in the U.S. Army and a graduate student at Bellevue University in Bellevue, Nebraska. Jose has a special interest in trauma, crisis management, and neurological disorders.

**Joshua Spinney, MA, LPC** is a youth, adolescent, and adult mental health therapist. Substance Use Disorder outpatient therapist, Medication Assisted Treatment Group therapist. Zero Suicide Initiative team Cody Regional Health Behavioral Health. Past presenter at 2017 Wyoming Counseling Association annual conference. Past presenter at HealthSource Saginaw monthly mental health consortium meetings.

*Kirk Thiemann, MS, PPC* is the Manager of Career Counseling at University of Wyoming. He practices from an existential/humanistic approach to career counseling. He has presented at ACES, RMACES, COWY ACADA, and WCA conferences. Additionally, he and his spouse co-wrote an article that is accepted by the Qualitative Inquiry journal (in press). He continues to study how life purpose adds value and clarity to life.

**Kristin (Sween) Alcala, MSW, LCSW** graduated from Boston College Graduate School of Social Work and has been licensed in the State of Wyoming since 1997. She has practiced in psychiatric, medical, residential, and community mental health settings providing mental health and substance abuse treatment to all ages. She is currently employed by Wyoming Behavioral Institute as a Clinical Supervisor. She is the LCSW Board Member for the Wyoming Mental Health Professional Licensing Board and it the Wyoming Delegate for the Association of Social Work Boards (ASWB).

*Kristin Erickson, PhD, LIMHP, CPC (NE), NCC, ACS, BCB* is an Assistant Professor in Clinical Counseling at Bellevue University. She holds a Ph.D. in Counselor Education and Supervision from University of Wyoming, and is currently a Licensed Independent Mental Health Practitioner in Nebraska where she is also holds a certification as a Professional Counselor. Kristin is a National Certified Counselor, an Approved Clinical Supervisor, and Board Certified in Biofeedback.

*Lance Goede, MS, LPC, NCC* is in his fifth term as a Board Member and has participated extensively in Rule revisions and discussion. He regularly presents at WCA events on rules and ethics.

Lay-nah Blue Morris-Howe, PhD, LPC is an Assistant Professor in Counselor Education and Supervision at the University of Wyoming. She is also a Licensed Professional Counselor and a Designated Qualified Clinical Supervisor in Wyoming. She has been in private practice in Laramie for the past 11 years.

**Pay Boyer, LCSW, LMFT**, worked in mental health and child welfare settings and has over 30 years of experience in academic settings including the University of Wyoming and the University of Western New Mexico. She is a past recipient of the Social Worker of the Year award and the Lifetime Achievement Award from NASW. She chaired the NASW Ethics Forum, and has supervised many students as well as clinicians for licensure.

**RebeccaAnne Edelman, M.Ed, MA, NCC** is a second year doctoral student at the University of Wyoming. She has a passion for implementing and increasing counseling resources in school settings with an emphasis on elementary education. She received a Masters of Counseling from Wake Forest University and a Masters of Education from Arizona State University.

Robert Paul Maddox II, PhD, LPC (MO), NCC is a counselor educator at the University of Wyoming at Casper. His academic credentials include a Ph.D. in Counselor Education and Supervision, an Ed.S. in Counseling Education, and a M.A. in Community Counseling. Additionally, he is a Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC) with experience as a school counselor and a mental health counselor. Dr. Maddox has also published articles and presented at numerous state, regional, and national conferences regarding a variety of counselor education related topics such school counseling, play therapy, ethics, creativity in counseling, experiential learning, and pedagogy in counselor education.

**Ronn Jeffrey, LMFT** is the Juvenile Court Judge for the City of Cheyenne. Prior to his current position he founded and directed Youth Alternatives. He is a Licensed Marriage and Family Therapist and has provided clinical supervision to students and graduates seeking licensure for approximately 40 years. He currently provides clinical supervision to Colorado State University students in the Marriage and Family graduate program.

Rose M. Harriet, LPC, RPT-S, STR is a practicing clinician living in Buffalo, WY. She is the founder of the Counseling & Play Therapy Center, bringing Experiential Play Therapy and Sandplay to the region. During her 18 years as a therapist, Rose has focused her post-graduate training on Experiential Play and Sandplay as preferred treatment modalities. Educating other therapists is also a passion, and she has trained and continues to co-teach with Dr. Byron Norton and Dr. Barbara Turner, both pioneers in their respective fields. Rose travels internationally presenting and teaching both Experiential Play and Sandplay in addition to consulting. She is a board member for both the Wyoming Association for Play Therapy and The Association for Sandplay Therapy.

**Rosemary Bartle, MS, LPC** received her Master's in Counseling Education from the University of Wyoming in 2005. For the past ten years, she has worked primarily with traumatized children, teens and adults. Rosemary is a nationally certified through the International Association for Trauma Professionals in Trauma-Focused CBT (TF-CBT) and practices EMDR. She works as a therapist and forensic interviewer at The Children's Advocacy Project in Casper, WY and has a small private practice. Rosemary loves to travel and most recently visited Croatia. When not travelling, she bakes, quilts, and reads.

**Shonya Neuman, MS, PPC** recently joined the Natrona County Drug Court Team as a Clinical Therapist. She has a master's degree in Mental Health Counseling from University of Wyoming. During her internship she found a passion for working with mandated clients, especially in group work. She enjoys finding creative ways to work with expressive arts and narrative therapy to apply to substance abuse treatment curriculum and is committed to creating a safe space for clients to tell their story and address their trauma and substance abuse, as steps on the path to healing.

**Stacey Lane, MSW, LCSW, Certified EMDR Therapist** has prior experience working in community mental health and school social work settings. Current clinical practice specializing in trauma treatment for adolescents and adults. Consultant-in-Training, EMDR Therapy.

**Stephen Finzo, PsyD** is a licensed Psychologist with over 25 years of experience involving work in most available settings that involve mental and behavioral health. Dr. Finzo has taught at two universities in the Behavioral Health Departments. He has presented seminars and workshops for clinicians for the purposes of continuing education and building competencies and confidence. Workshops have been provided for the Department of Family Services for both social workers and foster parents. Dr. Finzo will engage participants in the process of learning difficult and challenging information.

*Suzanne Scott, MACC, LPC, NBCT* has been a school counselor for 16 years. She has served on the Wyoming School Counselor Association board for over eight years. Suzanne's latest endeavor includes working towards her Ph.D. in Counselor Education and Supervision.

**Tonya Goodwin-Daly, PLADC (NE)** is a provisionally licensed alcohol and drug counselor (NE) is a graduate student at Bellevue University in Bellevue, Nebraska, with a special interest in pre-treatment addiction challenges, and trauma work with survivors of human trafficking.

*Victor Ashear, PhD* presented in June 2018 to the NASW conference in Washington DC. He has also presented to the Wyoming Psychological Association (2015), the National Association of Recovery Coordinators of the VA (2010) and to the American Psychiatric Association (1995). All of his presentations were well received. He is currently a member of the Wyoming Psychological Association and was past president. He is also a member of the American Psychological Association. He served on the Wyoming Board of Psychology. He previously served on the board of NAMI Wyoming. He has over 40 years of experience in working with SMI.

# **Track Your Continuing Education Hours Online!**

# Wyoming Mental Health Professions Licensing Board Online.wyplb.org

National Association of Social Workers
Socialworkers.org/cetracker

National Board for Certified Counselors

Nbcc.org/resources/nccs/procounselor

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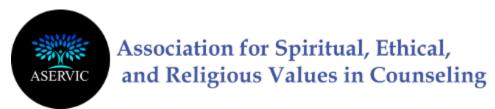
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http://www.aservic.org/

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# **Continuing Education Tracking Form**



This event is co-sponsored by NASW-WY and WCA. Wyoming Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, NBCC ACEP No 2051. Programs that do not qualify for NBCC credit are clearly identified. WCA is solely responsible for all aspects of the programs.

# Wyoming Counseling Association and National Association of Social Workers-WY Joint Annual Conference

"Trauma-Informed Care across the Lifespan" Cheyenne, WY

Please indicate sessions attended and calculate clock hours earned.

Hours Earned	Thursday Sept 26, 2019
	12:00-2:50 (3 clock hours)  A Deep Dive into Counseling Supervision in Rocky Mountain Communities  Amanda DeDiego, PhD, NCC  Andrew Southerland, MS, PPC  Andrea McGrath, MS, LPC  Lay-nah Blue Morris-Howe, PhD, LPC  *3 hours of supervision training  Sandplay: Healing with the Unconscious  Rose Harriet, LPC, RPT-S, STR  Principles and Best Practices of Clinical Supervision in Social Work  Ronn Jeffrey, LMFT  Pay Boyer, LCSW, LMFT  *3 hours of supervision training
	5:00-6:00 (1 clock hour)  Zero Suicide Initiative: How a Hospital and Community Can Approach Suicide Prevention.  Joshua Spinney, MA, LPC  *1 hour of suicide training  Elder Orphans: Aging without Family Support  Janet de Vries, MS, LPC, NCC, MCC  Matching Group Treatment Interventions to your Client's Readiness Level of Change  Kristin Erickson, PhD, LIMHP, CPC, NCC, ACS, BCB  Tonya Goodwin-Daly, PLADC  Practical Ethics for Social Workers in Frontier Practice  Kristin (Sween) Alcala, MSW, LCSW  *1 hour of ethics training

Friday	Sept 27, 2019
	8:30-12:00 (3.5 clock hours)  ☐ Keynote Session: Developmentally Appropriate Trauma Treatment:  Laying Your Ethical Foundation for Competency and Advocacy  Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1  *3 hours of ethics training
	1:00-1:30 (.5 clock hours)  — "Trickster": How S/He Tricked the Patriarchy!  Jamie Egolf, LCSW
	1:30-2:50 (1.5 clock hours)  ☐ Trauma Treatment across the Lifespan: Neurobiologically-Informed Treatment for Adults Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1
	☐ A Psycho-Educational Group Approach to Treating Clients with Serious Mental Illness Victor Ashear, PhD
	☐ Existential Catapults: Awareness, Self-Care, and Working through Difficult Transitions in Life Kristin Erickson, PhD, LIMHP, CPC (NE), NCC, ACS, BCB  Jose Aleman
	☐ Narrative Therapy in Group Settings Shonya Neuman, MS, PPC Frederick Bergh, MS, PPC, CAP
	3:00-4:30 (1.5 clock hours)  ☐ Trauma Treatment across the Lifespan: Neurobiologically-Informed, Developmentally Appropriate Child and Adolescent Treatment  Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1  ☐ User-Friendly Yoga and More Healing Trauma in Innovative Ways  Dawn Sopron, LCSW, RYT-500, CYT-700  ☐ Incorporating Mindfulness & Resiliency Factors in the Trauma Informed Care Culture  Jennie Miller, PhD
	4:40-5:30 (1 clock hour)  ☐ Trauma Treatment across the Lifespan: Ethical, Neurobiologically-Informed, Treatment Planning  Franc Hudspeth, PhD, NCC, LPC-S, ACS, RPh, RPT-S, CPC, DDP-1 *1 hour of ethics training

	<ul> <li>□ The Journey Towards Purpose: Integrating Life Purpose into Career Counseling         <i>Kirk Thiemann, MS, PPC</i></li> <li>□ Becoming: How Past Events Shape Our Future Self         <i>Stacey Lane, MSW, LCSW, EMDR Certified</i></li> </ul>
Saturda	ay Sept 28, 2019
	8:00-9:20 (1.5 clock hours)  ☐ Upstream Suicide Prevention Methods for Young Adults and Higher Education  Amanda Matthews, PCSW, MSW, BSW  *1.5 hours of suicide training  ☐ Incorporating Creativity and Play-Based Counseling into a Comprehensive School Counseling Program  Robert Paul Maddox II, PhD, LPC (MO), NCC  ☐ Solution Focused Brief Therapy (SFBT)
	Stephen Finzo, PsyD
	9:30-10:20 (1 clock hour)  Spirituality and Religion in Professional Counseling: A Panel Discussion  Andrew Southerland, MS, PPC  Andrea McGrath, MS, LPC  School Counselors' Role Supporting Students Living with Trauma  April Petty, MS, PPC, NCC  Suzanne Scott, MACC, LPC, NBCT  RebeccaAnne Edelman, MA, MEd, NCC  Legislative Advocacy in Behavioral Health: A Panel Discussion  Moderator: Lance Goede, MS, LPC, NCC
	10:30-11:50 (1.5 clock hours)  ☐ Mental Health Issues and Suicide Prevention in a County Jail  Glenna Hansen, LPC, NCC  *1.5 hours of suicide training  ☐ Compassion Fatigue and Burnout: Coping With Acute Stress: Providers that Treat the  Traumatized  Rosemary Bartle, MS, LPC  ☐ Vicarious Trauma and Self-Interventions  Stephen Finzo, PsyD

12:45-2:15 (1.5 clock hours)  ☐ The Rules Have Changed  Lance Goede, MS, LPC, NCC

#### **Total Hours Earned**

Calculate the total number of hours from the sessions indicated above.

You do not need to turn in this form. This form is for your own records.

<ul> <li>□ Total Ethics Hours Earned:</li> <li>□ Total Suicide Training Hours Earned:</li> <li>□ Total Supervision Training Hours Earned:</li> <li>□ Total NBCC Clock Hours Earned:</li> </ul>	Total Hours Earned:(17.5 possible)
☐ Total Supervision Training Hours Earned:	☐ Total Ethics Hours Earned:
	☐ Total Suicide Training Hours Earned:
☐ Total NBCC Clock Hours Earned:	☐ Total Supervision Training Hours Earned:
	☐ Total NBCC Clock Hours Earned:

**Continuing Education Certificate:** Please take time to complete the online evaluations for the sessions attended and the full conference experience. At the end of the evaluation, you will be prompted to provide an email address. After submitting the evaluation, your Continuing Education Certificate will be sent via email to the address provided. Be sure to keep this email, as you can reprint your CE form if needed later!

The online evaluations are linked on the WCA conference website. You can also access the form via the website or QR Code below:

https://bit.ly/2ZtstRx





# Thank you for participating

For updates and membership information Please visit:



www.wyomingnasw.com



www.wyomingcounselingassociation.com

We hope to see you at the 2020 conference!