



# Association for Humanistic Counseling

## 2015 National Conference

### June 5-6, 2015

“Humanistic Counseling in Contemporary Times”

#### Events at a Glance:

##### Friday, June 5th

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8:00 a.m.-4:00 p.m. Conference Registration  
8:30 a.m. – 8:45 a.m. President’s Welcome (Ballroom)  
9:00 a.m. – 11:50 a.m. Morning Content Sessions  
9:00 a.m. – 11:50 a.m. Morning Roundtable Discussions  
10:00 a.m. – 12:00 p.m. Morning Poster Presentations  
12:30 – 1:30 p.m. Luncheon/Panel Discussion  
1:30 – 4:20 p.m. Afternoon Content Sessions  
1:30 – 4:20 p.m. Afternoon Roundtable Discussions  
1:30 – 4:20 p.m. Afternoon Poster Presentations

##### Saturday, June 6th

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8:30 a.m. – 4:30 p.m. Conference Registration  
9:00 a.m. – 10:50 a.m. Morning Content Sessions  
9:00 a.m. – 10:50 a.m. Morning Roundtable Discussions  
11:30 a.m. – 12:30 p.m. Keynote Address – Ballroom  
1:00 p.m. – 3:50 p.m. Afternoon Content Sessions  
1:00 p.m. – 3:50 p.m. Afternoon Roundtable Discussions



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#### Keynote Speaker:

**Humanistic Counseling in Contemporary Times**  
**James T. Hansen, Ph.D.**

**Saturday, June 6<sup>th</sup>**  
**12:30-1:30 pm Ballroom**

*James T. Hansen is a Professor at Oakland University in the Department of Counseling. His primary scholarly interests are philosophical and theoretical issues in counseling, humanism, and critical examination of contemporary mental health culture. Dr. Hansen has published about fifty refereed articles in leading counseling journals. He is the author of an award winning book on philosophical issues in counseling and co-editor of an award winning book on humanism. His latest book on human meaning systems and mental health culture will be available in 2016. Dr. Hansen has over twenty-five years of experience as a practitioner, supervisor, and consultant.*

## Association for Humanistic Counseling Mission, Vision, and Philosophy

### Mission

*We value the dignity of the individual and the right for each to function as an agentic human being in the context of social and cultural milieus. We value authentic human relationships that contribute to the actualization of individuals and communities. As such, we are devoted to facilitating the client's development and becoming in the world, holding the experience and authority of the client in the highest regard.*

### Vision

*To accomplish this Mission, the vision of the Association for Humanistic Counseling is to:*

- (a) Promote the growing body of theoretical, empirical, and applied knowledge about human development and potential;*
- (b) Encourage philosophical reflection on counseling practices and outcomes, and*
- (c) Advocate for counseling, supervisory, and educational policies and practices that benefit individuals within their communities, environments, and cultures.*

### Philosophy

*Humanistic counselors base their practice upon a philosophical foundation based on the affirmation of the dignity of every human being, who believe that wellness and health is best achieved by combining personal growth with avid service for the greater good of humanity. Current practitioners of humanistic psychology are found in various theoretical schools, including person-centered counseling, Adlerian individual psychology, existential counseling, and Gestalt counseling, as well as contemporary approaches within family therapy, transpersonal psychology, ecopsychology, and constructivism. Humanistic counseling theories emerged in the writings of Adler, Jung, Horney, Frankl, Maslow, May, Rogers, and Satir, among others.*

***"The Heart and Conscience of  
the Counseling Profession"***

*Please visit our website at:*

**[www.humanisticcounselor.com](http://www.humanisticcounselor.com)**

### Acknowledgements

*Our sincere appreciation to our volunteers, committee members, and all whose tireless efforts made this possible.*

## AHC Executive Board

### President:

Brandé Flamez, Ph.D., LPC, NCC  
Lamar University  
ndbrande@yahoo.com

### Past-President:

Matthew Lemberger-Truelove, Ph.D., LMHC  
University of New Mexico  
melt@unm.edu

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Jeff Cochran, Ph.D., NCC, LMHC  
University of Tennessee  
jcochr11@utk.edu

### Governing Council Representative:

Michelle Perepickza, Ph.D., LMHC, CSC,  
RPTS, NCC  
Walden University  
mperepiczka@gmail.com

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Belinda Lopez, Ph.D.  
Lamar University  
Belinda.lopez@lamar.edu

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Nate Ivers, Ph.D.  
Wake Forest University  
iversn@wfu.edu

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Martina Moore, Ph.D., Vice-President  
Dana Matthews, Treasurer  
Stacey Litam, Secretary

## Conference Planning Committee:

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Victoria Gergerich  
Billie Gilliam  
Victoria Kress  
Luis Lacourt  
Stacey Litam  
Dana Matthews  
Gary Szirony  
Jeanne Taylor

## President's Welcome

### Welcome to the 2015 AHC National Conference!



*On behalf of the AHC 2015 Conference Planning Committee and the Executive Council, it is my pleasure to welcome you to Cleveland, Ohio and to the Association for Humanistic Counseling's third National Conference.*

*This year's conference features more than 80 presentations, round tables, and poster presentations focusing on Humanistic Counseling in Contemporary Times. We are honored to have Dr. James T. Hansen the recent author of *Philosophical Issues in Counseling Psychotherapy: Encounters with Four Questions about Knowing, Effectiveness, and Truth*, as our keynote speaker and the recipient of the Hollis Publication Award.*

*Over the next few days, Cleveland will be our temporary home. This is a wonderful time for us to learn from each other, reconnect with old friends and colleagues, make new friends, and celebrate our wonderful division. As I shared at the AHC town hall meeting at ACA in Orlando, one of the reasons I was drawn to this division is because it felt like a warm, comfortable space; I felt as if I was coming home when I became involved in AHC. Part of my reason for becoming involved with AHC was not just the mission and vision of our division, but how friendly and compassionate I found our members to be. If this is your first time attending a conference and/or an AHC conference, please reach out to me or any of the volunteers. We want you to feel at home and have a wonderful experience!*

*I would like to take this opportunity to extend a big thank you to all AHC national conference committee members, the AHC executive board, and all the volunteers who spent hundreds of volunteer person-hours all in preparation of your arrival to Cleveland. Thank you for making this conference possible! You have my sincere gratitude and appreciation!*

*In closing, I hope you take advantage of all the wonderful learning opportunities and have a fantastic time. We are so glad you are here!*

*Brandé Flamez, Ph.D., LPC, NCC*

*AHC President*

*AHC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1004. AHC is solely responsible for all aspects of the programs. All programs have been approved for one clock hour for NBCC continuing education.*

*Application for continuing education credits has been made to the State of Ohio, Counselor, Social Worker and Marriage and Family Therapist Board*

# *Thank you to our Sponsors:*



Moore Counseling  
& Mediation Services, Inc.



## **Volunteers**

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# Welcome to Cleveland, Ohio!

*Cleveland and its surrounding areas are filled with a variety of restaurants, museums, and attractions that appeals to every visitor! Whether you are looking for a delicious dinner option, hoping to gather some culture, or just looking to enjoy the nightlife, there is something for everyone!*



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## Rock and Roll Hall of Fame and Museum

**1100 Rock and Roll Boulevard, Cleveland, Ohio 44114**

*Looking to explore a famous Cleveland attraction? Visit the Rock and Roll Hall of Fame! Visitors can learn about the history of popular music, check out artist memorabilia, and enjoy an exciting music atmosphere over six floors. The museum has plenty to offer for fans of every music genre and boasts permanent exhibitions in addition to traveling national and international shows.*

**Official site: <http://www.rockhall.com>**

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## Cleveland Museum of Art

**11150 East Boulevard, University Circle, Cleveland, Ohio**

*Perhaps a more leisurely cultural experience is more your style. If this resonates with you, then visit the Cleveland Museum of Art! This museum offers wonderful art displays from local, national, and international collections.*

**Official Site: [www.clevelandart.org](http://www.clevelandart.org)**

**Official Site: [www.cmnh.org](http://www.cmnh.org)**

## Cleveland Museum of Natural History

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### 1 Wade Oval Drive, University Circle, Cleveland, Ohio

*Spend some time with dinosaurs, stars, and natural wonders at this incredible museum! This tourist attraction has been a long time favorite to local Clevelanders and visitors alike. Visitors are encouraged to touch, explore, and learn about all the fascinating and changing exhibits!*

**Official Site:** [www.cmnh.org](http://www.cmnh.org)

## Great Lakes Science Center

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### 601 Erieside Avenue, Cleveland, Ohio

*Easily one of the Clevelander favorites, visitors can experience a countless variety of hands-on, experiential, and interesting experiments. The Great Lakes Science Center also features an IMAX Theatre with a super-sized 6 story domed screen. Visit the website for current film times and descriptions.*

**Official Site:** [www.glsc.org](http://www.glsc.org)

## West Side Market

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### 1799 West 25<sup>th</sup> Street, Cleveland, Ohio 44113

*Want a taste of one of Cleveland's most famous sites? The West Side Market has been featured on both the Travel Channel and Food Network for its fresh, interesting, and delicious treats! The West Side Market is a quick cab ride from the Wyndham and is open on Friday and Saturday from 7:00AM – 6PM. Please note that the West Side Market is closed on Sundays.*

**Official Site:** [www.glsc.org](http://www.glsc.org)



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## Cleveland Restaurants

### Lola Bistro

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#### 2058 East 4<sup>th</sup> Street Cleveland, Ohio

*Come visit one of Iron Chef Michael Symon's many Cleveland restaurants! Located on the trendy East 4<sup>th</sup> street, this restaurant is often described as the crown jewel of Cleveland's vibrant culinary scene. Michael Symon's menu is always changing and features inventive and creative dishes! Check out the website to view an updated list of menu options.*

**Official Site:** [lolabistro.com](http://lolabistro.com)

### The Greenhouse Tavern

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#### 2038 East 4<sup>th</sup> Street Cleveland, Ohio

*Here is another fabulous restaurant located on the trendy East 4<sup>th</sup> street. The Greenhouse Tavern boasts delicious, inventive, and revolutionary dishes. Chef Jonathan Sawyer uses local produce and meats to support Cleveland's thriving economy. Check out the website for an updated menu.*

**Official Site:** [Thegreenhousetavern.com](http://Thegreenhousetavern.com)

### Society Lounge

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#### 2063 East 4<sup>th</sup> Street, Cleveland, Ohio

*The Society Lounge is a sophisticated bar that truly cherishes the art of handcrafted cocktails. Enjoy a speakeasy-designed environment where visitors will experience live music, lounge singers, and a classy vibe.*

**Official Site:** [www.societycleveland.com](http://www.societycleveland.com)

**“Humanism: The Foundation and Future of Professional Counseling”****Friday, June 5  
Ballroom****12:00-12:30 p.m.  
Awards & Recognition  
Dr. Brandé Flamez****12:30-1:30 p.m.  
Luncheon/Panel Discussion**

Rick Balkin  
Colette Dollarhide  
James Hansen  
Nicole Hill  
Victoria Kress  
Matthew Lemberger  
Mark Scholl  
Megan Speciale  
Linwood Vereen

**Friday, June 5  
Content Sessions 9:00-9:50 a.m.****Mary Anderson (Embassy)**

***Counseling Clients in Transition: Facilitating Resilience in an Era of Change.*** As people transition through the life-cycle, especially in these contemporary times, they must navigate many life/career transitions along the way. The purpose of this presentation is to provide a theoretical framework and innovative practices for working with clients in transition. Participants will come away with effective and culturally sensitive transition models for assessment and creative approaches for empowering clients in transition.

**Alan Bakes and Rebecca Pender (Roxy)**

***Using Humanism as a Foundation for Developing Contemporary Conceptualization Skills.*** Effective case conceptualization is an important yet challenging skill to learn for many counselors. The implication and appropriateness of conceptualizing client issues grounded in a humanistic foundation will be discussed. Specifically, this session will address common challenges counselors face when conceptualizing client issues, identify universal humanistic counseling themes to better shape conceptualization, focus on pedagogical strategies for teaching counselors effective conceptualization skills within a humanistic framework.

**Monica Band and Christian D. Chan (State)**

***Motivational Interviewing Approach and Professional Identity Development.*** Motivational interviewing (MI) will be presented as a viable option to approach the discussion of professional identity development in a clinical supervision setting with Master's level supervisees. We will offer an innovative way to integrate MI strategies to discussions with Master's level counselors-in-training. Intersections with the humanistic ideologies will be discussed, including multicultural identity as part of professional identity development.

**Friday, June 5**  
**Content Sessions**  
**9:00-9:50 a.m.**

**Sean Gorby and Matthew Fullen (Hanna)**

*Meaning and Purpose: Increasing Wellness and the Mental Health of Aging Adults in a Care Facility.* American culture diffuses care responsibilities of older adults by removing them from their natural settings and placing them in care facilities, a move that can impact an individual's sense of meaning and purpose. By addressing meaning and purpose within this population, mental health professionals can increase wellness and mental health within aging adults. Participants will be introduced to a qualitative research study that looks at sources of meaning and purpose in aging adults in a care facility as well as how the transition into a facility impacts meaning and purpose.

**Cecile Brennan (Allen)**

*Humanistic Counseling for Sex Offenders: A Case Study.* Humanistic approaches are not often used when counseling individuals who have committed sexual offenses. Using a case study, this presentation outlines an approach, informed by humanistic principles, that attempts to guide a client into a deeper understanding of both the origins of his behavior, and the psychological mechanisms that gave rise to it. Through this enhanced understanding of the dynamics of the offense, the offender is better prepared not to repeat the offending behaviors.

**10:00-10:50 a.m.**

**Jeff Cochran, Nancy Cochran and Lucia Miranda (Roxy)**

*Working through Resistance: The Roles of Empathy, Unconditional Positive Regard, and the Structure of a Therapeutic Relationship in Helping Child, Teen and Adult Clients.* This presentation features the story of a young child in play therapy, his resistance to therapeutic connection, and the value of his counselor's being with his resistance toward healing therapeutic connection. From this story, connections are drawn to the roles of empathy, unconditional positive regard, and the very structure of therapeutic relationships to help all clients, including seemingly resistant (those with highly defended behaviors) teens and adults.

**Colette Dollarhide, Adam Klevenger and Kaden Edwards (State)**

*Social Justice Identity: Humanistic Developmental Process.* Social justice work is a foundation for humanistic counselors, a chance to practice emancipatory communitarianism. Come learn about the development of social justice identity, and discuss ways to improve social justice practice and counselor education. Implications for the healing of racist systems will be discussed among participants.

**Joshua Francis (Hanna)**

*Understanding High Conflict Divorce from a Humanistic Perspective.* The ripples of high conflict divorce (HCD) spread throughout generations of those effected by this common yet complicated relational phenomenon. Counselors often find themselves embroiled in the clinical complexities of HCD with high potential for legal and ethics pitfalls. Humanistic counseling is well suited to more successfully assess, understand and treat individuals and families entangled in HCD. This session will assist in understanding the dynamics of conflicted divorce, help minimize ethical vulnerabilities, and more effectively treat clients.

**Mark Scholl, Jason Perry, Brian Calhoun, and Heidi Robinson (Allen)**

*Postmodern Career Development Workshop Series: A Humanistic Counseling Intervention Designed for the Ex-Offender Population.* Community ex-offenders seeking employment commonly present a host of unique challenges including a low sense of self-efficacy. Constructivist approaches have demonstrated effectiveness for addressing the career needs of these individuals. The presenters describe a career workshop series designed to address the needs of community ex-offenders.

**Friday, June 5**  
**Content Sessions**  
**10:00-10:50 a.m.**

**Gary Szirony, Richard Cicchetti, and Kristina Donovan (Embassy)**

*The Ecology of Well Being: Synergistic Theory in a Humanistic Framework.* The Ecology of Wellness explores a deeper understanding of self through a humanistic integrated model of physical, mental, and core being. Through an ongoing process of seeking balance within and congruence between self and the lived environment of positive relationships, work and play, this program is designed to encourage participants to view the genuine self as well as client from a more holistic and integrated perspective.

**11:00-11:50 a.m.**

**Louis Busacca (Embassy)**

*Neuroscience Meets Humanism: A Rationale for Integrally-Informed Case Conceptualization.* Contemporary neuroscience has increasingly validated humanistic psychological principles. Although concerns about incompatible theoretic al foundations and loyalty to epistemological assumptions remain, scholars have shown how mind and brain can be viewed in a complementary way. This session will propose an integrative framework for infusing a neurobiology-informed counseling grounded in the metatheoretical approach of Ken Wilber's Integral methodological Pluralism. A model to help students, practitioners and educators organize case conceptualization will be provided.

**Stephanie Ford, Tiffany Rush-Wilson, and Ramone Ford (Allen)**

*Counseling African American Women Serving as Caregivers.* The average lifespan of individuals continues to increase in the United States. As such, it is essential to support the needs of our aging population. Many senior citizens live healthy lives and enhance the communities where they reside, while others need support and assistance to navigate daily living. This session will provide participants with an understanding of the stressors African American women caregivers face. Participants will receive resources and tools to facilitate health, coping and growth for African American women caregivers.

**Brian Hutchison (Roxy)**

*Considering Ferguson: Voices from the Unrest.* This session focuses on the authentic voices of residents, counselors, and protestors involved with events following Michael Brown's death in Ferguson, MO. Using video clips from those community residents and activists, participants will practice listening with sociopolitical empathy, reflecting upon their own experience of these conversations, conceptualize each case, and develop strategies for supporting humane social justice practices in their own communities.

**Victoria Kress and Chelsea Zoldan (Hanna)**

*Assessment and Utilization of Client Strengths and Resources in Treatment.* In this presentation, a model of treatment planning that includes a strength-based element will be provided. Attendees will be provided with concrete questions and guidelines for assessing and incorporating clients' individual strengths, family strengths, and community/cultural strengths into the treatment planning process. Specific interventions that can be used to assess and enhance clients' strengths will be provided, and attendees will engage in an experiential activity.

**Michelle Perepiczka and Rick Balkin (Roxy)**

*Humanistic Approach to Complexities of Managed Care.* Managed care is growing in our country with new legislation in health care. Many practitioners will be impacted by these changes or may begin accepting managed care plans for the first time. This presentation is designed to break down the overwhelming process of dealing with managed care into steps, provide suggestions to be efficient as well as successful, and highlight how to infuse humanistic best practices into working with health care companies.

**Friday, June 5**  
**Content Sessions**  
**1:30-2:20 p.m.**

**Kristina Donovan and Sarah Golden (Embassy)**

*Moving Toward Equitable Recovery: Applying the 5C+A Model to Hurricane Sandy.* It is estimated that over 70 people died as a direct result of Hurricane Sandy. The storm hit in October of 2012, and virtually wiped out the entire New Jersey coastline. Almost three years later, there are still homes that have not been rebuilt, and the landscape itself is not the same. Schools have been moved, people have been displaced, and landmarks such as famed boardwalks are still under construction. Using the 5C+A model, the crisis response to Hurricane Sandy will be analyzed, and implications for future crisis response presented.

**Lauren Downey, Joshua Elliott and Derrick Trammell (Roxy)**

*Healing Children's Hurt: Conceptualizing Trauma-Focused cognitive Behavioral Therapy as a Humanistic Model.* Traumatic stress has the potential to be a crippling issue for many children across the nation. This session will provide a humanistic counseling approach that can be implemented with adolescents and children in need of trauma-informed care. The session is appropriate for any professional who is looking to increase their knowledge about trauma and its implications, and how trauma therapy can be used to improve client wellness. Presenters will demonstrate their conceptualization of the Trauma-Focused Cognitive Behavioral (TF-CBT) model as a holistic approach.

**Ann Ordway and Ruth O. Moore (State)**

*Mediation for Counselors: A Humanistic Approach to Separation and Divorce in Contemporary Times.* Mediation is an alternative dispute resolution process designed to help separated and divorcing couples resolve their issues without unnecessary conflict and without the need for litigation and court involvement. Though this session will largely focus on divorce-related issues, mediation techniques will benefit any counselors involved in dispute resolution of any kind.

**Tiffany Peets and Azra Karajic Siwiec (Allen)**

*Wounded Healer or Healing Counselor: How Supervisors Can Support Supervisee Introspection of Personal Impact when Treating Trauma and Grief.* This program will explore the emotional toil that working with survivors of trauma and grief can have on supervisees and how supervisors can best help them employ active introspection in order to promote their development as a healing counselor as opposed to a wounded healer. Introspection strategies and dialogue for promoting self-care, healing interventions and supervision assignments will be explored. These can be utilized to prevent supervisees from becoming wounded healers as opposed to healing counselors.

**Joan VanderSchaaf (Hanna)**

*Integrating Yoga & Psychotherapy.* This presentation will showcase qualitative research on how and why yoga combined with psychotherapy is an effective treatment modality. The participants' subjective, lived experiences from practicing yoga combined with psychotherapy illuminates how each individual's sense of agency can create change and transformation. Participants will learn that not only does yoga complement counseling, its process is demystified by the accounts of personal growth, healing and empowerment.

**Friday, June 5**  
**Content Sessions**  
**2:30-3:20 p.m.**

**Matthew Fullen and Jessica Cuthall (Embassy)**

*Promoting Resilience in Marginalized Adults.* Marginalized individuals frequently exhibit resilience, or the ability to overcome adversity in a manner that promotes health and well-being. The presenters will describe the results of an empirical, mixed methods study that explored how marginalized adults experience resilience, and whether a group intervention increased participants' levels of resilience, self-efficacy, and perceived wellness.

**Victoria Giegerich and Paula Britton (Roxy)**

*The Impact of Shame on Counselor Advocacy: Are We All Hiding?* This presentation explores the impact of shame, both from client and counselor perspectives on professional advocacy. With shame-based narratives, our role as advocates both for the profession and our clients is often muted. This has repercussions for both professional identity and society. This presentation, from a social justice perspective, advocates for intrapersonal and interpersonal change to promote authenticity. Attendees will be challenged to identify shame-based responses both from their clients and themselves and develop strength-based strategies.

**Joel Givens and Matthew E. Lemberger-Truelove (State)**

*Supplements of the Self: Tracing a Deconstructive Humanism.* Influenced by the philosophy of Derrida, the authors present Deconstructive Humanism as a postmodern lens for humanistic counseling practice, education, and scholarship. A deconstructive humanism radically opens up the self to myriad interpretations and experiences as consistent with postmodern thought, but at no time does it completely close or empty out the humanistic conception of self.

**Gunnur Karakurt and Bengu Erguner-Tekinalp (Allen)**

*Courage to Leave: Developing Courage to Leave an Abusive Relationship.* Victims of intimate partner violence may stay in abusive relationships due to various control tactics employed by the abuser to ensure dependence. In this presentation, we will investigate how women can find the courage to leave an abusive relationship from Adlerian and humanistic perspectives. We will investigate the process of developing courage, such as the determination to change, self-efficacy, unconditional self-acceptance, authenticity, belief and trust in success, finding creative solutions and alternative perspectives, empowerment, and importance of small steps.

**Tyler Wilkinson (Hanna)**

*Assessment and Testing from a Humanistic Paradigm.* What does it mean to know a client? How can we know something about someone? Contemporary culture is increasingly requiring counselors to provide evidence for treatment. The use of assessment and test results can be used to provide such evidence; however, the nature of these procedures risks being overly reductionistic. This program will present ways in which assessment procedures can be used in ways to decrease the reductionistic potential of various clinical instruments. The presenter will discuss how using a humanistic framework to teach assessment procedures leads to better use of test results in practice and helps develop a richer understanding of humanistic counseling.

**Friday, June 5**  
**Content Sessions**  
**3:30-4:20 p.m.**

**Shawn Rubin, David St. John, Demetrius Ford, and Lisa Vallejos (Embassy)**

*Humanitarian Principles: Humanistic Values, Social Justice & Ecological Equity.* The interrelationship between humanistic psychology and humanistic counseling will be highlighted throughout this workshop. While the two are distinct professional approaches, they share more than they differ, and in the current practice climate that is antithetical to humanistic principles, it seems mutually beneficial for them to come together to celebrate humanistic, social and ecological justice.

**Lucy Parker (Roxy)**

*Understanding Counselor Educator Identity by Exploring Individual Strengths, Values and Personhood.* The presenter will interact using an introductory lecture which describes the construct of Counselor Educator Identity using prior research and considered factors. Group discussion of the topics from recent literature and predictions for future research, considering the exploration of internal factors, including strengths, values and personhood, will occur after the beginning of this presentation.

**3:30-4:20 p.m.**

**C.J. Potter (State)**

*Wellness Counseling: Using a Holistic Approach in Effective Treatment Planning.* Wellness is a contemporary concept included in the recent consensus definition of professional counseling. Wellness counseling is a humanistic approach that holistically addresses acute and chronic conditions. This session will briefly outline the foundations of wellness counseling before advancing to applying the approach to a case study. Participants will create their own wellness-oriented treatment plans. Attendees will also spend time exploring the relationship between wellness counseling and alternative methods. Detailed handouts will be provided.

**Mike Walsh (Allen)**

*Humanistic Education in Action.* Humanistic principles are often so subsumed within our everyday counseling lives that they can often be taken for granted. However, what about Humanism in Education? Have you ever wondered how to translate humanistic principles of self-direction, autonomy and the realization of human potential into actionable steps within your own learning and teaching? This workshop will explore the how's and why's of designing effective evidence-based humanistic educational interventions. This workshop will focus on adult learning, but will also include several principles easily generalizable to younger learners.

**Lynn Williams and Heather Pugh (Hanna)**

*More Than "Just a Phase": The Developing Teen and Mind, Body, and Spirit Wellness.* Teenagers contend with internal and external pressures in addition to significant emotional and physical changes. Sometimes the transition from adolescence to adulthood is such an overwhelming experience, that when combined with other factors, it can trigger an array of problems ranging from feelings of depression to juvenile delinquency. The intent of this workshop is to share a wholistic mind, body, and spirit program that is rooted in humanistic and Gestalt principles and that facilitates opportunities for maximum growth of the developing teen.

## Friday, June 5

### Roundtable Discussions

*All Friday Roundtable Discussions will be held in Stillman*

#### **9:00-9:50 Charles Edwards and Kaemanje Thomas**

***Practical Applications of Humanistic, Rogerian Theory for School Counselors and Educators.*** This presentation will focus on the practical application of humanistic Rogerian theory by counselors and educators in school settings. The presentation will take into account the nature of school systems and specific challenges faced by counselors and educators in supporting academic, personal, social, and career development of students. The presenters hope to share a more in-depth understanding of Rogerian theory, which allows client-centered counselors to better articulate core principles, techniques and strategies associated with the Rogerian approach. Key principles of Rogerian theory will be presented followed by an exploration and demonstration of their practical application. Implications for multiculturalism and social justice will also be explored.

#### **9:00-9:50 Paul Smith**

***The Internationalization of the Counseling Profession and the Humanist's Challenge.*** This presentation will address contemporary international issues facing the counseling profession and how humanistic values and perspectives can assist in these cross-national interactions. Specific international issues will include topics such as the professionalization of the counseling profession, the expansion of counselor education and the use of varied modalities of counseling. In this interactive presentation, humanism will be posited as a helpful framework for being involved with and interacting with varied and diverse populations.

#### **10:00-10:50 Luis Lacourt and Deborah Pittak**

***Counselor as Cancer Advocate: Reflections on Social Change.*** Many of us are affected by cancer, whether it is a friend's, family member's, or our own. Though trained in mental health, counselors are increasingly affected by and working with issues related to medical diagnoses. With over 1.5 million new cancer cases each year and a growing number of cancer survivors, it is important for counselors to learn about the emotional issues unique to the cancer diagnosis and how they might be addressed through counseling and advocacy. Drawing from personal experiences as a launching point, the presenters will offer survivors' perspectives, a rationale for engaging in cancer advocacy, and a framework from which to consider a role in such advocacy.

#### **11:00-11:50 Charles Myers**

***Honoring the Person Within the Child through Child-Centered Play Therapy.*** Children are unique individuals deserving of respect. Child-centered play therapy honors the person within the child through Rogers' therapeutic conditions of genuineness, empathy, and unconditional positive regard. Child-centered play therapy is a way of living one's life in relationships with children, a way being with a child that frees their natural, inner drive for growth.

#### **11:00-11:50 Linwood Vereen, Lisa Wines, Michael Hannon and Isaac Burt**

***Black Existentialism: Humanistic Synergy.*** The presenters invite attendees to engage in a critical analysis of Black existentialism outside of European existentialism. The presenters will embark on a discourse of the impact of racialization, alienation and isolation on identity, essence and meaning making. Homeplace is explored as a potential site of resistance and healing followed by a discussion regarding the paradigm shift required for transformation to occur. Humanism is presented as the catalyst for this process to emerge.

## Friday, June 5

### Roundtable Discussions

#### 1:30-2:20 Michael Paz

***Adapting child-Centered Play Therapy to Clinical and School Settings Without Playrooms.*** Child-centered play therapists equip playrooms with toys that are purposefully organized to allow children the freedom to choose items with which they will express themselves. Counselors who do not have the necessary space or resources to house and adequately furnish a playroom need to modify their approach in order to facilitate child-centered therapy. In this session, the presenter will discuss ways in which counselors can adapt the child-centered approach used in play therapy to settings that do not have a playroom.

#### 1:30-2:20 C.J. Potter and Victoria Chatman

***Humanistic Counseling: A Priority for Military and Veteran Care.*** Counselors are receiving approval from the Department of Veterans Affairs and Tri0-Care to provide services to military and veteran populations. This session is an opportunity to review research vital to serving this population. Participants will discuss barriers that keep military and veteran personnel from seeking services. Humanistic methods will be presented as the preferred approach for this population. Attendees will explore these humanistic methods and receive a comprehensive handout complete with statistics, recommendations and references.

#### 2:30-3:20 Billie J. Gilliam-Frierson

***Substance Abuse and Mental Illness: An Integrated Approach.*** Substance use disorders and mental illness have long been viewed and treated as independent maladies. This separation is ineffective in the long-term care of individuals who suffer from co-occurring disorders. There is a need to treat co-occurring disorders as an integrated approach, which facilitates the capacity for self-determination. The integrated approach is fertile for choice, creativity and life affirming. This workshop will explain different co-occurring disorders and best practices for treatment.

#### 2:30-3:20 Cecile Brennan

***Enhancing Police Officer Training: A Humanistic Approach.*** Recent times have clearly indicated that police officers often have difficulty embodying a humanistic approach when dealing with difficult and confrontational circumstances. This presentation outlines an approach for working within our communities to enhance police training by incorporating humanistic principles.

#### 3:30-4:20 Konja Klepper

***The Use of Experiential Activities in the Humanistic Supervision of Counselors.*** Participants will use experiential activities followed by reflective processing to discuss perceptions that counseling learners may have regarding humanistic supervisors and clients. Using experiential activities related to humanistic supervision and counseling practice may increase learner's self-awareness, cultural competency and clinical skills.

#### 3:30-4:20 Tiffany Peets, Ruthann Anderson and Azra Karajic

***Technology and Self: Maintaining Our Holistic Self in Counseling and Personal Relationships While Living in a Fast-Paced, Cyber-Connected World.*** Given the current level of technology use in the general social landscape, one must not assume that counselors are immune to the impact of technology on our sense of self and our counseling relationships. Counselors today may face intrapersonal challenges that may compromise not only their effectiveness but, also, how they feel and engage in therapeutic intimate relationships. This program will initiate introspection and explore research on the impact of technology on our interpersonal skills as well as promote an improved sense of wellness for both counselors and clients alike.

**Friday, June 5**  
**Poster Presentations**

**10:00-10:50 Christian Chan and Monica Band**

***Building Bridges in Humanistic Counseling, Multiculturalism, and Social Justice.*** The counseling profession operates on a strengths-based, developmental and holistic wellness model that acknowledges diverse cultural values. Due to this orientation, the presenters will address the merge of humanistic values in multiculturalism and social justice. To address these connections, the presenters will offer a conceptual framework based on intersectionality and humanism to highlight counseling relationships that work “together with” and not only “for” in advocacy of clients.

**11:10 -12:00 Brande Flamez, Joshua Francis, Martina Moore, Cheryl Mark and Fred Hall**

***A Humanistic Approach for Developing Counselor Competency in Divorce and Disputes with Military Families.*** Counselors may exceed the bounds of competence in matters of divorce and custody disputes, violating licensure laws and ethical guidelines. Understanding the dynamics of divorce and disputes in military families is lacking, yet skills and knowledge to perform this clinical role are necessary. Important considerations to achieve competency, current research and practice related to this evolving service are presented. An overview of the clinical dynamics common in divorce and disputes within military families is included, as well as assessment and case conceptualization.

**1:30-2:20 Stacey Diane Litam and Victoria Kress**

***Resolving Child and Adolescent Traumatic Grief: Creative Techniques and Interventions.*** Childhood traumatic grief (CTG), or a situation in which a child loses a loved one in a traumatic way, is a distinctive form of bereavement as children who experience CTG experience trauma-related symptoms that disrupt the normal grieving process. This presentation will offer specific creative interventions that can be used in conjunction with cognitive behavioral and trauma-focused cognitive behavioral therapy to address child traumatic grief. Attendees will learn specific creative interventions that can be used with this population including writing, storytelling, drawing, commemorating, and rituals.

**2:30-3:20 Natasha Moletta**

***Employee Assistance Programs: Going Beyond the Employee to the Person.*** The workplace, like our world in general, is constantly changing and advancing. Employee Assistance Programs offer a way to see and help the individual behind the title of “employee” utilizing the philosophy and foundations of humanistic counseling.

**3:30-4:20 Michael Paz**

***Phenomenological Research with Children.*** Because phenomenology is an approach that focuses on understanding how individuals experience life from their own perspective, it is a method that matches well with the mental health profession, particularly with humanistic counseling. The presenter will use a qualitative study to describe the process of conducting Husserlian, transcendental phenomenological research with children. The presenter will describe the results of a study of how second generation, bilingual, Mexican American, 5<sup>th</sup> grade students experience language usage and emotional expression.

**Saturday, June 6**  
**Content Sessions**  
**9:00-9:50 a.m.**

**John Dewell and Kevin Foos (Roxy)**

*Transgressive Encounters in Counselor Training: Teaching Toward Post-Humanist Paradigms.* Many academics and supervisors develop students within a paradigm that prioritizes linear and reductionist ways of being. This encourages trainees to respond to clients in a similar manner. Unfortunately, this often means neglecting to provide a clinical encounter that offers clients the possibility of transgressing their current situation. This presentation will discuss the need to model transgressive encounters and what it might look like in modern education. It will then facilitate an experience designed at modeling a transgressive interaction.

**Terencio Daunte McGlasson (Allen)**

*In the Here and Now . . . Again: Revisiting the History and Evolution of Therapeutic Immediacy in the Counseling Relationship.* While counselors may routinely integrate immediacy as an essential aspect of their therapeutic approach, the presenter seeks to explore how therapeutic immediacy (TI) is being taught and modeled to counselors-in-training. There are opportunities across the curriculum of counselor education programs to not only define and explain TI but to model it as well. The presenter will utilize a literature review, examples from his own career, case scenarios and audience participation with the goal of ensuring that TI remains a vital aspect of humanistic counseling practice.

**Ann Ordway, Brande Flamez and Martina Moore (Embassy)**

*Student-Centered Counselor Education and Remediation in Contemporary Times.* A student-centered teaching pedagogy in counselor education serves to cultivate professional development through a parallel process and the modeling of ethical behavior and genuine, unconditional positive regard for students. This session will focus on building working alliances in the classroom and promoting humanistic remediation strategies for successful and positive outcomes.

**Cassandra Storlie and Jeffrey Mostade (State)**

*Cultural Trailblazers: Exploring the Career Development of Latina First Generation College Students.* In contemporary times, Latinas have increased their presence in higher education, despite historically low college graduation rates, overrepresentation in lower paying occupations, and career struggles related to culture and values. The dissemination of the study addresses significant cultural themes of the values and life role salience of Latina first generation college students. Implications for counselors and career development professionals are provided.

**10:00-10:50 a.m.**

**Sue Bratton, Kristie K. Opiola and Eric Dafoe (State)**

*Facilitating Supervisees' Self-Awareness and Development: A Contemporary, Humanistic Approach to Supervision Using Expressive Arts.* Historically, few university courses or postgraduate workshops provide training in integrating expressive arts in supervision. Within the context of a relationship characterized by genuineness, acceptance and empathic understanding, expressive media can deepen supervisees' self-understanding as well as insight into the counseling process and therapeutic relationship. Participants will explore the rationale, guidelines, and ethical considerations when integrating expressive arts and humanistic principles in supervision and participate in an experiential activity.

**Saturday, June 6**  
**Content Sessions**  
**10:00-10:50 a.m.**

**Stacey Diane Litam and Rob McKinney (Embassy)**

***Multicultural Play Therapy: A Trauma Sensitive Approach.*** Did you know that play is not universal? How do children in Japan play differently than children in Guatemala or Mexico? This interactive presentation will explore specific interventions that are multiculturally appropriate for different ethnic, racial, and cultural populations. Attendees will learn about multicultural perspectives, therapeutic effects of creativity, and applicable trauma-sensitive interventions. Finally, attendees will enjoy the interactive experience of creating a traditional Guatemalan “Worry Doll”.

**Logan Lamprecht (Roxy)**

***Extending the Boundaries of Therapy Into Writing To and With Clients: A Case Study.*** One of the hallmarks of effective therapy is being touched by the courageous work clients are willing to do in the presence of a therapist. Oftentimes, letting clients know about the myriad ways they teach and change us through their work can be a very transformational part of the work we do. This presentation will provide participants with the opportunity to explore the impact of a creative application of humanistic tenets in therapy writing via a case study that illumines the impact of the writing on treatment outcomes. Theory, practical examples, ethics, and activities will support participants in gaining an increased understanding of how to use this distinctively humanistic treatment modality to enhance relational practice with clients.

**Linda Oxford (Allen)**

***Becoming a More Mindful Counselor.*** Mindfulness Based Stress Reduction (MBSR) classes teach skills that are essential for effective counseling, self-care, and success in the counseling profession. Learn several of these skills through direct experience of Mindfulness practices and unleash the power of your presence to heal and grow.

**1:00-1:50 p.m.**

**Linda Meeker (State)**

***Organ Donation: Making a Difference.*** Organ donation is a topic we hear about regularly. It is one of those things that happen to other people. Other people have illnesses that require a donated organ. Other people experience a death and are asked for organs. Linda Meeker is that other person. The story she shares will show you both sides, the amazing gift an organ can be and the healing that can be found in organ donation.

**Melanie Popiolek (Roxy)**

***Humanistic Counseling with Homeless Adolescents in a Transitional Living Facility.*** According to the U.S. Department of Housing and Urban Development (2014), there are approximately 194,000 homeless youth living in the United States needing treatment. This presentation provides information specifically on homeless adolescents, including their counseling needs and ways to treat this population through humanistic counseling. The participants will learn about a common treatment program for homeless adolescents and how humanistic counseling fits into the contemporary model of an interdisciplinary treatment team approach.

**Laurie McArthur (Embassy)**

***Person-Centered Treatment: The Differences Between Art in Counseling vs. Art Therapy.*** This presentation will provide participants with the opportunity to learn about taking a person-centered approach when working with clients. Participants will learn about the differences between the use of art in counseling and art therapy when working with clients in the therapeutic setting. Humanistic concepts and approaches will be reviewed, and participants will learn how humanistic concepts can be applied with clients when art is factored into the equation.

**Saturday, June 6**  
**Content Sessions**  
**2:00-2:50 p.m.**

**Megan Speciale and Matthew Lemberger-Truelove (Allen)**

*Dialectical Humanism as an Approach to Teaching Communication Skills in Counseling.* The presenters will discuss dialectical humanism—an emergent counseling theory that proposes a reconciliation of the apparent tensions that exist between contemporary approaches to postmodernism and humanism—and introduce an approach to counseling communication skills development that facilitates students' critical thinking capabilities, strengthens multicultural competency, and encourages students; sustained self-reflexivity as a person and professional.

**Charles Myers (Roxy)**

*Enacting Authentic Social Justice to Forward the Dignity of the Person.* Social justice has been a focal point in counseling, yet are we just talking the talk, or walking the walk? Professional counselors need an authentic understanding of social justice in order to enact social justice for the clients and communities. Through a reflective judgment lens and open dialogue, we will examine and co-construct authentic social justice.

**Paul Smith, Tyler Wilkinson and Todd Prater (Allen)**

*Creativity and Technology: Enhancing Counselor Development Using Various Technologies.* This presentation will explore ways to use technology both creatively and uniquely within counselor education. Specific attention will be given to ways in which educators can bring a variety of pieces of technology into the learning process for counselors-in-training. Demonstrations of various technologies, such as online resources, audio/video/photo projects, and interactive apps, will be given that can be used in counseling classes. Educational benefits of these technologies will be highlighted.

**Zvi Bellin (Embassy)**

*Mindfulness and Meaning in Life: Humanistic Intervention.* Mindfulness practice is empirically proven to enhance our clients' lives. From a humanistic perspective, how does it actually work? This workshop will explore the humanistic functions of mindfulness meditation as they relate to the cultivation of meaning in life. We will look at mindfulness and meaning as holistic concepts that span neuroscience and humanistic explorations. Our exploration of this relationship will be for the service of our clients who struggle with existentially-oriented issues.

**3:00-3:50 p.m.**

**Jeanne Taylor (Embassy)**

*Enhancing Meaning Making Through the Use of Pictorial Narratives.* Pictorial Narratives represent a narrative, person-centered, experiential process that facilitates meaning creation through the use of client-generated and client-interpreted drawings of the problem as well as the client's preferred outcome. The Pictorial Narrative approach has been found to facilitate empathic attunement, a strong working alliance, and client-focused case conceptualizations and treatment plans. Participants will be introduced to this user-friendly model by engaging in it experientially.

**Jeffrey Mostade and Stacey Diane Litam (Allen)**

*Gray and Gay: Identifying Barriers for Counseling with Older Gays and Lesbians.* How do the needs of older gays and lesbians differ from other LGBT or geriatric counseling populations? How have cultural, historical, and political facets influenced barriers to counseling and other services? This interactive presentation addresses the unique needs, strengths, and concerns that exist within this population. Attendees will obtain a deeper understanding of the specific internal and external barriers to accessing counseling and quality care, and learn and practice didactic skills while obtaining resources to advocate for client needs.

**Coralis Solomon and Shay Harris (State)**

*Meaningful Self-Compassion: A Valid Clinical Approach to Help Clients Navigate Thoughts and Emotions.* Mindfulness and self-compassion can powerfully address issues such as social isolation, depression, anxiety and chronic self-criticism. This presentation will help clinicians learn research evidence strategies to help individuals cultivate the practice of mindful self-compassion in order to flourish psychologically and thus reduce negative emotions. In addition, clinicians will learn how to help individuals feel empowered in-between sessions with mindful self-compassion approaches to practice in their daily lives.

**Michelle Perepiczka, Richard Balkin, Shaun Sowell, and Kish Cumi (State)**

*Life Balance of Counselor Education and Supervision Doctoral Students.* Life balance is a pertinent issue for doctoral students because the academic process can increase overall functioning and be a source of intrapersonal as well as interpersonal hardships. Initial data related to assessing life balance of counselor education and supervision doctoral students will be presented.

## Saturday, June 6

### Roundtable Discussions

#### 9:00-9:50 Jamie Brant and Logan Vess (Stillman)

*The Importance of Integration of Supervision with Career Counseling in Counselor Education.* Presenters invite colleagues to engage in a roundtable discussion surrounding the importance of integrating supervision of career counselors in training into counselor education programs. Presenters will additionally discuss a new approach toward supervision of career counselors. This roundtable will provide colleagues with an opportunity to contribute to and learn more about a new supervision approach that includes group supervision, outsider witnessing, narrative therapy, and constructivist career counseling theory. Presenters will provide an explanation of how to implement this theoretical intervention and its importance in counselor education.

#### 9:00-9:50 Jeremy Oehrtman and Felice Kasoy (Stillman)

*Never Too Young to be Socially Just: Exploring Ways to Develop Interculturalism in Children.* Join us as we discuss the need to advance cultural awareness in children. Counselor educators instill the knowledge, attitudes and practical skills of cultural competency in future counselors. Clinical and school counselors have the opportunity to promote the cultural awareness of the children with whom they work. As a profession, we should be committed to the development of socially responsible children who respect differences, stand up to prejudice, and advocate for a more just society.

#### 10:00-10:50 Stephanie Ford and Ljubica Spiro (Stillman)

*Multicultural Supervision in Online Professional Practice Experiences.* The goal of this roundtable discussion is to provide participants with strategies and resources to teach and assess multicultural competence in online supervision. The presentation will inform the participants of the findings of a recent qualitative research study that investigated how practicum/internship faculty teach and assess multicultural competence in the online classroom.

#### 10:00-10:50 Dana Matthews (Hanna)

*Spiritual Practices and Finding Meaning for Grieving Adolescents.* The presenter will share relevant information regarding spiritual practices used to help grieving adolescents cope with the loss of a loved one and find life meaning. The presenter will also share information from ASERVIC, including counselor competencies and ways to infuse spiritual practices in adolescent treatment plans. Participants will be invited to engage in a dialogue regarding counselors' current practices in working with grieving adolescents and ways to include spirituality in current practice.

#### 10:00-10:50 Bengu Tekinalp and Gunnur Karakurt (Stillman)

*Am I Good Enough? Being Female and Minority in Higher Education in Contemporary Times.* The intersecting identities of those who have multiple minority statuses create a complex weave of privilege, oppression and psychological processes that turn the desire to strive into an impediment. The purpose of this roundtable discussion is to identify the inadequacies and insufficiencies, and the impact of these feelings on our lives as we try to balance various tasks of life and academic responsibilities. Adlerian, existential and feminist approaches will provide a framework for understanding the issue on individual, meso and macro levels.

## Saturday Roundtable Discussions

### 1:00-1:50 Sue Bratton and Kristie Opiola (Stillman)

***Child Parent Relationship Therapy (CPRT): A Humanistic Approach to Helping Adoptive Families in the 21st Century.*** Child-Parent Relationship Therapy (CPRT) is based on the premise that a secure parent-child relationship is the essential and curative factor for children's well-being. This educational session provides an overview of the rationale, objectives, and strong empirical support for CPRT as an intervention for adoptive families. Participants will explore the benefits of training and supervising parents in the attitudes and principles of child-centered play therapy to help adoptive parents lay the relational foundation for their adoptive child's healthy growth and development.

### 1:00-1:50 Cassandra Storlie (Stillman)

***School Counselor Perceptions of Systemic Barriers Affecting Latino Students: Implications for Humanistic Counseling.*** Systemic barriers contribute to academic underachievement and oppression among marginalized students. Qualitative survey responses from 158 school counselors were analyzed resulting in three overarching themes: Perceived Within and Between Culture conflict, Home and School Roadblocks, and Advocacy and Taking Initiative. Implications and suggestions for advocacy and social justice that supports humanistic approaches to the academic, personal/social and career development of Latino students will be provided.

### 1:00-1:50 Lissette Colon-Perez (Hanna)

***Reducing Barriers: Culturally Competent Practice with Latino/a Clients.*** This roundtable discussion will provide an overview of the unique needs of Latino/a clients as they experience the anti-immigrant social-political climate of our nation. The discussion will explore the development of a therapeutic relationship within the context of Latino cultural values. Participants will gain knowledge of strategies to reduce barriers to therapeutic engagement and retention of Latino/a students.

### 1:00-1:50 Eva Reed (Stillman)

***Helping Adults in Career Transition.*** In light of the economic downshifts in recent years, attention to the dynamic needs of laid-off workers is needed in career counseling. This presentation will focus on the mid-career adult facing downsizing and lay-off in terms of the implications for diverse workers and for the career counselors who serve them. The presentation will review the emotional, social, and economic effects of unexpected lay-off, advocacy for specific populations, and will explore counseling approaches that are useful in meeting the needs of these clients.

### 2:00-2:50 Katherine Purswell (Stillman)

***A Humanistic Approach to Promoting Higher-Level Thinking for Counselors-in-Training.*** Counselors often encounter situations, such as diverse counseling relationships, which require complex clinical decision-making skills and tolerance for ambiguity. Counselors with an integrated belief system are more likely to have tools to respond to these situations, so developing a critical thinking ability and a strong internal locus of control are essential for counseling students. The presenter will discuss specific attitudes and classroom strategies for humanistic educators that promote the development of an internal locus of control and critically thinking students.

### 2:00-2:50 Terencio Daunte McGlasson (Stillman)

***The Test of Time: Will Rollo May Remain Relevant in the 21<sup>st</sup> Century?*** The presenter poses the following question: Does Rollo May matter in the 21<sup>st</sup> century? The greater issue addressed here is how the humanistic/existential approaches can remain relevant in the new millennium. Join a roundtable discussion that will focus on how the current generation of counselors can convey the foundational principles they have embodied, the professional values they hold and the real-life lessons they have learned to the next generation of counselors in a way that ensures that the legacy passed on to us by the likes of Rollo May will endure in the 21<sup>st</sup> century.

## Saturday Roundtable Discussions

### 2:00-2:50 Lucy Parker and Adriane Moody (Hanna)

*Using Creative Arts to Build Character.* Showcasing and introducing inventive ways, such as sandtray and narrative techniques that counselors can use to engage hard to reach students. Creative and humanistic conceptualizations and four case studies addressing clients' academic, personal/social and career areas will be shared. Counselors will learn creative and humanistic techniques ready to be implemented.

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### 2:00-2:50 Paula Rainer (Stillman)

*Mindfulness and Spirituality.* This roundtable discussion will give a brief description of mindfulness and spirituality's efficaciousness in minimizing the impact of depression. The similarities and differences of the utilization of spirituality and mindfulness will be discussed. An experiential exercise will be conducted to demonstrate the blending of the two frameworks to relieve the impact of the effects of a stressor that the roundtable participants might be experiencing. There will be a time frame to process any immediate relief that the participants might be experiencing. General themes from the exercise will be discussed with summarizing remarks.

### 3:00-3:50 Bill Owenby (Stillman)

*The Inclusion of Animal-Assisted Therapy within the Supervisory Alliance.* Animal-Assisted Therapy (AAT) is widely used in counseling to promote one's functioning in many areas, including relationships. AAT concepts can also be used to enhance the supervisory working alliance. This presentation provides key AAT concepts, humanistic tenets, and the implementation of both within the supervision process. Practical and multicultural considerations are discussed with supporting research to include the implementation of AAT within supervision.

### 3:00-3:50 Dominick Robertson (Hanna)

*A Multi-Dimensional Model for a Holistic View of Clients in Counseling.* Moving beyond the well-documented limitations of DSM-based diagnostic categories as a means of both conceptualizing the problems that bring clients into counseling and of determining a suitable clinical approach to treatment, this session reviews the literature regarding alternative perspectives helpful to the psychotherapeutic process. It proposes a conceptual model for a holistic view of case conceptualization as a framework for alternative approaches to case formulation, including biological, personality, developmental and strengths-based perspectives.

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