



# **Counseling and Therapy Summit 2019**

**June 6-7, 2019**

**Trevecca Nazarene University  
Nashville, Tennessee**



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## *Summit at a Glance*

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### Thursday, June 6

8:00 - 8:30 am	Breakfast and registration; Exhibitor setup (optional)
9:00 am - 12:00 pm	Pre-conference #1 (opioid treatment); Pre-conference #2 (Supervision)
12:00 - 1:00 pm	Lunch (box lunch available if pre-ordered)
1:00 pm - 4:00 pm	Pre-conference #3 (ACA Ethics Deep Dive); Pre-conference #4 (Trauma)

### Friday, June 7

7:00 - 8:00 am	Registration/breakfast; Exhibitor setup
8:00 - 8:30 am	Welcome and introductions
8:30 - 9:30 am	Keynote: Moving at the Pace of Love – Amy Alexander, LMFT
9:40 - 10:30 am	Session 1
10:40 - 11:30 am	Break - Visit Exhibitors/Student Poster sessions
11:30 - 12:20 pm	Session 2
12:30 - 1:50 pm	Luncheon
2:00 - 2:50 pm	Session 3
3:00 - 3:30 pm	Break - Visit Exhibitors
3:30 - 4:20 pm	Session 4 (and Supervision Research Symposium in Convocation Room)
4:30 - 5:20 pm	Session 5 (and Supervision Research Symposium in Convocation Room)

Thursday, June 6, 2019		
8:00 - 8:30 am	Registration/breakfast; Exhibitor setup (optional)	
Room	Room 102/104	Room 106/108
Pre-Conference Sessions 9:00 -12:00 pm	<b><i>Current Trends in Supervision</i></b>  Dr. Susan Lahey, Ph.D., LMFT	<b><i>Addiction is not a Moral Failure</i></b>  Dr. Stephen Loyd, Medical Director of JourneyPure
12:00 -1:00 pm	Lunch (Box lunches available if pre-purchased)	
Room	Boon Convocation Room	Room 102/104
Pre-Conference Sessions 1:00 - 4:00 pm	<b><i>ACA Ethics Deep Dive: Knowing the ACA Code of Ethics Inside and Out is More Important Than Ever</i></b>  Dr. Lynn E. Linde, Chief Knowledge and Learning Officer of the American Counseling Association	<b><i>Healing from Attachment Based Trauma</i></b>  Alice Stricklin LMFT, MPH

Friday, June 7									
7:00-8:00	Registration/breakfast; Exhibitor setup								
8:00-8:30	Welcome and Introductions								
8:30-9:30	Keynote: Moving at the Pace of Love – Amy Alexander, LMFT								
Rooms	102/104	106/108	107	109	110	111	113	114	115
Session 1 9:40-10:30	<b><i>Counselors-in-Training Responses to Client Sexualized Behaviors: A Pilot Study</i></b> Caroline Bravo, Haley Buck & Dr. Charles Luke	<b><i>Spinning in Circles: The Cycle of Generational Poverty and Development of Trauma</i></b> Travis Andrews & Terrilynn Battle	<b><i>African American Males and The Mask They Wear: A conceptualization</i></b>  PaQuita Pullen	<b><i>How to Be a Therapist When Personal Relationships Are A Mess</i></b>  Judy Herman	<b><i>Ecotherapy: Getting Back to Nature</i></b>  Amanda Nowlin	<b><i>Addiction as an Attachment Disorder</i></b>  Hunter Lawrence, Thomas Yarbrough & Shannon Whitt	<b><i>Child-Centered Play Therapy: A Relationship-Based and Research-Supported Intervention</i></b>  Kasie Lee	<b><i>How does social media impact your mental health?</i></b> Myra Wilkinson & Laura Smith	<b><i>The 2014 ACA Code of Ethics says what? Everything you need to know to practice ethically</i></b>  Dr. Lynn Linde
10:40-11:30	Break - Visit Exhibitors/Student Poster sessions								
Session 2 11:30-12:20	<b><i>When Great Minds Think A Like</i></b>  Tiffany Wilson	<b><i>Trauma-Informed Care and Substance Use</i></b>  Lisa Smith & Kimberly Jones	<b><i>The Role of the Therapist in Client-Centered Therapy</i></b>  Kenny Sanderfer	<b><i>Trust Between Police and the Black Church: A Post Trayvon Martin Program Evaluation</i></b>  Benjamin Roberts	<b><i>The Role of Logic, Play, and Storytelling When Counseling Persons with Brain Injury</i></b>  Julia Johnson	<b><i>We are Inside kids: Online gaming and addiction - A qualitative analysis</i></b>  Cyndra Pilkington	<b><i>Engaging Youth of Today: Mind Clear. Body Fit. Spirit Well</i></b>  James Sapp	<b><i>Licensure</i></b>  Board Members, TN Board for PC, MFT, PCT	<b><i>Ethics, Counselor Wellness &amp; Therapeutic Effectiveness: a review of ethics and wellness behavior and its impact on counselor therapeutic effectiveness</i></b>  Mary Mayorga
12:30-1:50	Luncheon								

Rooms	102/104	106/108	107	109	110	111	113	114	115
Session 3 2:00-2:50	<b><i>Creative Interventions and Expressive Arts in Play Therapy and Supervision</i></b>  Jamie Lynn Langley	<b><i>Trauma Sensitive Yoga and Therapy</i></b>  Madison Swayze & Lynde Ross		<b><i>Self-Care: Preventing, Recognizing and Recovering from Burnout</i></b>  Roosevelt Faulkner & Mari Carter	<b><i>Becoming a Narcissist Whisperer: Narrative Concepts and Techniques to Working with Narcissistic Personalities</i></b> S. David Hall		<b><i>Deviant Racism: Consequences as Black Athletes</i></b>  Farren Stackhouse & Morgan Pepper	<b><i>Legislative Session</i></b>  Jenny Ford	<b><i>Know Your Code! Stay Out of Ethical Jeopardy</i></b>  Mark Loftis & Tony Michael
3:00-3:30	Break - Visit Exhibitors								
Session 4 3:30-4:20	<b><i>Healing Through Art Therapy</i></b>  Meg Bearman	<b><i>Psychological Trauma and Anorexia Nervosa</i></b>  Tyler Rogers & Abigail Smith	<b><i>Sexual Anorexia: An Interrupted Sexual Appetite</i></b>  Michael Christian & Elizabeth Holman	<b><i>Why Self-Care Doesn't Work: Addressing Burnout and Compassion Fatigue from an Attachment Perspective</i></b> Teri Murphy	<b><i>A Room and Two Chairs - Truths and Myths about Private Practice</i></b>  Katya Brewington	<b><i>Her Circle Recovery</i></b>  Tammy Roth			<b><i>Importance of Understanding the Preamble of the 2014 ACA Code of Ethics in Resolving Ethical Dilemmas</i></b> Peter Wilson
Session 5 4:30-5:20	<b><i>Mindful or Mind Full? Finding Calm amidst the Chaos through Mindfulness</i></b> Amanda Dooley	<b><i>Media Trauma Care and Resilience</i></b>  Jennifer Black	<b><i>Avoiding Avoidance: An eclectic approach</i></b>  Derrick Edwards	<b><i>Tattoos as A Window to The Psyche - Part II: What Does This Tattoo Say About Me?</i></b> Ray White	<b><i>Treatment and Conceptualization of Mixed-Orientation Couples</i></b>  Joshua Gebhardt	<b><i>Bringing Metaphors Back to Life</i></b>  Charaya Upton	<b><i>Impact of Digital Technology on Eating Disorders</i></b> Catherine Tourangeau & Evonna Surrette		<b><i>Supervision Ethics and Decision Making: Promoting Competence Through Discussions of Case Studies</i></b> Tony Michael & Mark Loftis

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# *Presidents' Welcome*

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Welcome to the 2019 Annual Counseling and Therapy Summit!

TLPCA is excited to provide you with some of the best presenters and breakout sessions you'll find within the state! For those of you attending for the first time, we're excited to have you. Please introduce yourself to one of the board members, so we can get to know you better. For those of you who have attended in the past, welcome back and we

appreciate your continued support. I always look forward to this time we all get to spend together each year.

## **"Conference Challenge"**

1. Relax and Recharge
2. Choose a few break out sessions you need
3. Choose a few break out sessions you want
4. Network and connect with some new people
5. Get involved by finding somewhere to serve in TLPCA

We believe this conference has great value and hope you have the best experience possible.  
Ready, Set, Grow!

Gratefully,

*Clay Harris*

Clay Harris, LPC-MHSP  
TLPCA President, 2018-2019  
Unite. Train. Advocate.

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# Pre-conferences Sessions

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## **Current Trends in Supervision**

Presenter: Susan Lahey, Ph.D., LMFT

### **Objectives for this pre-conference include:**

1. Participants will gain knowledge related to current trends in state licensure, ethics, and supervision vulnerabilities.
2. Participants will compare specific strategies for effectively navigating challenging situations in supervision.
3. Participants will investigate various effective supervision methods to ensure opportunities for growth in (for the supervisor and supervisee).

Susan Lahey, PhD is the Director of Graduate Counseling Trevecca Nazarene University, where she has served as full-time faculty since 2007. In her various roles at Trevecca, Susan has provided leadership in her role as the Doctoral Program Coordinator since 2009 as well as CACREP liaison during the accreditation process. She began a new role as Director of the program in May of 2017. She is also the current faculty sponsor for the Chi Sigma Iota division at the school. Susan previously served as secretary and Middle TN representative within the TN Marriage and Family Therapy Association for 6 years. She is a licensed marital and family therapist with a private practice focusing upon anxiety disorders and couple crisis. Dr. Lahey is committed to the mentoring and development of counselors, supervisors, and educators. In her work as dissertation chair over the last 10 years, her desire to serve her students' pursuit of counselor identity has only deepened. Susan has also trained supervisors for many years through the TLPCA and AAMFT organizations.



## **Addiction is Not a Moral Failure**

Dr. Stephen Loyd, Medical Director of JourneyPure

A nationally recognized thought leader and clinician, Dr. Stephen Loyd has decades of experience in internal medicine, mental health, and substance abuse services. Through a combination of inpatient facilities, outpatient centers, and proprietary coaching services and technologies, JourneyPure delivers a full continuum of integrated, high quality services to assist each patient in becoming and staying healthy.

Loyd's background includes service as Medical Director and Assistant Commissioner for Substance Abuse Services with the Tennessee Department of Mental Health and Substance Abuse Services. He served as Internal Medicine Residency Program Director, Chief of Staff and Education, and Chief of Medicine for Mountain Home VA Medical Center in Johnson City, Tenn.

Loyd was appointed to Tennessee Governor Bill Haslam's Opioid Workgroup and Public Safety Subcabinet. He received his doctorate at Quillen College of Medicine at East Tennessee State University, completing his residency in Internal Medicine. Loyd has been in recovery from opioids and benzodiazepines since 2004.



### ***ACA Ethics Deep Dive: Knowing the ACA Code of Ethics Inside and Out is More Important Than Ever***

Dr. Lynn E. Linde, Chief Knowledge and Learning Officer of the American Counseling Association

Recent efforts to codify discrimination against our clients have shown that we must all be prepared to define, protect, and defend the ACA Code of Ethics at a moment's notice. Moving forward as one strong, unified community is by far the best way to preserve the integrity of the counseling profession. We must speak with one clear voice.

In this pre-conference, Dr. Lynn E. Linde, Chief Knowledge and Learning Officer of the American Counseling Association (ACA), will deliver a thoughtful, thorough *Code of Ethics* deep dive presentation. Attendees will be updated in such areas as professional values, social media, the imposition of counselor personal values, defining the moment ethical responsibility begin, and fee splitting. Attendees will practice ethical decision making and bracketing; skills that protect against malpractice lawsuits and licensing board complaints.

Lynn E. Linde, Ed. D. is the Senior Director of the Center for Counseling Practice, Policy and Research at ACA. She is a graduate of The George Washington University and holds a doctorate in Counseling and an MA in Guidance and Counseling. Lynn came to ACA from Loyola University Maryland, where she was the Director of Clinical Experiences for the School Counseling Program. Prior to Loyola, she was Chief of the Student Services and Alternative Programs Branch at the Maryland State Department of Education, a local school system school counseling supervisor and school counselor. She has held a number of leadership positions in ACA and was the 58th president of the association. She has written and presented extensively, with a focus on ethical and legal issues for counselors and is a True Colors Facilitator. Her work in counseling has been recognized through a number of awards from ACA, the State of Maryland, and other organizations; she is an ACA Fellow.



### ***Healing from Attachment Based Trauma***

Alice Stricklin LMFT, MPH

Objectives for this pre-conference include:

1. Define attachment trauma
2. Identify a treatment plan for attachment based trauma
3. Identify the role of the therapist in the healing process
4. Creating opportunity for compassion in the healing process

Alice Stricklin began her career over 10 years ago in the study of Marriage and Family Therapy. Her clinical work focuses on children, teens, and adults who have experienced trauma. After becoming EMDR trained and implementing the practices she learned Alice found that her clients were able to heal from their past and begin forming healthier connections.

Motivated by their success, Alice earned her EMDR certification and eventually became a trainer herself. She is just as passionate about the helping her clients heal as she is about training other clinicians in EMDR therapy.

Alice continues to work with clients of all ages, specifically those who have been impacted by sexual abuse, neglect, childhood abuse, sexual assaults, and spiritual abuse. She has found ways to incorporate the model of EMDR within her therapy.

Alice is located in Lebanon, TN, and does consultations via internet, phone conference, or face to face in either her Nashville or Lebanon office.





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## 2019 Student Poster Presenters

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Mason Doss  
Tennessee Technological University

Viktoreya Edwards  
Middle Tennessee State University

Rachel Christian Gulley  
Trevecca Nazarene University

Patrick Harrell  
Trevecca Nazarene University

Kamille Hasylett  
Middle Tennessee State University

Stephens Hays  
Middle Tennessee State University

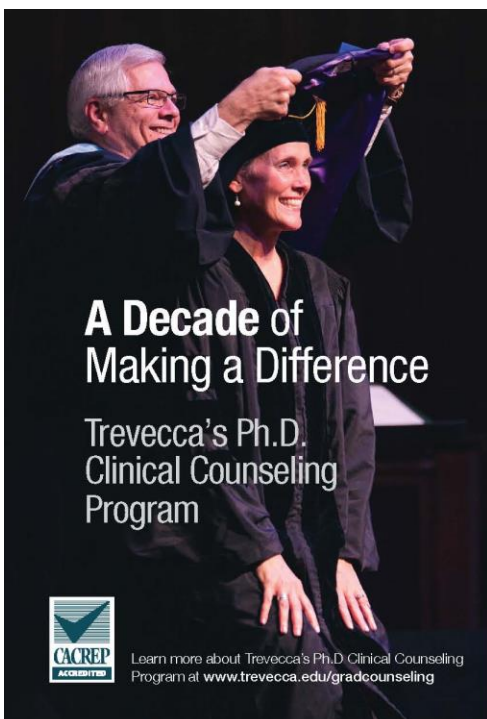
Alexandra Miller  
Tennessee Technological University

Angela Mueller  
Middle Tennessee State University

Colton Shannon  
Trevecca Nazarene University


Logan Shook ~~canceled~~  
Trevecca Nazarene University

Kelly Vance  
Trevecca Nazarene University



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A unique and celebrated doctoral program, Trevecca's Ph.D. Clinical Counseling: Teaching and Supervision program maintains a strong reputation throughout Middle Tennessee as a leading educator in Counselor Education and Supervision. Established in 2007, the program fully equips students to become clinicians, counselor educators, supervisors, researchers, and leaders who use their skills in service to others. With a strong focus on research and practical application of knowledge, Trevecca's Ph.D. Clinical Counseling program prepares students for success as compassionate leaders and practitioners in the mental health field.

*"As a result of earning a Ph.D., I have been granted professional opportunities to apply my clinical skills while working with diverse populations, serving in positions of leadership, and educating and supervising clinicians in training."*

*Dr. DeAndrea Witherspoon, '11*



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**CLINICAL COUNSELING  
PROGRAM**

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## *Special Thanks to our Volunteers!*

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## *Welcome to our keynote speaker!*

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Amy Alexander, LMFT

### *Moving at the Pace of Love*

*There's an idea that you can't live a hurried life and a compassionate one at the same time. If a life a love, kindness and compassion is our goal how might we pace our life to honor this?*

Amy Alexander, LMFT, is the Co-Founder and Executive Director of The Refuge Center for Counseling. The Refuge Center for Counseling began in 2005 and presently provides more than 23,000 counseling sessions for over 3,000 clients annually. Services are offered on a sliding-fee scale, based on income, so that everyone has access to care. Amy believes that the counseling process empowers people to become free of the burdens, barriers and shame stories that prevent them from experiencing freedom in their lives. She believes with all her heart that every person, no matter what they can pay, where they live, or what they have been through, deserves access to the very best care for their emotional wellness. Affordability, excellence and compassionate care are hallmarks of the services at The Refuge Center. As the Executive Director, Amy encourages and supports a culture of connection, character and continuous growth within the organization.



Amy is a Licensed Marriage and Family Therapist who has been in the field for eighteen years. Her areas of clinical focus include trauma, domestic and sexual violence, grief and loss, and identity work. Amy is trained in EMDR, Brainspotting, Trauma-Focused Cognitive Behavioral Therapy, and Trust-Based Relationship Interventions. She is an American Association of Marriage and Family Therapy (AAMFT) Approved Supervisor and a Clinical Fellow of the association.

Amy has been married to Dan for fourteen years and they have three children, ages 12, 7 and 4. Amy enjoys many self-care practices including yoga, mountain biking, reading, and travel. She loves dark chocolate more than anyone in the world and her favorite place to visit is Banff National Park and Lake Louise, in Alberta, Canada.





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# *Session 1*

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9:40 - 10:30

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## Breakout Sessions

Counselors-in-Training Responses to Client Sexualized Behaviors: A Pilot Study

Spinning in Circles: The Cycle of Generational Poverty and Development of Trauma

African American Males and the Mask They Wear: A Conceptualization

How to be a Therapist When Personal Relationships are A Mess

Ecotherapy: Getting Back to Nature

Addiction as an Attachment Disorder

Child-Centered Play Therapy: A Relationship-Based and Research-Supported Intervention

How Does Social Media Impact Your Mental Health?

The 2014 ACA Code of Ethics Says What? Everything you Need to Know to Practice Ethically



## Counselors-in-Training

### Responses to Client Sexualized Behaviors: A Pilot Study

*Caroline Bravo, LPC-MHSP, NCC*

*Haley Buck*

*Dr. Charles Luke, Ph. D, LPC/MHSP, NCC, ACS, MAC*

**Room: 102/104**

**Time: 9:40-10:30**

Addressing inappropriate client sexualized behaviors within supervision is an uncomfortable experience for counselors-in-training and overlooking these interactions may be harmful to their clinical development. This research highlights the prevalence of these occurrences, the extent to which counselors-in-training seek support, and the extent to which they feel supported by their supervisor's response. The results from this study have the potential to enhance both client and counselor welfare.

#### Program Objectives:

- increase understanding of Inappropriate Client Sexualized Behaviors.
- learn to utilize these gender-related events as formative topics of supervision discussion that not only benefit the supervisory relationship but the clinical development of counselors-in-training
- explore ways to increase supervisor sensitivity through listening to examples of appropriate reactions that promote both client and supervisee growth.

**NBCC/ CACREP Content Areas:** Career Development and Counseling and Counselor Professional Identity and Practice



## Spinning in Circles: The Cycle of Generational Poverty and Development of Trauma

*Travis Andrews, LPC-S*

*Terrilynn Battle*

**Room: 106/108**

**Time: 9:40-10:30**

Professionals must be prepared to counsel students from poverty and work with those who have been traumatized. Counselor professionals, educators, administrators, and staff who work with students from poverty and those who have suffered trauma carry the risk of picking up the stress from those students (Jensen, Eric, 2016). That, in turn, can (a) elevate stress levels, (b) cause health issues, and (c) increase the likelihood of burnout (Jensen, Eric, 2016). Persons who grow up in generational poverty have different values, different communication styles, and perceive the world based on their own experience.

Conceptualizations of trauma that have been constructed in more privileged contexts often do not consider how trauma manifests in low-income environments in relation to inequality and ongoing adversity (Benjamin & Carolissen, 2015). Furthermore, the skills and expertise with which mental health professionals are equipped are often appropriate for post trauma contexts and environments, but less so where conflict and violence are ongoing and where there still is a lack of safety (Benjamin & Carolissen, 2015).

#### Program Objectives:

- Participants will critically examine the concept "culture of poverty"
- Participants will learn how the culture of poverty contributes to developmental trauma
- Participants will identify and understand symptoms of generational poverty and

- how they differ from situational poverty and how it effects techniques in counseling
- Participants will understand the impact of economic class differences on communication, interactions, and expectations
- Participants will identify systematic problems faced daily with those in poverty

**NBCC/ CACREP Content Areas:** Systemic



## **African American Males and The Mask They Wear: A Conceptualization**

***PaQuita Pullen, LPC-MHSP***

**Room: 107**

**Time: 9:40-10:30**

Participants will learn about "John Henryism", a construct that has been given attention in the medical field as it relates to medical problems among African-American males, yet little is known about John Henryism and mental health. Participants will engage in an intervention that may assist their work with African American males.

Program Objectives:

- Following the presentation, participants will be able to understand the construct of John Henryism
- Following this presentation, participants will be able to utilize a simple but effective intervention with African American males to gain a better understanding of the "mask" they wear.
- Following this presentation, participants will be able to identify and mitigate barriers that may be impeding their ability to provide culturally competent care to African American males.

**NBCC/ CACREP Content Areas:** Social and Cultural Foundations, Career Development and Counseling, and Assessment



## **How to Be a Therapist When Personal Relationships Are A Mess**

***Judy Herman, LPC-MHSP, NCC, Imago Therapy***

**Room: 109**

**Time: 9:40-10:30**

We struggle silently in marriages, family relationships, and with colleagues. Rather than isolate, learn to build a trusting environment for peer connection. Messy relationships are opportunities for insight and self-awareness. This profession requires continual self-transformation and increasingly heightened insight. Tap into a growth model to gain collective wisdom from a supportive group. Nurture well-being for yourself. Get unstuck from relationship messes. Learn to integrate breaths of AIR; formula for change (awareness, intentionality, risks).

Program Objectives:

- Describe and give practical examples for the acronym AIR. Watch or participate in a role-play to experience how the formula works in a group setting.
- Name the eight dances (relationship patterns) and identify your "natural" steps. Identify your growth steps necessary for your well-being.
- Name the five "normal" horsemen that keep us stuck in relationship messes and why peer support is essential.

**NBCC/ CACREP Content Areas:** Group Dynamics and Counseling, Career Development and Counseling, Counselor Professional Identity and Practice Issues, and Wellness



## **Ecotherapy: Getting Back to Nature**

***Amanda Nowlin, LPC-MHSP***

**Room: 110**

**Time: 9:40-10:30**

A look at the historical importance of the connection between our relationship with nature and well-being. Counselors will learn the holistic benefits of using Nature and the outdoors with clients. Several Ecotherapy and Mindfulness activities will be practiced and discussed that can be incorporated into counseling treatment.

### **Program Objectives:**

- Following this presentation, participants will learn history of Ecotherapy/Ecopsychology, and the research-based evidence of re-establishing our relationship with nature for a healthy well-being. They will see connections between the psychological and physiological well-being.
- Following this presentation, participants will be able to learn several types of Ecotherapy. These types will be discussed, and counselors will be able to apply these techniques into their counseling practice.
- Following this presentation, participants will take home several activities that they can incorporate into their counseling practice. Several experiential exercises/activities will be given for counselors to use.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship



## **Addiction as an Attachment Disorder**

***Hunter Lawrence***

***Thomas Yarbrough***

***Shannon Whitt***

**Room: 111**

**Time: 9:40-10:30**

This presentation will present evidence reinforcing the theory that addiction is an attachment disorder. This includes a historical look at the research as well as and new findings gathered by the presenters using the Experiences in Close Relationships Scale (Brennan, 1998). Participants will gain a better overall understanding of addiction as a current major health crisis. Strategies for counselors to better serve this population will be included.

### **Program Objectives:**

- Participants will better understand the research related to addiction and attachment styles, including our new findings.
- Participants will be able to explain how attachment theory relates to clients who suffer with addiction
- Participants will be able to assess the future need for reshaping our professional view regarding addiction

**NBCC/ CACREP Content Areas:** Human Growth and Development, Social and Cultural Foundations, and Systemic





## Child-Centered Play Therapy: A Relationship-Based and Research-Supported Intervention

**Kasie Lee, LPC, NCC, RPT, CCPT**

**Room: 113**

**Time: 9:40-10:30**

Child-centered play therapy (CCPT) is a relationship-based and developmentally responsive intervention based in play, the natural language of children. CCPT has a 70-year history of research support for a wide variety of children's mental health needs. Participants will observe real sessions to witness the theoretical foundations and basic skills of CCPT in action and receive research-based resources that can be utilized to advocate for the use of CCPT with diverse populations of young children.

### Program Objectives:

- Describe at least 5 therapeutic benefits of utilizing child-centered play therapy with young children.
- Describe at least 3 recently completed research studies that support the use of child-centered play therapy with diverse populations.
- Identify at least 2 free-to-access sources of extensive evidence-based research that can be used to advocate for the use of child-centered play therapy.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship and Research and Program Evaluation



## How Does Social Media Impact Your Mental Health?

**Myra Wilkinson, LMFT**

**Laura Smith, Ed. D, LPCA, NCC, ACS**

**Room: 114**

**Time: 9:40-10:30**

This presentation explores the changes in and social media as it relates to mental health as it effects school aged children through adults. Due to the increased use of social media, studies show that it may have a negative impact on applying mental health and the ability to practice daily self-care. This presentation will raise awareness regarding this issue and identify tools to decrease the negative impacts.

### Program Objectives:

- Following this presentation, participants will be able to identify technique/tools to address the negative impact of social media in both professional and personal settings.
- Following this presentation, participants will be able to identify how social media impact self-care and mental health.
- Following this presentation, participants will be able to explain how the practice of self-care impacts mental health.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, and Wellness



## The 2014 ACA Code of Ethics Says What? Everything you Need to Know to Practice Ethically

**Dr. Lynn Linde**

**Chief Knowledge and Learning Officer of the American Counseling Association**

**Room: 114**

**Time: 9:40-10:30**

As the world continues to become more diverse and counselors are faced with increasingly complex challenges, knowing the ACA Code of Ethics is more important than ever. This session

will provide foundational information about the sections of the Code as well as explore critical areas such as values-based conflicts, competence and referral, and the use of technology and social media.

Program Objectives:

- Understand the importance of the Code of Ethics and the information contained in the Code
- Understand how the Code directs and impacts practice
- Become knowledgeable about how to make ethical decisions.



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# *Session 2*

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11:30 - 12: 20 PM

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## Breakout Sessions

When Great Minds Think A Like

Trauma-Informed Care and Substance Use

The Role of the Therapist in Client-Centered Therapy

Trust Between Police and the Black Church: A Post Trayvon Martin Program Evaluation

The Role of Logic, Play, and Storytelling When Counseling Persons with Brain Injury

We are Inside Kids: Online Gaming and Addiction - A Qualitative Analysis

Engaging Youth of Today: Mind Clear. Body Fit. Spirit Well

Legislative Session

Ethics, Counselor Wellness, & Therapeutic Effectiveness: A Review of Ethics and Wellness Behavior and its Impact on Counselor Therapeutic Effectiveness





## When Great Minds Think A Like

*Tiffany Wilson, LPC, NCC, BC-TMH, CCTP*

**Room: 102/104**

**Time: 11:30-12:20**

Childhood trauma can have a significant impact on a child's ability to learn and overall development. Through collaborative efforts, school-based mental health therapists and school counselors are positioned to lead efforts in creating a paradigm shift on how students who have experienced trauma are educated. In this session, we will discuss how trauma affects learning and how school-based therapists and school counselors can work together to can change interactions, practices, and policies to increase and improve the academic and behavior outcomes of students who have experienced trauma.

### Program Objectives:

- Following this presentation, participants will understand the prevalence of trauma in schools and understand how trauma affects learning, academic performance, behavior, and relationships.
- Following this presentation, participants will understand how collaborative efforts between school-based therapists and school counselors can create trauma-informed schools.
- Following this presentation, participants will understand various trauma-informed approaches, interventions, and frameworks.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Assessment, Research and Program Evaluation, Counselor

Professional Identity and Practice Issues, Wellness, and Systemic



## Trauma-Informed Care and Substance Use

*Lisa Smith, LCSW  
Kimberly Jones*

**Room: 106/108**

**Time: 11:30-12:20**

For children and adolescents that have experience trauma, an integrated system of care is necessary to provide adequate support and reduce revictimization. For children and adolescents that have trauma and substance use, there are unique needs that should be considered by clinicians. This presentation will identify the complexity of trauma experiences and the context that these experience impact youth and families across other systems. Participants will understand their role in developing a trauma-informed system of care. Participants will understand how trauma reactions impact mental health and substance use needs.

### Program Objectives:

- Identify symptoms of trauma. At the end of this activity the participant will be more knowledgeable of the symptoms of trauma.
- Identify the use of evidenced-based practices in trauma treatment. At the end of this activity the participant will be more knowledgeable of role of the system of care in trauma
- Identify a Trauma Systems Therapy that includes focus on substance use. Participants will identify the range of reactions to trauma including the impact of mental health and substance use.

Participants will learn the systems approach to trauma-competent care impacts the ability of the youth to respond to treatment.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship, Human Growth and Development, Assessment, and Counselor Professional identity and Practice Issues



## **The Role of the Therapist in Client-Centered Therapy**

**Kenny Sanderfer, LMFT**

**Room: 107**

**Time: 11:30-12:20**

It has long been recognized that the majority of client outcomes are correlated with the therapist-client relationship. The Client-centered therapist is non-directive, non-pathologizing, and empowers the client to move away from the therapeutic relationship in health. Client-centered therapy relies on three tenets: 1. The therapist is congruent with the client; 2. The therapist provides the client with unconditional positive regard; and 3. The therapist shows empathic understanding of the client. This session will examine the role of the therapist in client-centered therapy. Specifically, this session provides (1) a model for engaging in client-centered therapy, (2) posture (stance) that the therapist holds that is unique to working with client-centered therapy, and (3) practical ways for self-assessment and change. Common and predictable stuck places for the client-centered therapist will be explored experientially through horse training sessions with Kenny Sanderfer.

**Program Objectives:**

- This session will examine the role of the therapist in client-centered therapy.

Specifically, this session provides (1) a model for engaging in client-centered therapy.

- The posture (stance) that the therapist holds that is unique to working with client-centered therapy will be identified.
- practical ways for self-assessment and change. Common and predictable stuck places for the client-centered therapist will be explored with case studies from sessions and equine examples.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship



## **Trust Between Police and the Black Church: A Post Trayvon Martin Program Evaluation**

**Benjamin Roberts, LMFT**

**Room: 109**

**Time: 11:30-12:20**

There is a reported increase in police injustice toward African Americans. Specifically, there are increasing numbers of cases of police officers' shooting unarmed African-American males in the United States. The African-American church is one of the avenues to developing more trusting relationships between the police and the African American community. This is information gathered from two focused groups (a police department and a black church) that will be used to develop trust between the police and the black community.

**Program Objectives:**

- What are the trust issues between police and the black community?
- Why these trust issues exist.

- Ways to develop trust between police and the black community

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Social and Cultural Foundations, Research and Program Evaluations, and Counselor Professional Identity and Practice Issues



## **The Role of Logic, Play, and Storytelling When Counseling Persons with Brain Injury**

*Julia Johnson, LPC-MHSP, CBIS, CRC*

**Room: 110**

**Time: 11:30-12:20**

Individuals who sustain a concussion, stroke, other traumatic or non-traumatic insult to the brain may also encounter memory problems, mood swings, difficulty with attention/concentration, and other executive functions. Counseling this population and/or their family members can be challenging for the mental health practitioner who seeks to use the most beneficial approach. By utilizing a combination of techniques from rehabilitation counseling, knowledge of brain injury, and mental health counseling, the practitioner may better assist these persons to achieve their goals. A combination of CBT, mindfulness, play, and storytelling may enhance counseling outcomes when working with this population.

Program Objectives:

- The difference between mild, moderate, and severe traumatic brain injury
- The need for logic, play, and storytelling when counseling persons with brain injury

- The importance of using association and repetition in sessions
- Types of logic, play, and storytelling which can assist brain injured individuals in counseling and cognitive rehabilitation
- Assessments which help persons with brain injury find vocational options for which they are best suited, when needed
- When to slow down and when to speed up when counseling individuals with brain injury
- Strategies and techniques which can be most beneficial when working with brain injured persons
- Specific resources when needed to help individuals with brain injury receive the highest quality care
- Their own creativity, skills, and talents to assist persons with brain injury work toward their fullest potential

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship, Human Growth and Development, and Assessment



## **We are Inside Kids: Online Gaming and Addiction - A Qualitative Analysis**

*Cyndra Pilkington, LPC, NCC*

**Room: 111**

**Time: 11:30-12:20**

Online gaming addiction is not well understood or treated. More research is needed into the “whys” of internet gaming. These known addictive issues led to the change in the DSM V with Internet Gaming Disorder as a “Condition for Further Study”. This current research examines the cultural context of the gamer; their shared beliefs and practices. The game world can be more “real” than the “real” world and offers meaning, status, friendship, even personal empowerment.

#### Program Objectives:

- Following this presentation, participants will be able to identify online gaming addictive behaviors in their clients.
- Following this presentation, participants will be able to understand the positive attractions and the negative consequences of internet gaming.
- Following this presentation, participants will be able to utilize the resources and information provided to assist the addicted gamer, the potential addict, and their family members to cope with this addiction.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship, Social and Cultural Foundations, Research and Program Evaluation, and Wellness

### **Engaging Youth of Today: Mind Clear. Body Fit. Spirit Well**

**James Sapp, LPC-MHSP, NCC**

**Room: 113**  
**Time: 11:30-12:20**

This presentation will focus on engaging children and youth of today. Understanding who we are as adults and how this impacts our ability to connect to youth will be reviewed. Various means and techniques to ensure your engagement with youth is productive and successful, whether this be a first assessment visit or an ongoing counseling or mentoring relationship, will be shared. Some of the material that will be discussed or demonstrated is original.

#### Program Objectives:

- Following this presentation, participants will be able to apply different

engagement techniques to connect with youth in the real world.

- Upon completion of this presentation, participants will better understand the importance of engaging youth on their specific developmental level.
- Following this presentation, participants will be able to explain to others the importance of having a clear mind, fit body, and well spirit when engaging youth.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship, Human Growth and Development, Assessment, and Counselor Professional Identity and Practice Issues

### **Legislative Session**

**Kim Speakman, Board Member**  
**Teddy Wilkins, Unit Director**  
Tennessee Board of Licensed Professional Counselors, Licensed Marital and Family Therapists and Licensed Pastoral Therapists

**Room: 114**  
**Time: 11:30 - 12:20**

This presentation will walk attendees through the process of becoming licensed as a Licensed Professional Counselor with Mental Health Service Provider designation through the State of Tennessee. After a step-by-step review of the requirements, the presenters will answer questions regarding the individual issues or audience members.

#### Program Objectives:

- Learn about the licensure process
- Receive answers regarding issues with application process

**NBCC/CACREP Content Areas:** Counselor Professional Identity and Practice Issues



**Ethics, Counselor Wellness & Therapeutic Effectiveness: A Review of Ethics and Wellness Behavior and its Impact on Counselor Therapeutic Effectiveness (Competency)**

**Mary Mayorga, LPC-S, LPC, NCC, NBCC**

**Room: 115**  
**Time: 11:30-12:20**

Ethics and Wellness: Its Effects on Competency and Therapeutic Effectiveness: Professional counselors' lack of self-care behavior can lead to issues with professional competency and therapeutic effectiveness. This presentation will

examine the ethical responsibilities of maintaining overall mental, physical and spiritual wellness as counselors to "do no harm".

Program Objectives:

- Participants will develop awareness of the potential for burnout and stress: leading to "levels of incompetency" as a professional counselor
- Participants will understand the ethical responsibilities of "doing no harm" and "potential for malpractice"
- Participants will understand the importance of infusing wellness education into supervision and/or counseling program for counselors in training

**NBCC/ CACREP Content Areas:** Wellness

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12:30-1:50 PM



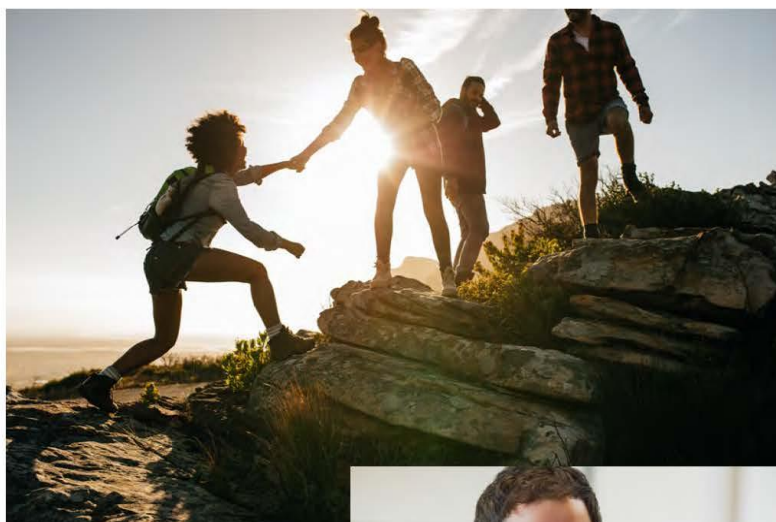
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# *Session 3*

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2:00 – 2:50 PM

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## Breakout Sessions

Creative Interventions and Expressive Arts in Play Therapy and Supervision

Trauma-Sensitive Yoga and Therapy

Self-Care: Preventing, Recognizing, and Recovering from Burnout

Becoming a Narcissist Whisperer: Narrative Concepts and Techniques to Working with Narcissistic Personalities

Licensure

Deviant Racism: Consequences as Black Athletes

Know Your Code: Stay out of Ethical Jeopardy





## Creative Interventions and Expressive Arts in Play Therapy and Supervision

*Jamie Lynn Langley LCSW, RPT-S*

**Room: 102/104**

**Time: 2:00-2:50**

In this workshop, participants will explore the therapeutic powers of creativity and play as well as the rationale for the use of the expressive arts in play therapy as well as the supervision process. Participants will have the opportunity to engage in creative play techniques as well as expressive art activities to connect in meaningful ways with clients and/or supervisees while expanding both personal self-awareness and growth as a child / play therapist and supervisor.

### Program Objectives:

- Explain the rationale for the use of creative, expressive and experiential activities in child/play therapy and in clinical supervision, including information from neuroscience.
- Explore how to support the transition from using expressive art activities and creative play therapy techniques into clinical supervision.
- Utilize at least three creative/expressive play therapy activities that can be translated for use in clinical supervision.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship and Career Development and Counseling



## Trauma Sensitive Yoga and Therapy

*Madison Swayze RYT, TSY*

*Lynde Ross MSSW, EFT, EDMR, TBRI, TSY*

**Room: 106/108**

**Time: 2:00-2:50**

Trauma-sensitive yoga (TSY) assists clients in noticing what is happening inside their body. Research shows that trauma heavily impacts the body and the brain. As the body absorbs trauma, clients experience hyper-arousal, hyper-arousal, and an inability to self-soothe. Additionally, clients may be able to avoid sensations and numb their body. The goal of TSY is to calm minds, increase awareness of body sensations, and eventually regulate emotions.

### Program Objectives:

- Following this presentation, participants will be able to understand the basics of how trauma affects the body.
- Following this presentation, participants will be able to understand the formatting of a trauma-sensitive yoga session.
- Following this presentation, participants will be able to identify how trauma sensitive yoga can assist with therapy.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Group Dynamics and Counseling, Counselor Professional Identity and Practice Issues, and Wellness



## **Self-Care: Preventing, Recognizing and Recovering from Burnout**

**Roosevelt Faulkner LPC, NCC, DAPA, NBCC**  
**Mari Carter**

**Room: 109**

**Time: 2:00-2:50**

The focus of this presentation will be on self-care for professional in various setting whether in mental health agencies, supervisory role, private practices, school or college environment. The content of this presentation will focus on factors that may lead to burnout, recognizing the need for self-care, the importance of self-care and learning ways of preventing burnout.

### **Program Objectives:**

- The participants will be able to recognize the signs and symptoms of burnout. The participants will also be able to understand the importance of self-care. In addition, the participant will be able to utilize preventive measures for self-care.

**NBCC/ CACREP Content Areas:** Human Growth and Development, Counselor Professional Identity and Practice Issues, and Wellness



## **Becoming a Narcissist Whisperer: Narrative Concepts and Techniques to Working with Narcissistic Personalities**

**S. David Hall LMFT, LPC-MHSP-AS, NCC**

**Room: 110**

**Time: 2:00-2:50**

This presentation will look at how to recognize and conceptualize clients that present with narcissistic personality styles, as well as how narrative theory and narrative informed psychotherapeutic techniques can provide both unique and effective means of engaging these individuals in counseling and lead to therapeutic growth.

### **Program Objectives:**

- Understand the personality traits and characteristics associated with narcissism and the theories of how narcissism develops and is maintained in individuals.
- Explain how narcissism relates with other personality styles such as borderline, antisocial, and dependent.
- To utilize particular narrative and general psychotherapeutic approaches and tools affective in working with narcissistic leaning clients.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship and Assessment



## **Legislative**

**Jenny Ford, TLPCA Government Relations Specialist**

**Room: 111**

**Time: 2:00-2:50**

This session will present an update on current legislative efforts for TLPCA. Our government representative, Jenny Ford, will share information about current legislation affecting our organization and her work to address key pieces of legislation.

#### Program Objectives:

- understand current legislative efforts for both organizations
- Identify best practices for collaborative advocacy
- have a clearer understanding of the short-term and long-term gains for the mental health profession in Tennessee
- be able to identify regulatory and legislative trends at the national level that impact our state activity

**NBCC/CACREP Content Areas:** Counselor Professional Identity and Practice Issues



### **Deviant Racism: Consequences as Black Athletes**

**Farren Stackhouse LPC**  
**Morgan Pepper**

**Room: 113**  
**Time: 2:00-2:50**

Black athletes experience racism in sport. Racial discrimination affects Black athletes in sport. Several consequences are presented as a form deviant racism as a result. This program enhances knowledge, research and advancement of multicultural rehabilitation counselor's engagement with Black athlete identities contributing to social justice missions.

#### Program Objectives:

- critical research knowledge to advance research on biases, prejudices, micro-aggressive behaviors and discrimination in sport.
- underlying excessive punishment and consequences of deviant racism.

- ways to advance research on rehabilitation counselors' engagement with Black athletes.

**NBCC/ CACREP Content Areas:** Social and Cultural Foundations, Counselor Professional Identity and Practice Issues, and Systemic



### **Know Your Code! Stay Out of Ethical Jeopardy**

**Mark Loftis LPC-MHSP, SPE-HSP, LASAC II, MAC**  
**Tony Michael LPC-MHSP, RPT-S, NCC, ACS**

**Room: 115**  
**Time: 2:00-2:50**

Who said that you can't have fun in doing something you have to do? As professionals, we are mandated to fulfill our ethics continuing education requirements, but they can't stop us from enjoying it (wink, wink). The presentation is in the beloved Jeopardy Game Show format. Compete with and against colleagues in testing your knowledge and the application of the ACA Code of Ethics.

#### Program Objectives:

- Participants will be able to recognize how the ACA Code of Ethics assist in defining professional identity.
- Participants will learn utilize the ACA Code of Ethics in determining professional behavior.
- Participants will learn how to integrate the ACA Code of Ethics into an ethical and professional decision-making model.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship and Counselor Professional Identity and Practice Issues

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# What You Need to Know About Divorce



## Second Saturday of Every Month

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**8:30 am-12:00 pm Workshop**

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**Rosemary Frank**, MBA, CDFP/ADFA, CFE, MAFF, Financial Advisor, Certified Advanced Divorce Financial Analyst, Certified Fraud Examiner, Master Analyst in Financial Forensics, TN Supreme Court Listed Rule 31 Family Mediator, FINRA Arbitrator

### Guest Presenters:

**Divorce Attorney:** An experienced attorney highly regarded in their profession, and whose practice is more than 75% dedicated to family law, will explain legal terminology and the legal process.

**Psychotherapist:** A distinguished licensed mental health professional will discuss how to deal with the emotional issues of divorce, as relates to yourself, family and friends, and how to move forward.

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# *Session 4*

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3:30 – 4:20 PM

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## Breakout Sessions

Healing Through Art Therapy

Psychological Trauma and Anorexia Nervosa

Sexual Anorexia: An Interrupted Sexual Appetite

Why Self-Care Doesn't Work: Addressing Burnout and Compassion Fatigue from an Attachment Perspective

A Room and Two Chairs: Truths and Myths About Private Practice

Her Circle Recovery

Importance of Understanding the Preamble of the 2014 ACA Code of Ethics in Resolving Ethical Dilemmas





## Healing Through Art Therapy: Trauma and Mental Health Spectrum Disorders

*Meg Bearman MA, LPC, ATR-P, NCC*

**Room: 102/104**  
**Time: 3:30-4:20**

Art therapy is an expressive form of clinical therapy that utilizes the art making process as a tool to help clients heal. This presentation provides insight into the art therapy field, and an in-depth explanation around the art therapy process and its ability to treat trauma and all mental health spectrum disorders. Additionally, this presentation will shed light on the differences between clinical art therapy practice and "art-based techniques."

### Program Objectives:

- Following this presentation participants will be able to understand the clinical practice of art therapy and its place within the clinical therapy field.
- Following this presentation participants will explain how art therapy is used as a tool for processing trauma, as well as many other mental health disorders.
- Following this presentation participants will be able to identify the difference between an art-based technique and clinical art therapy practice.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship and Human Growth and Development



## Psychological Trauma and Anorexia Nervosa

*Tyler Rogers LPC, LMFT, NCC*  
*Abigail Smith*

**Room: 106/108**  
**Time: 3:30-4:20**

The purpose of this project is to evaluate the impact of psychological trauma on individuals with Anorexia Nervosa. A literature review will be composed that looks at current theory and treatment of Anorexia Nervosa as well as the limitations of current theory and treatment, specifically the lack of research regarding the impact of psychological trauma on the development, severity, recovery and maintenance of Anorexia Nervosa.

### Program Objectives:

- Following this presentation, participants will be able to understand the current developmental and treatment models of Anorexia Nervosa from a medical and psychological perspective.
- Participants will be able to identify current limitations in Anorexia Nervosa literature.
- Participants will be able to understand the importance of treating individuals with Anorexia Nervosa using trauma-informed interventions in addition to current treatment interventions

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship



## Sexual Anorexia: An Interrupted Sexual Appetite

*Michael Christian LPC-MHSP, NCC, CST, CSAT-S*

*Elizabeth Holman*

**Room: 107**

**Time: 3:30-4:20**

Sexual anorexia is an obsessive state in which the physical, mental, and emotional task of avoiding sex dominates one's life. People with sexual anorexia experience a dread of sexual pleasure, feel self-loathing after sexual activity, engage in self-destructive behaviors to avoid sex, or have episodes of promiscuous behavior followed by periods of extreme sexual deprivation. Participants will develop a functional understanding of sexual anorexia, identify contributing factors and causes, and explore effective treatment options.

### Program Objectives:

- Following this presentation, participants will be able to define and understand sexual anorexia.
- Following this presentation, participants will be able to identify the contributing factors and causes of sexual anorexia.
- Following this presentation, participants will be able to apply interventions and treatment options specific to the individual who struggles with sexual anorexia.

**NBCC/ CACREP Content Areas:** Counseling Theory Practice and the Counseling Relationship and Research and Program Evaluation



## Why Self-Care Doesn't Work: Addressing Burnout and Compassion Fatigue from an Attachment Perspective

*Teri Murphy LMFT, EFT*

**Room: 109**

**Time: 3:30-4:20**

Burnout and compassion fatigue affect as many as two out of three health care professionals (Simionato & Simpson, 2018), and while the most common intervention and current cultural phenomenon is self-care, in practical application, there is little evidence that self-care as an isolated practice reduces burnout symptoms. For mental health providers to experience transformative self-care, we must have a theory, the ability to self-assess, and scientifically sound techniques and interventions to meet our needs.

### Program Objectives:

- As a result of this presentation, each participant will be able to identify the reasons that self-care as typically prescribed does not work as treatment for burnout, compassion fatigue, or emotional distress.
- As a result of this presentation, each participant will be able to engage in self-exploration and assessment to determine where they are most likely to experience burnout and compassion fatigue.
- As a result of this presentation, each participant will be able to design an integrative and holistic self-care plan that is achievable, includes cognitive, emotional, and behavioral components, and allows the mental health provider a dynamic map of clear and concise strategies to care for oneself across their career lifespan.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Counselor Professional Identity and Practice Issues, Wellness, and Systemic



## **A Room and Two Chairs - Truths and Myths about Private Practice**

**Katya Brewington LPC/MHSP/S, NCC, ACS**

**Room: 110**

**Time: 3:30-4:20**

Private practice is arguably the most common vocational choice for mental health counselors. Yet, few counselor education programs provide any training or even information on the business aspects of counseling. Similarly, a lot of the information available from different sources can be confusing and even inaccurate thus deferring some practitioners from choosing that path. The presenter will provide an overview of private practice models, discuss steps for starting a private practice, and review ethically-sound approaches to growing a practice into a profitable business.

### **Program Objectives:**

- Following this presentation participants will be able to understand the different private practice models.
- Following this presentation participants will be able to explain and utilize the steps to starting a private practice.
- Following this presentation participants will be able to identify ways of growing their private practice into a profitable business.

**NBCC/ CACREP Content Areas:** Counselor Professional Identity and Practice Issues



## **Her Circle Recovery**

**Tammy Roth LPC-MHSP**

**Room: 111**

**Time: 3:30-4:20**

Tammy Roth has created the "Her Circle Recovery Model" which is a feminine approach to healing addiction from her experience of being the clinical director for a professional women's addiction treatment program as well as her own journey in recovering from alcoholism. The model explains the developmental stages of how addiction manifests as well as the developmental stages of recovery. This is a model that goes beyond the traditional 12-step model and can also be used in conjunction with or instead of the 12-steps. The model incorporates neuroscience as well as the ancient wisdom of feminine energy. The audience will be given tips and examples of how to begin using the model with clients as well as the opportunity to get a .pdf of the manuscript of the same name.

### **Program Objectives:**

- Following this presentation, participants will be able to understand the underlying pain that exists for many female addicts
- Following this presentation, participants will be able to understand tips for calming the nervous system in early recovery
- Following this presentation, participants will be able to understand the most important role the therapist can play in early recovery.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling





## **Importance of Understanding the Preamble of the 2014 ACA Code of Ethics in Resolving Ethical Dilemmas**

***Peter Wilson***

**Room: 115**

**Time: 3:30-4:20**

The purpose of this workshop is to stress the importance of reading and understanding the preamble to the 2014 ACA Code of Ethics and applying this knowledge in deciding how the standards are to be interpreted. Special emphasis will be focused on the five professional values of the profession and the six fundamental principles of professional ethical behavior: autonomy, nonmaleficence, beneficence, justice, fidelity, and veracity.

Program Objectives:

- Following this presentation, participants will understand the purpose of the preamble to the 2014 ACA Code of Ethics and identify the five professional values and the six fundamental principles.
- Following this presentation, participants will be able to utilize the five professional values and the six fundamental principles

to more effectively resolve ethical dilemmas.

- Following this presentation, participants will recognize that the professional values and principles found in the preamble can compete as well as with the standard in the Code of Ethics resulting in a need to prioritize when resolving ethical dilemmas.

**NBCC/ CACREP Content Areas:** Counselor  
Professional Identity and Practice Issues



## **Supervision Research Symposium**

**Room: Boon Convocation Center**

**Time: 3:30-4:20**

The Supervision Research Symposium is designed to provide students and/or graduates of a doctoral Counselor Education and Supervision program an opportunity to share research on supervision. The session will offer participants some of the most current research on supervision. These sessions will meet the licensure supervision CE requirement.

**NBCC/ CACREP Content Areas:** Counselor  
Professional Identity and Practice Issues



By putting science and  
compassion at the forefront,  
we will

# Rise above

At Rogers Behavioral Health, our mental health and addiction experts provide patients with specialized, evidence-based treatment with demonstrated outcomes. Reach out today, and together we can help our patients not only face their challenges, we can rise above them.



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# *Session 5*

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4:30 – 5:20 PM

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## Breakout Sessions

Mindful or Mind Full? Finding Calm Amidst the Chaos Through Mindfulness

Media Trauma Care and Resilience

Avoiding Avoidance: An Eclectic Approach

Tattoos as a Window to the Psyche – Part II: What Does This Tattoo say About me?

Treatment and Conceptualization of Mixed-Orientation Couples

Bringing Metaphors Back to Life

Impact of Digital Technology on Eating Disorders

Supervision Ethics and Decision Making: Promoting Competence Through Discussions of Case Studies



## **Mindful or Mind Full? Finding Calm Amidst the Chaos Through Mindfulness**

***Amanda Dooley NCC, LPC-MHSP***

**Room: 102/104**

**Time: 4:30-5:20**

Busy caring for others, we often put self-care on the back burner. This can leave us feeling drained and vulnerable to burn out. But finding time for self-care can be hard to do. Mindfulness can help! The goal of this presentation is to introduce you to mindfulness, explore the latest research on how it can benefit you (and your clients) and to offer practical strategies for overcoming barriers to incorporating mindfulness practices into your life.

### **Program Objectives:**

- Participants will have a basic understanding of mindfulness and the current research on the benefits of mindfulness, both in general and specifically for therapists/other helping professionals.
- Participants will learn how to start their own mindfulness meditation practice and be able to identify common barriers to maintaining a practice and ways to address these barriers.
- Participants will have the opportunity to participate in a short, guided meditation and be able to identify relevant resources, including books, apps, and online resources, they can utilize to incorporate mindfulness into their life, both personally and professionally.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling

**Relationship, Counselor Professional Identity and Practice Issues, and Wellness**



## **Media Trauma Care and Resilience**

***Jennifer Black, LMFT, AAMFT***

**Room: 106/108**

**Time: 4:30-5:20**

This workshop will explore Media Trauma and its effects on client/therapist relationships. Media Trauma is a term to describe the growing negative relationship between humans and their smartphone. From low-level anxiety to depression and suicide, the link between smartphone technology and human behavior will be examined, and a cycle of care based on an attachment model will be offered.

### **Program Objectives:**

- Have a working model of the therapeutic differences between the virtual world and reality.
- Be able to create treatment plans that include a client's virtual world as another part of their system.
- Give their clients resources on phone habits and basic self-care.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Assessment, and Wellness



## Avoiding Avoidance: An eclectic approach

**Derrick Edwards LPC-MHSP**

**Room: 107**

**Time: 4:30-5:20**

In this session we will explore the presence of avoidant patterns within a variety of diagnostic categories. From trauma to panic and depression and OCD, we will evaluate the role of avoidance in symptom exacerbation while highlighting effective treatment modalities. Emphasis will be given on the importance of active coping and the importance of re-establishing client autonomy.

Program Objectives:

- Explain the role of avoidance in symptom exacerbation
- Identify mental health disorders in which avoidance is prevalent
- Understand the utility of avoidance reduction within various treatment modalities

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship and Wellness



## Tattoos as a Window to The Psyche - Part II: What Does This Tattoo Say About Me?

**Ray White, LPC-MHSP-AS**

**Room: 109**

**Time: 4:30-5:20**

This workshop is Part Two in a series of workshops by the presenter which explores

Tattoos as "stories inscribed in flesh."

Participants will learn the top ten reasons people get tattoos and learn to appreciate tattoo acquisition as a potential type of projective or window into the psyche. Participants will also hear about The Inkblot Project- a growing gallery of stories inscribed in flesh....

Program Objectives:

- As a result of attending this workshop participants will be able to identify the top ten reasons people get tattoos.
- As a result of attending this workshop participants will develop an enhanced appreciation for seeing tattoo acquisition as a potential projective tool in counseling.
- As a result of attending this workshop participants will be able to identify the potential power of emotional restoration as it relates to the acquisition of certain tattoos.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Assessment, and Wellness



## Treatment and Conceptualization of Mixed-Orientation Couples

**Joshua Gebhardt**

**Room: 110**

**Time: 4:30-5:20**

Mixed-orientation couples (MOCs) are a marginalized LGBTQ+ population that have received little attention from researchers and clinicians. Those in mixed-orientation relationships seem to face specific challenges that contribute to unique difficulties in marriage. The topics covered in this presentation will

include a discussion of best practices, relationship qualities and characteristics, clinical approaches, and risk factors when working with mixed-orientation couples.

#### Program Objectives:

- Following this presentation, participants will be able to understand and establish common treatment guidelines when working with mixed-orientation couples.
- Following this presentation, participants will be able to identify common relationship components and characteristics of mixed-orientation couples.
- Following this presentation, participants will be able to utilize treatment and conceptualization resources of mixed-orientation couples for their own practices.

**NBCC/ CACREP Content Areas:** Counseling Theory/ Practice and the Counseling Relationship and Systemic



## Bringing Metaphors Back to Life

***Charaya Upton, LPC-MHSP, NCC***

**Room: 111**

**Time: 4:30-5:20**

Metaphors have been used throughout history to transfer information from one element to another. They are an empowering tool to help individuals find deeper meaning in processing or expressing emotions, information, events, and situations while identifying more self-awareness, self-understanding, and enhancing communication using intentionality in coming up with creative and abstract descriptions of their thoughts with others (Chelsey, Gillett, & Wagner, 2008;

Symington, 2012; Goldberg & Stephenson, 2016; Ivey, Ivey & Zalaquett, 2010; Wagener, 2017). Metaphors have been used in various counseling sessions to help with the grieving process, help better communicate symptoms of anxiety ("I feel like I have an elephant on my chest"), used to better ground and help reorganize thinking of someone experiencing psychosis, and have helped many others with various diagnoses or relationship problems. It is my goal to highlight the use of metaphors for newer counselors and provide new practical metaphors counselors can take with them to use in their own work.

#### Program Objectives:

- Following this presentation, participants will be able to identify what a metaphor is.
- Following this presentation, participants will be able to learn and identify the various ways metaphors can be used in a counseling setting when working with individuals experiencing diverse diagnoses, relationship issues, and how it can be applied to enhance the understanding of different cultural backgrounds.
- Following this presentation, participants will be able to learn a few new metaphors from group members and the presenter in order have more options to use when working with individuals in their own practices.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Group Dynamics and Counseling, Career Development and Counseling, and Counselor Professional Identity and Practice Issues





## Impact of Digital Technology on Eating Disorders

*Catherine Tourangeau, LPC-MHSP, NCC*  
*Evonna Surrette, LPC*

**Room: 113**  
**Time: 4:30-5:20**

For over a decade researchers have been studying the correlation between mass media and eating disorder symptomatology. Research demonstrates an increase in eating disorder symptomatology and the consumption of thinness-depicting and thinness-promoting media. Digital technologies (e.g. social media, wearable and mobile devices, etc.) are even more readily accessible. This presentation will focus on the influence of digital technology on eating disorder behaviors and will provide interventions for clinicians working with eating disorder clients.

### Program Objectives:

- Following this presentation, participants will understand the influence of digital technology on eating disorder behaviors.
- Following this presentation, participants will be able to address the use of digital technology with eating disorder clients.
- Following this presentation participants will understand and be able to utilize interventions to address eating disorder clients.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship and Wellness



## Supervision Ethics and Decision Making: Promoting Competence Through Discussions of Case Studies

*Tony Michael, LPC-MHSP, RPT-S, NCC, ACS*  
*Mark Loftis, LPC-MHSP, SPE-HSP, LASAC II, MAC*

**Room: 115**  
**Time: 4:30-5:20**

Supervisors face many ethical dilemmas in supervising future counselors and counselors-in-training. The purpose of this presentation is to highlight some of these challenges through practical "real-world" case studies. Attendees will have an opportunity to participate in discussions with an emphasis on applications and decision-making while also learning ethical codes and best practices for supervision.

### Program Objectives:

- Following this presentation, participants will be able to identify ethical issues in supervisory practices.
- Following this presentation, participants will be able to identify ethical concerns in supervisory relationships.
- Following this presentation, participants will be able to identify some best practices for supervising future counselors and counselors-in-training.

**NBCC/ CACREP Content Areas:** Counseling Theory/Practice and the Counseling Relationship and Counselor Professional Identity and Practice Issues

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## *Sponsor and Exhibitor Information*

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AGAPE  
<http://www.agapenashville.org>

AGAPE is a non-profit organization committed to strengthening others with the healing love of Christ through counseling and social services. We offer individual, couple, family and group counseling services, as well as psychological testing services.

AGAPE is committed to providing professional, affordable and accessible counseling services to people across Middle Tennessee. We currently have 11 office locations and over 20 mental health professionals on our counseling staff. AGAPE's counseling staff is able to work with individuals and families who are experiencing various issues, such as anxiety, depression, grief and loss, trauma and abuse, adjustment and life transitions, stress and anger management, ADHD and behavioral problems, relationship and marital issues, family conflict, parenting challenges and attachment/adoption issues.

To learn more about our services, visit our website at [www.agapenashville.org](http://www.agapenashville.org).



The Bridge to Recovery  
<http://www.thebridgetorecovery.com>

Transforming lives for more than 40 years, the Bridge to Recovery is a not-for-profit residential program located on 115 acres of land in beautiful rural Kentucky, providing a serene environment for the healing process. Through uncovering past emotional wounds, we help to heal all forms of trauma - leading to emotional recovery and a renewed enthusiasm for life.



Compass Intervention Center  
<http://www.compassinterventioncenter.net>

Compass Intervention Center is located in Southwest Tennessee. This convenient location provides access to larger communities in Tennessee, Mississippi, and Arkansas. We work with children and families throughout the United States, including military families overseas.



CoreCivic  
<http://jobs.corecivic.com/>

CoreCivic Community is driven by a single purpose: to tackle America's recidivism crisis. To achieve that, we work to help the men and women we work with successfully reintegrate with their communities, reconnect with their families, and regain their financial footing.

We do this by providing both residential and non-residential services, designed to help people reintegrate after prison or avoid being incarcerated in the first place.



Cumberland Heights Foundation  
<http://www.cumberlandheights.org>

Cumberland Heights is a nationally recognized alcohol and drug treatment center. We are a nonprofit recovery center located on the banks of the Cumberland River in Nashville, Tennessee. The natural beauty of our 177 acre campus, our unparalleled facilities and over 50 years of experience provide lasting healing to those suffering from addiction.



The Estate at River Bend  
<http://theestatertc.com>

A retreat recovery experience for those struggling with drug and alcohol addiction along with co-occurring challenges – providing a nature-based experience, 12-step fundamentals, mindfulness, trauma integration and therapeutic interventions

CLIENTS RECEIVE:

- Client centered focus encompassing CBT, DBT, Motivational Interviewing and EMDR
- Mindfulness teachings
- Nature-based experiential recovery
- 12-step fundamentals
- Privately-owned, tasteful retreat setting on over 100 wooded acres
- Masters level therapy
- High level of professional experience and personal recovery in all levels of staffing
- Exposure to spiritual principles
- Gender specific treatment, ages 18 and older



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UNIVERSITY

Freed-Hardeman University  
<http://www.fhu.edu>

The mission of Freed-Hardeman University is to help students develop their God-given talents for His glory by empowering them with an education that integrates Christian faith, scholarship and service.



JourneyPure  
<https://journeypureriver.com>

We are a behavioral healthcare company with facilities located across the southeast aimed at setting the standard in addiction treatment. We provide real solutions to the addiction epidemic by deploying systems of care to communities with the greatest need. We believe every person and their family should be afforded a chance to recover, no matter their circumstances.

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**LINCOLN TRAIL  
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HEALTH SYSTEM**

Lincoln Trail Behavioral Health System  
<http://www.lincolnbehavioral.com>

Lincoln Trail Behavioral Health System is located in Radcliff, KY and specializes in adult dual diagnosis, substance abuse inpatient treatment, including a Veteran program. We accept Medicare, TRICARE and most commercial insurances. We are available 24/7. For more information, call 800-274-7374 or visit our website, [www.lincolnbehavioral.com](http://www.lincolnbehavioral.com).

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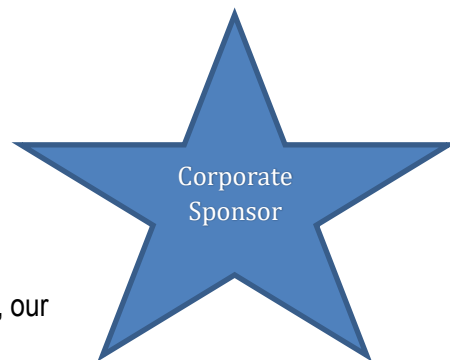
**MENTAL HEALTH  
COOPERATIVE**

Mental Health Cooperative  
<https://www.mhc-tn.org/>

For more than 25 years, Mental Health Cooperative (MHC) has been helping adults with severe mental illness and children with serious emotional challenges live high quality lives in the community with ongoing support and treatment.

We combine behavioral health services, physical health care, crisis services and pharmacy resources to help the whole person. In the last two and a half decades, our evidence-based team approach has helped build trust with tens of thousands of Tennesseans.

Our services help to improve client's overall health and life satisfaction by integrating physical healthcare and behavioral healthcare.





MTSU Center for Counseling and Psychological Services  
Middle Tennessee State University  
[www.mtsu.edu/ccps](http://www.mtsu.edu/ccps)

The MTSU Center for Counseling and Psychological Services is a not-for-profit training facility affiliated with the Professional Counseling Program at MTSU that is located in the Miller Education Center at 503 East Bell Street.

- provide supervised training experiences to Professional Counseling graduate students
- serve as a professional counseling and educational resource to residents and professionals of the middle Tennessee region
- conduct research aimed at increasing one's understanding of psychological phenomena and promoting optimal mental health.

Lanyard  
Sponsor



**MIRROR LAKE**  
RECOVERY CENTER

Mirror Lake Recovery Center  
<http://www.mirrorlakerecovery.com>

Mirror Lake Recovery Center is Tennessee's premier residential drug and alcohol treatment program. Located on a 75 acre campus in Burns, TN, they offer detox, residential and partial hospitalization. Treatment tracks include traditional 12-step, faith based, MAT and gender specific programming.



NeuroMed TMS Centers  
<http://www.neuromedtms.com>

NeuroMed TMS Centers, LLC is a direct care provider of TMS, or Transcranial Magnetic Stimulation, a non-medication based FDA approved treatment for depression. TMS is now a covered procedure through 97% of all commercial insurance programs and Medicare. NeuroMed is an in-network provider with most panels, and our ongoing mission is to make this innovative procedure accessible to more patients. Find out more about TMS and NeuroMed TMS Centers at [www.neuromedtms.com](http://www.neuromedtms.com).





The Next Door, Inc.

<https://thenextdoor.org/>

Incorporated in 2003 to serve women coming from incarceration, The Next Door has expanded services to offer a full continuum of care for women impacted by drug and alcohol addiction and mental illness. TND's strategic approach to addressing these issues is centered in the view that women with a substance addiction and possibly other co-occurring disorders, such as mental illness, need gender-specific care. The Next Door's medical and clinical staff believe that mental illness and addiction are diseases of the brain and are most effectively treated when they are addressed simultaneously. The Next Door's team of clinically and medically trained staff assesses each woman upon her entry into treatment services to determine her best course of care based on her substance use history, presence of co-occurring disorders, health condition, pregnancy status, and other factors.

Each woman receives person-centered care, and her progress is monitored by her treatment team with the goal of transitioning her to the next and lowest level of treatment care as needed. The Next Door is the only organization in Tennessee that provides a full continuum of gender-specific treatment services for women in a Christ-centered environment. The Next Door provides three branches of support: treatment, re-entry, and affordable housing.



Gold  
Sponsor



Origins Behavioral HealthCare provides comprehensive and individualized substance use disorder treatment programs and recovery support services for adults, including those with co-occurring disorders. Our treatment approach integrates contemporary addiction medicine and evidence-based clinical strategies with a profound immersion in the timeless 12-step experience. As one of the nation's premier behavioral health organizations, Origins embraces both the patient and the family system in order to provide a complete and thorough recovery experience.



Keynote  
Sponsor



Rogers Behavioral Health

<http://www.rogersbh.org>

Offering each patient an individualized treatment plan, Rogers Behavioral Health-Nashville provides evidence-based specialized outpatient care. Programs for adults, children and teens includes partial hospitalization programs (five days a week, six hours a day) or intensive outpatient programs (five days a week, three hours a day). Adult services for: depression, OCD and anxiety disorders, and mental health and addiction recovery. Child and teen services for: OCD and anxiety disorders, eating disorders, and mental health and addiction recovery.



## Treatment Placement Specialists

<http://www.treatmentplacementspecialists.com>

Treatment Placement Specialists work with referring professionals & individuals to find the best & most appropriate treatment experience based on client need, working alongside behavioral healthcare providers,

families, & individuals as advocates for the client. We have access to & work with a number of broad-spectrum, ethical, & clinically-driven programs around the country with expertise in mental health concerns, substance abuse issues, eating disorder treatment, & trauma-based care to positively impact clients' recovery journey, & are a free service.

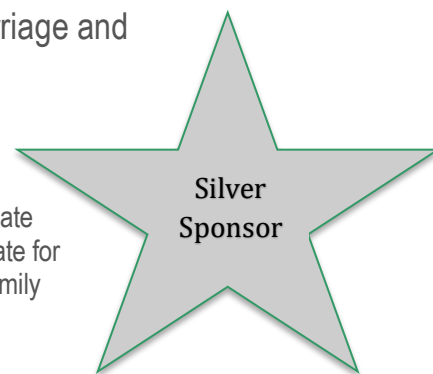


## Tennessee Association for Marriage and Family Therapy

<https://tnamft.com/>

The Tennessee Association for Marriage and Family Therapy is an Independent Affiliate

of the American Association for Marriage and Family Therapy. Our mission is to advocate for the well-being of families and to support the practice and profession of Marriage and Family Therapy.



The Doctor of Philosophy (PhD) Clinical Counseling, Teaching and Supervision degree program is accredited by The Council for Accreditation of Counseling & Related Educational Programs (CACREP). The doctoral program exists to equip students to become competent mental health professionals, counselor educators, supervisors, researchers, and leaders in the field who will use their skills in service to others. The education and training from this program will help counselors gain leadership and service skills that employers are currently seeking.



## TriStar Centennial

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### PARTHENON PAVILION

Tristar Skyline Madison Campus and  
Tristar Parthenon Pavilion

<https://tristarparthenonpavilion.com/>

Inpatient and Outpatient behavioral health services for adolescents through geriatrics.

## Vanderbilt Behavioral Health



Vanderbilt Behavioral Health  
[www.vanderbilthealth.com](http://www.vanderbilthealth.com)

Vanderbilt Behavioral Health is comprised of Vanderbilt Psychiatric Hospital, an 88-bed inpatient facility; the Adult and Adolescent Partial Hospitalization Programs; the Psychiatry Outpatient Clinics which provide more than 70,000 outpatient visits annually; the Neuromodulation program which includes Transcranial Magnetic Stimulation (TMS), Electroconvulsive Therapy (ECT), and Deep Brain Stimulation (DBS); and the Center of Excellence which provides services for children in state custody or who are at risk of a custodial situation. As a part of Vanderbilt University Medical Center, we provide world-class care for our patients, setting the standard for excellence while advancing our field through education and research.

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# TLPCA Leadership



## Current Leadership

President: Clay Harris

Secretary: Ellen Blaylock

Past President: Robert Moore

Treasurer: Michael Pilcher

President-Elect: Zachary Alexander

## Former Board Presidents

Robert Moore, President, 2017-2018

Deb Wilson, President 2010-2013

John Kennedy, President, 2015-2016

Kim Speakman, President 2009-2012

Marisa White, President, 2014-2017

Carol L. Harp, President 2008-2011

Rebecca Stein, President 2013-2016

Kay Arnold, President 2007-2010

Marcy Webb, President 2012-2015

Cindy Sneed, President 2006-2009

Dan Edwards, President 2011-2014

## Former Board Secretaries

Clay Harris, 2016-2017

Marcy Webb, 2010-2012

Trina Winters, 2014-2016

Trish Sanders, 2006-2010

Marisa White, 2012-2014

## Former Board Treasurers

Anna Edgeston, 2015-2017

John Thomas, 2009-2011

Deb Wilson, 2013-2015

Kim Speakman, 2006-2009

Heather Hendrickson, 2011-2013

## Committee Chairs

*Bylaws*-Alexine Batts, Chair

*Ethics*-Marisa White, Chair

*Professional Development*-Alvin Bonds, Chair

*Events*-Robin Lee, Chair

*Public Policy & Licensure Committee/SCLA to*

*MHCA-Clay Harris, Co-Chair*

### **Regional Representatives**

State-Wide Coordinator- Alvin Bonds

Chair for Regional Rep- Liane De Souza

East Tennessee:

Chattanooga Area- Yohunna Woods-Moton and Crystal Crumley

Knoxville Area- Nancy Truett and Anthony Fuller

Upper East Tennessee Area- Leah Smith

Middle Tennessee:

Columbia/Lewisburg/Lawrenceburg Area- Andrea Troope

Cookeville Area- Derrick Edwards and Tabitha Schlatter

Middle Tennessee/Nashville Area- Leah Lennox

Murfreesboro Area

West Tennessee:

Jackson Area- Emily Boatwright

Memphis Area- Laura White

### **TLPCA Founding Members**

Kay Arnold, LPC/MHSP  
Hendersonville

Tom Gutridge, LPC/MHSP  
Knoxville

M. Elaine Baldwin, EdD, LPC/MHSP  
Knoxville

Susan Hammonds-White, EdD, LPC/MHSP  
Nashville

Saroj Chand, LPC/MHSP  
Knoxville

Daniel S. Hayle, LPC/MHSP  
Gallatin

Carol H. Gipson, PhD, LPC/MHSP  
Nashville

Nancy Johnson, LPC/MHSP  
Memphis

Robin Lee, PhD, LPC/MHSP  
Murfreesboro

Kimberly D. Speakman, LPC/MHSP  
Nashville

Suzanne Manniss, PhD  
Jackson

John R. Thomas, LPC  
Nashville

Trish Sanders, LPC/MHSP  
Nashville

Nancy Truett, LPC/MHSP  
Knoxville

Cindy Sneed, NCC, LPC/MHSP  
Nashville

Suzanne S. Wilson, LPC/MHSP, CTA  
Brentwood



## *REFLECT, RESTORE, RECOVER*



### **ABOUT US**

Mirror Lake Recovery is a renowned alcohol and drug treatment center. We have been helping individuals recover from addiction for over 30 years. Our compassionate approach to treatment emphasizes the physical, mental, emotional and spiritual transformation of the individual. Our clinical program is based on research/science as we effectively treat addiction.



### **TREATMENT PHILOSOPHY**

Mirror Lake Recovery offers Evidence Based Practices (EBP). Client driven services which honor the voice and choice of the patient. EBPs in use at Mirror Lake Recovery:

- Motivational Interviewing
- Stages of Change
- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy
- 12 Step Education

### **ADULT SERVICES PROVIDED**

- Medical Detoxification
- 28 Day Rehabilitation Program
- Faith-based, Young Adult & Gender Specific Program Tracks
- Traditional 12-Step Approach to Recovery
- Individual, Group & Family Counseling
- Dedicated Aftercare/ Alumni Program
- Licensed by State of TN Department of Mental Health & Substance Abuse
- Partial Hospitalization Program

### **MAKE A REFERRAL TODAY**

Mirror Lake Recovery accepts most major commercial insurance and has affordable private pay rates.

*Call Us Today: (800) 365-3899*



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# Presenters

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## Travis Andrews

He currently serves as a Licensed Professional Counselor and co-founded Andrews Counseling & Consulting, PLLC, which is a community-based counseling and consulting agency in North Carolina. Mr. Andrews has specialized experience in the field of child trauma and trauma-informed care.

## Terrilynn Battle

## Meg Bearman

Meg Bearman is the sole practitioner at Meg Bearman Counseling + Art Therapy, an integrative therapy practice specializing in trauma, anxiety, depression, grief, and relationship enhancement. Meg is also the primary Art Therapist at Journey Pure at The River, serving adults completing a residential dual diagnosis substance abuse treatment program.

## Jennifer Black

Jenny Black is a Licensed Marriage and Family Therapist in TN and an AAMFT Approved Supervisor. She studies how exposure and relationship to media affects mental health and personal development. She is currently researching avenues to build resilience and promote healing specifically targeted to the individuals traumatized by media.

## Caroline Bravo

Caroline Bravo, LPC-MHSP, temp has a masters in clinical mental health counseling. She has provided treatment to clients inpatient and partial

hospitalization settings. Currently, she provides outpatient services at a psychiatric inpatient facility and works part-time as a yoga teacher. She is a member of NCC, ACA, CSI, and ACES.

## Katya Brewington

Katya Brewington, M.Ed., NCC, LPC/MHSP, ACS is the CEO/owner of Cedar Tree Wellness Center and COO/co-owner of TheraBiz. She holds an M. Ed. degree from Vanderbilt University and has 15+ years of experience in professional counseling. Katya is a member of ACA, TLPCA, TCA, TMHCA, and Chi Sigma Iota.

## Haley Buck

Haley Buck is a mental health-counseling student with an interest in substance abuse treatment. She is a member of Psi Chi, Phi Kappa Phi, and CSI. She has completed research on PTSD predictor variables and counseling strategies that would be beneficial in helping survivors of Military Sexual Trauma (MST).

## Mari Carter

Mari Carter is currently with Corizon Health as a substance abuse counselor at the Tennessee Prison for women. She earned her BA in psychology from Knoxville College and earned her MA from Trevecca Nazarene University.

## Michael Christian

Michael Christian, Ph.D. is an author, psychotherapist in private practice, associate professor, speaker, and executive coach. Michael teaches in the Graduate Clinical Mental Health program at Trevecca Nazarene

University. He is a member of several professional affiliations and organizations including the International Institute for Trauma and Addiction Professionals.

### **Amanda Dooley**

Amanda Dooley LPC-MHSP currently serves as Coordinator for the Marshall County School Based Counseling Program at Mercy Community Healthcare. Her previous experience in community mental health includes serving in a variety of roles, including crisis response and intervention. Her areas of interest are suicide prevention, trauma, and mindfulness-based practices.

### **Derrick Edwards**

Dr. Edwards is a Tennessee LPC\_MHSP. He received his masters degree from Tennessee Technological University (2011) and is a Doctoral degree from Trevecca Nazarene University (2016). He currently is a full-time faculty member at TTU and as a counselor in clinical practice.

### **Roosevelt Faulkner**

Dr. Faulkner, past president of the Tennessee Counseling Association, past president of the Middle Tennessee Counseling Association. Board certifications include NCC, LPC, DAPA, and NBCC. He is a member of TCA, TPA, APA, and ACA. Counseling Psychology is his area expertise. Currently retired from Tennessee State University.

### **Jenny Ford**

Jenny Ford currently services as the government relations specialist for TLPCA. She is a veteran lobbyist and government relations specialist with proven success in strategic solutions in state and local legislative arenas, including administrative and public policy on behalf of clients. She is the

owner JFGovernment Strategies in Nashville, TN, representing businesses and associations as lobbyist on the state and local government levels in Tennessee. JFGS focuses on integrating clients' legislative agendas in supporting business development; Negotiating with legislative and administrative branches of government; Developing and implementing legislative strategies, coalition and alliance building, and crafting compromises in lobbying efforts; Working with the private and public sector in developing campaign contribution strategy; assist nonprofit clients with revenue development planning.

### **Joshua Gebhardt**

Joshua Gebhardt received his Master of Science in Marriage and Family Therapy from Lee University. Josh completed his thesis on the topic of mixed-orientation couples while under the guidance of Dr. Kirstee Williams. He previously worked at The Transition House and currently works at a private practice in Chattanooga, TN.

### **S. David Hall**

### **Judy Herman**

Judy is a Counselor, Speaker, and Author of "Beyond Messy Relationships" (endorsed by Harville Hendrix & Helen LaKelly Hunt). She helps leaders create connection in their most crucial relationships, so they can be authentic and influence those who matter most. Her private practice in Chattanooga attracts entrepreneurs & innovators.

### **Elizabeth Holmes**

Elizabeth Holman is a graduate student pursuing a Master of Arts in Clinical Mental Health Counseling at Trevecca Nazarene University in Nashville, Tennessee. Elizabeth is a Member of American Counseling Association, Tennessee

Counseling Association, and a volunteer in the American Alzheimer's Association.

### **Julia Johnson**

Julia Johnson is an LPC, MHSP, CBIS, and CRC in private practice in Fayetteville, TN. Both her post-graduate training and work was mainly performed in neuropsychology clinic practices and rehabilitation hospital settings. She is a member of TLPCA, ACBIS, and CRCC. She specializes in brain injury and rehabilitation counseling.

### **Kimberly Jones**

Kimberly Jones is the Clinical Program Director and Trauma Focused Cognitive Behavior Therapy (TFCBT) Supervisor at Compass Intervention Center. Kimberly is a certified national TFCBT therapist, holds a master's degree in counseling and is currently enrolled in the Doctor of Counseling Education program at The University of Memphis.

### **Jamie Lynn Langley**

Jamie Lynn Langley, LCSW, RPT-S has a private practice in Smyrna, TN. She works with children ages 3 - 18 and their families, utilizing expressive arts and play therapy. She provides supervision and adjunct teaches for two universities. Ms. Langley is President of the Tennessee Association for Play Therapy.

### **Hunter Lawrence**

Hunter Lawrence is a graduate student in the M.F.T. Program at Trevecca Nazarene University. He is a member of TCA and AAMFT. He has a master's degree in biology from the University of Central Arkansas. He has worked at two academic institutions conducting research on cerebral cortex functioning in mammals

### **Kasie Lee**

Dr. Kasie Lee is the owner and founder of Creative Connections, LLC, a private practice in which she specializes in play therapy supervision, consultation, and training. Dr. Lee is a Licensed Professional Counselor, National Certified Counselor, a Registered Play Therapist, and a Certified Child-Centered Play Therapist-Supervisor and Trainer.

### **Mark Loftis**

Dr. Mark A. Loftis is an associate professor at Tennessee Tech University. He is a Licensed Professional Counselor-Mental Health Service Provider-Qualified Supervisor, Senior Psychological Examiner - Health Service Provider, Licensed Alcohol and Drug Abuse Counselor II and Master Addiction Counselor. He also works in private practice.

### **Charles Luke**

Chad Luke, PhD, LPC/MHSP, NCC, ACS, MAC teaches and supervises in a masters in counseling program, as well as supervising in the community. He teaches courses in career counseling, career development, neuroscience for counselors, theory, multicultural counseling, group counseling, practicum and internship.

### **Mary Mayorga**

Dr. Mary G. Mayorga is an Associate Professor at Belmont University in the Clinical Mental Health program. She has been a counselor educator for 15 years. She also has a small private practice. Her areas of research interest are wellness behavior among counselors, along with stress and burnout for counselors.

## **Tony Michael**

Dr. Tony Michael is an Assistant Professor at Tennessee Tech University. He provides supervision for current TTU students and individuals pursuing licensure as a professional counselor and certification as a play therapist. He specializes in attachment, instrument development, and counseling children, adolescents, and their families.

## **Teri Murphy**

Teri Murphy, Ph.D., LMFT is Assistant Professor in The Graduate Counseling Program at Trevecca Nazarene University in Nashville and a licensed marital and family therapist with a private practice in Franklin, Tennessee. Teri is a Certified Emotionally Focused Therapy (EFT) Therapist and Supervisor. She has written about self-care extensively.

## **Amanda Nowlin**

Amanda Nowlin, LPC-MHSPt, has 15+ years in the counseling field. She has experience in school counseling, outdoor residential mental health programs, Girl Scouts of America Camp Programs, and Collegiate Coaching. She is a member of ACA, TCA, and TSCA. She is an avid trail runner, backpacker, and outdoor enthusiast.

## **Morgan Pepper**

Morgan Pepper is a first-year doctoral student at North Carolina A&T State University studying Rehabilitation Counseling and Rehabilitation Counselor Education. She is a Certified Rehabilitation Counselor and Certified Ergonomic Assessment Specialist and has a variety of experience in state and private rehabilitation counseling as well as mental health counseling.

## **Cyndra Pilkington**

Dr. Pilkington has three masters' degrees, a PhD in Clinical Psychology and two postdoctoral residencies [neuropsychology and forensic psychology]. She is currently a professor at Capella University in the graduate Counseling Studies program teaching statistics and research methods.

## **PaQuita Pullen**

PaQuita R. Pullen is an LPC-MHSP who has clinical experience with clients beginning at age 5 and older. She is currently pursuing her Ph.D at Trevecca Nazarene University in Teaching and Clinical Supervision. She is a member of ACA, AMCD, SACES, Chi Sigma Iota, TLPCA, and TCA.

## **Benjamin Roberts**

My being an African-American minister and a family therapist qualify me to address this research from two perspectives. I am able to address how the faith community can assist in building trust between Blue and Black.

## **Tyler Rogers**

Dr. Tyler Rogers currently an Assistant Professor of Counseling at Richmond Graduate University, a LMFT (TN) and a LPC (TN), as well as a NCC, has served as the Pre-licensed and Student Representative on the TNAMFT Board and completed his Ph.D. in Counselor Education at the University of Mississippi.

## **Lynde Ross**

Lynde earned her Master of Science in Social Work at the University of Texas at Austin. She sees clients in private practice and is trained in EFT, EMDR, Brainspotting, TBRI, and Trauma-Sensitive Yoga (TSY). Her areas of clinical focus

are grief and loss, trauma, couples counseling, and family therapy.

### **Tammy Roth**

Tammy Roth is an LPC in private practice. Her 20+ years of experience include being the clinical director at the Center for Professional Excellence (women's program) at JourneyPure. She utilizes holistic approaches in her counseling practice, which include EMDR, Brainspotting, neurofeedback, SomEx, Family Constellations and Kundalini Yoga & Breathwork.

### **Kenny Sanderfer**

Kenny Sanderfer, MMFT, LMFT is an International Certified EFT Trainer. He is the founder and director of EFT Tennessee, Nashville's center for training in Emotionally Focused Therapy. He provides EFT supervision for therapists pursuing EFT certification. He co-authored "Created for Connection" with Dr. Sue Johnson.

### **James Sapp**

James Sapp, PhD, PsyD, LPC/MHSP, NCC, is a Program Director (Chair) and Associate Professor of Counseling Psychology at KCU. He has almost 30 years of experience in working with youth and their families. He is a member of the APA, TLPCA, APS, and NBCC.

### **Abigail Smith**

Ms. Abigail Smith received her undergraduate degree at Belmont University and is currently pursuing her CMHC degree and thesis at Richmond Graduate University with specializations in Trauma and MFT. She has research experience in depression and eating disorders.

### **Laura Smith**

Assistant Professor, Lindsey Wilson College, Ed.D, LPCA, NBCC, ACS

### **Lisa Smith**

Lisa Smith, CEO of Compass, is a Licensed Clinical Social Worker and has 12 years of experience in behavioral health. Before taking on the role of the CEO, Lisa served as the Clinical Program Director and Assistant Administrator at Compass.

### **Kim Speakman**

Kim Speakman is the Director of Compliance for Mental Health Cooperative. She has worked in the mental health field for over 25 years. She is a Licensed Professional Counselor/Mental Health Service Provider and is certified in Health Care Compliance. Kim currently serves on the State of Tennessee Board for Professional Counselors, Marital and Family Therapists and Clinical Pastoral Therapists and is a member of the Tennessee Department of Mental Health and Substance Abuse Services Licensure Review Panel. She is a founding member and former president of the Tennessee Licensed Professional Counselor's Association (TLPCA). Kim has won several awards, including the Susan Hammonds-White Leadership Award and the Tennessee Association of Metal Health Organizations (TAMHO) Volunteer of the Year Award.

### **Farren Stackhouse**

Farren Stackhouse is a first-year doctoral student at North Carolina A&T State University studying Rehabilitation Counseling and Rehabilitation Counselor Education. She is a Licensed Professional Counselor for the state of Georgia and has experience in clinical mental health,

working within acute psychiatric facilities, primarily within an incarcerated setting.

### **Evonna Surrette**

Evonna Surrette, LPC, experience includes private practice, residential treatment, specialized day treatment programs, school counseling and currently community-based mental health. Evonna's career has focused on treating pre-adolescents and adolescents with developmental trauma and attachment related issues. Evonna specializes in Developmental Trauma, Attachment, and Eating Disorders.

### **Madison Swayze**

Madison is a student in the Professional Counseling Program at MTSU and is completing her internship at The Refuge Center. She has her certification in trauma-sensitive yoga (TSY) and is trained in EMDR. She hopes to practice a holistic approach to healing clients who have been through trauma.

### **Catherine Tourangeau**

Catherine Tourangeau, LPC-MHSP, NCC began her career in hospital settings treating substance use disorders before entering community-based mental health. Catherine believes in taking an eclectic counseling approach to meet clients where they are in life. Catherine specializes in Mood Disorders, Substance Use Disorders. Couples Counseling, LGBTQ Issues and Eating Disorders.

### **Charaya Upton**

My name is Charaya (Sha-ray-ah) Upton and I hold the LPC-MHSP, NCC title. I am also a student at the University of Tennessee Knoxville working on a PhD in Counselor Education. I have 3 years experience working with children and 3

years experience working at a psychiatric hospital.

### **Ray White**

Ray A. White is licensed by the State of Tennessee as an LPC/MHSP/AS. He is a full time clinical counselor with Walters State Community College and teaches at both Tusculum University, and East Tennessee State University. Additionally he maintains a professional private practice as Whitewood Counseling & Consultation.

### **Shannon Whitt**

Shannon Whitt is a graduate student in the M.F.T. Program at Trevecca Nazarene University and is member TCA and AAMFT. She received a bachelor's degree in communications from DePauw University in 1995. Prior to enrolling in graduate school, Shannon did art department work for television, theater and print media.

### **Teddy Wilkins**

Ms. Wilkins is the Unit Director over the Tennessee Board for Licensed Professional Counselors, Marital and Family Therapists, and Clinical Pastoral Therapists as well as seven other boards including: Board of Alcohol and Drug Abuse Counselors; Board of Social Worker Licensure; Board of Examinees in Psychology; Applied Behavior Analyst Licensing Committee; Communication Disorders and Sciences; Council for Licensing Hearing Instrument Specialists; and Board of Podiatric Medical Examiners which are all part of the Health Related Boards.

Ms. Wilkins has held this position for over six years giving her a broad base of knowledge and experience in various counseling professions as well as others. Prior to this position Ms. Wilkins was a paralegal in the Office of General Counsel for the Tennessee Department of Health for thirteen years. Her duties included working with rules and rulemaking, among others.



## **Myra Wilkinson**

Myra Wilkinson is a Licensed Marriage and Family Therapist. She received her Master's in Marriage and Family Therapy from Trevecca Nazarene University. She has a private practice in Murfreesboro, TN and attends Lindsey Wilson College, where she is pursuing her Ph.D. in Counseling Education and Supervision.

## **Tiffany Wilson**

Dr. Wilson is an assistant professor at Middle Tennessee State University. Prior to working at MTSU, Dr. Wilson worked as high school counselor and a licensed professional counselor in various agencies in North Carolina.

## **Peter Wilson**

Peter Wilson, Ed.D. is the former Director of the Graduate Counseling Program and currently a full-time professor at Trevecca Nazarene University. He is a member of ACA, ACES, TLPCA, TCA and NAACC. He sees clients one day a week at the Babb Center in Hendersonville, TN.

## **Thomas Yarbrough**

Thomas Yarbrough is a graduate student in the M.F.T. Program at Trevecca Nazarene University. He is a student member of ACA, TCA, and AAMFT. He received a bachelor's degree in Business Administration from Belmont University in 1997 and has twenty years of professional experience in people management.

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