

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

***NEW PERSPECTIVES ON***



September 20-22, 2018  
Parkway Plaza, Casper, WY

**WELCOME TO THE SECOND JOINT ANNUAL STATE CONFERENCE BETWEEN THE WYOMING COUNSELING ASSOCIATION AND THE NASW-WYOMING CHAPTER.**

Counselor and social worker professionals each serve community needs. By joining forces, we can provide a high quality conference and network to expand our knowledge and work together across Wyoming. Building on the success of the “Creating Connections” conference in 2016, WCA President Amanda DeDiego and NASW-WY Executive Director Veronica Pedersen with the support of Kimberly Harper worked together to bring you a dynamic conference of continuing education and professional networking. If you have any questions or concerns during this conference, please seek us out or stop by the registration table for assistance.

**Conference Tips:**

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

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

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

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

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

**Joint NASW/WCA Awards Reception** – Join us as we celebrate the embodiment of hope by recognizing the NASW Wyoming and WCA award recipients. Hosted by the University of Wyoming - Divisions of Social Work and Counselor Education Program, come kickback and relax with good food while visiting with colleagues!

**Business Luncheon** –Join your professional organizational leaders for the NASW-WY and WCA business luncheon. Lunch is included as part of your registration so please join us to learn about the work your organizations are doing to support our professional community.

**Addictions Track:** This year we are excited to feature a full-day addiction training option. These session are concurrent with other education sessions on Friday. You can choose to attend all of these sessions, or only a few.

**Featured Sessions:** In partnership with affiliate organizations, we have several featured sessions that offer specific training and opportunity to learn more about our affiliates.

**Silent Auction:** Every year WCA holds a silent auction to raise money for student scholarships to our annual conference. Please take some time to visit the silent auction area and considering bidding on items to support this great cause! The items will be in Ballroom AB throughout the auction. Bidding ends Friday night and items may be paid for and picked up Saturday during the snack break or during the lunch break.

**Continuing Education Credits:**

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

1. Attend at least 85% of the entire length of each plenary or workshop.
  2. Sign the workshop roster. Should you need to request a replacement certificate at a later date; your request can only be honored if we can confirm your name is on the workshop roster!
  3. Complete and return the CE Evaluation form that you will receive at the conference. Your feedback is shared with the board of directors to assist with improving the workshops offered and planning for future conferences.
  4. Complete the form in the program noting the sessions you attended.
  5. Collect and fill-in the number of hours completed on your CE certificate available at the registration desk.
  6. Please visit the Registration table if you are interested in receiving UW grad. credit or PTSB credit.
- Thank you!

# MAP OF PARKWAY PLAZA

1 Parkway Plaza Drive | Casper, WY 82601 | 307.235.1777



**PARKWAY PLAZA**  
CASPER  
HOTEL & CONVENTION CENTER

**Parkway Cafe** 6:00am - 10:00pm  
**All That Jazz\*** 11:00am - 2:00pm (Mon - Fri)  
 \*Seasonal Hours: 4:00pm - 12:00am (Mon - Thu)  
 4:00pm - 2:00am (Fri - Sat)  
 12:00pm - 10:00pm (Sun)  
**Pool** 8:00am - 10:00pm  
**Spa & Sauna** 8:00am - 10:00pm  
**Fitness Center** 8:00am - 10:00pm



# 2018 Conference Schedule

## Thursday September 20<sup>th</sup>

<i>Registration Open 3:00-6:00pm</i>			
<b>12:30-3:30</b>	NASW Board Meeting <i>Railroad Boardroom</i>	WCA Board Meeting <i>Senate Boardroom</i>	
<b>4:00-5:30</b>	“The Intersectionality of Wellness and Spirituality: a Logotherapeutic Perspective”  Benjamin Aiken  <i>Hall A</i>	“Therapy Inside the Box...From my computer to yours”  Susan Meyerle  <i>Hall C</i>	“Beyond Secondary Trauma”  William Howell Erin Ford  <i>Ballroom D</i>

## Friday September 21<sup>st</sup>

<i>Registration Open 6:30-9:00am</i>	
<b>8:00- 11:15</b>	<p><b><u>Keynote Session</u></b>  <b>“Rein in the Brain”</b>  <b>Cynthia Moreno Tuohy, Executive Director of NAADAC</b></p> <p><i>*Sponsored by NAADAC</i></p> <p><i>Ballroom AB</i></p>
<b>Break 11:15-11:30</b>	

<p><b>11:30-12:20</b></p>	<p>“All Things Hathaway Scholarship”  Bradley Barker III  <i>Hall A</i></p>	<p>“Head in the Game: Preparing Counselors to Work with Athletes and Furthering the Field Through Sports”  Andrew Southerland Rebecca Edelman  <i>Hall C</i></p>	<p>“Evidence based domestic violence risk assessment and practice”  Travis Labrum  <i>Ballroom C</i></p>	<p><b>Addictions Track:</b> “Closer than You Think: Substance Use Recovery and Wellness”  Andrea McGrath  <i>Ballroom D</i></p>
<p><b>12:30-1:30</b>  <b>NASW &amp; WCA Member Meetings</b>  <i>Sponsored by:</i>  <b>Hathaway Scholarship / Wyoming Behavioral Institute / Gateway Foundation</b></p> <p><b>*Includes lunch*</b></p> <p><b>Lunch is served in Hall C</b></p> <p><i>*Please eat in your respective member meeting</i>  <b>NASW Member Meeting: Hall B</b>  <b>WCA Member Meeting: Ballroom D</b></p>				
<p><b>1:45-3:15</b></p>	<p><b>WY-ASERVIC Featured Session:</b> “Panel Discussion: Incorporating Spirituality &amp; Religion Into Clinical Supervision”  <i>Ballroom C</i></p>	<p>“Ethics Update for Counselors, Social Workers and Other Helpers in the Schools”  Mary Alice Bruce Karen Drew Kody Roper  <i>Hall A</i></p>	<p>“Acceptance and Commitment Therapy (ACT) with Couples”  Chris Clark  <i>Hall C</i></p>	<p><b>Addictions Track:</b> “Illness Management and recovery”  Emily Green Molly Minton Joseph Forscher  <i>Ballroom D</i></p>
<p><b>3:30-5:00</b></p>	<p>“Creating Safe Schools: The role of school social workers and counselors”  Bill Lee  <i>Ballroom C</i></p>	<p><i>Continued</i> “Ethics Update for Counselors, Social Workers and Other Helpers in the Schools”  Mary Alice Bruce Karen Drew Kody Roper  <i>Hall A</i></p>	<p><i>Continued</i> “Acceptance and Commitment Therapy (ACT) with Couples”  Chris Clark  <i>Hall C</i></p>	<p><b>Addictions Track:</b> “What Goes Around, Comes Around: Using Cycles to Plan and Gauge Recovery”  Stephanie Keane  <i>Ballroom D</i></p>

<p><b>5:10-6:00</b></p>	<p>“A Tale of Unseen Suffering: A Duoethnography on Recurrent Miscarriage”</p> <p>Kirk Thiemann</p> <p><i>Ballroom C</i></p>	<p><b>Panel Discussion:</b></p> <p>“Social work and counseling in school settings”</p> <p><i>Hall A</i></p>	<p>“Ethics! Ethics! Read All About It!”</p> <p>Susan Meyerle</p> <p><i>Hall C</i></p>	<p><b>Addictions Track:</b></p> <p>“The Importance of Intergenerational Trauma Among Native Americans and Addictions”</p> <p>Avis Garcia</p> <p><i>Ballroom D</i></p>
<p style="text-align: center;"><b>6:00-7:30</b>  <b>NASW and WCA Joint Reception</b>  <b>Awards Presentation</b>  <i>Sponsored by University of Wyoming Social Work Program</i></p> <p style="text-align: center;"><b>Ballroom AB</b></p>				

## Saturday September 22<sup>nd</sup>

<b>8:00-11:00</b>	<b>Ethics and Risk Management in the New Era</b> <b>Josephine A. V. Allen</b> <i>Provided by NASW Assurance Services</i>  <i>Ballroom AB</i>		
<b>Snack Break</b> <i>Sponsored by University of Wyoming Counselor Education Program</i> <b>11:00-11:15</b>			
<b>11:15-12:10</b>	<b>WySCA Featured Session</b>  “The Modern School Counselor & their Role in Supporting Mental Health”  <i>Hall A</i>	“Mental Health Professionals in Support of Resident Physician Wellness: An Exploration”  Laura Capasso  <i>Hall C</i>	“Adventures in Community Involvement: Where the Rubber Meets the Road”  Lorraine Steppe  <i>Ballroom D</i>
<b>12:15-1:15</b> <b>Lunch on Your Own</b>		School Social Workers Gathering (Optional)  <i>Hall A</i>	
<b>1:15-2:10</b>	“The Board is NOT out to get you!”  Wyoming Licensure Board  <i>Ballroom AB</i>		
<b>2:15-3:45</b>	“Training Your Brain to Change Your Life”  Lorraine Steppe  <i>Ballroom D</i>	“Getting into Your Heart: A Clinical Skill”  Keith Cross  <i>Hall C</i>	“Integrating Yoga techniques into therapist self-care and work with clients”  Dawn Sopron  <i>Hall A</i>



## *Session Descriptions*

**Thursday September 20<sup>th</sup>**

**4:00-5:30**

**“The Intersectionality of Wellness and Spirituality: A Logotherapeutic Perspective”**

*Benjamin Aiken, MA, LPC, NCC*

*Hall A*

Spirituality is characterized throughout the literature as both a universal phenomenon and an inseparable aspect of wellness. Logotherapy provides a mechanism to safely broach and inspire this aspect of wellness, particularly when one’s spiritual orientation or religious convictions conflict with those of the client. Myers et al. (2000) noted that sufficient evidence exists to support the inclusion of wellness counseling practices, including addressing wellness as part of the counseling evaluation process. This presentation will impart Logotherapeutic wisdom to guide theist and atheist individuals alike toward awareness and awakening of meaning within their spiritual dimension of wellness.

**“Therapy Inside the Box...From My Computer to Yours”**

*Susan Meyerle, Ph.D., LIMHP, CEAP*

*Hall C*

Technology is changing the landscape of social work, particularly in counseling. Social workers need tools guiding the incorporation of technology in the therapy room. This presentation will explore the regulations governing telemental health practice within Wyoming as well as other jurisdictions. How to deliver telemental health effectively will also be addressed including considerations of connectivity, nuances of video-based counseling, and compliance with ethics requirements.

**“Beyond Secondary Trauma”**

*Bill Howell, MS, LPC, NBCC*

*Erin Ford, MS, LPC*

*Ballroom D*

We will address what is secondary trauma, signs of secondary trauma, what contributes to secondary trauma and how to address secondary trauma. Participants will learn self care strategies to help address feelings of "burn out".

## Friday September 21<sup>st</sup>



**8:00-11:15 Ballroom AB**

### **Keynote Session: “Rein in the Brain”**

*\*Sponsored by NAADAC*

**Cynthia Moreno Tuohy, BSW, NCAC II, CDC III, SAP**

With funding from NIDA, Cynthia Moreno Tuohy worked with Danya International to conceptualize, develop, and evaluate a multi-component, multi-media tool for use by addiction and other helping professionals to assist adults and youth improve their life traumas and conflict through knowledge, attitudes and skills developed in the frontal cortex of the brain. Rein in Your Bran are an intensive set of psycho-emotional-social-spiritual Cognitive Behavioral Therapy (CBT) treatments that, if followed, will result in brain pathway and lifestyle changes. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior. This training will be a short introduction into the foundational pieces of the curriculum focusing on the brain and its development in addiction and conflict, methods to change the neuropathways in the brain and reduce conflict with self and others.

Cynthia Moreno Tuohy, BSW, NCAC II, CDC III, SAP, is the Executive Director of NAADAC, the Association of Addiction Professionals. She previously served as the Executive Director of Danya Institute and the Central East Addiction Technology Transfer Center. Prior to that, she was the Program Director for Volunteers of America Western Washington serving and the administrator of alcohol/drug centers providing a broad range of services, and a trainer in Domestic Violence/Anger Management and Conflict Resolution. Moreno Tuohy has written on a variety of professional issues, including addiction evaluation, counseling methods, co-occurring disorders, treatment and recovery. She has served as President of NAADAC, Certification Board Commissioner, International Chair, Treasurer and Legislative Chair for NAADAC.

***11:30-12:30***

### **“All Things Hathaway Scholarship”**

*Bradley Barker III*

*Hall A*

Since 2006 the Hathaway Scholarship has helped thousands of Wyoming students pursue their post-secondary education. Learn about the ins and outs of the Scholarship, such as the Hathaway Success Curriculum, recent changes, and explore some common questions about the scholarship. Get the most accurate and up to date information straight from the source!

## **“Head in the Game: Preparing Counselors to Work with Athletes and Furthering the Field through Sports”**

*Andrew Southerland, MEd*

*Rebecca Edelman, MEd*

*Hall C*

Athletes face unique physical, emotional, and social challenges that are not often addressed. As counselors, we can provide meaningful support to athletes who encounter these obstacles. This presentation provides an overview of the specific needs of athletes and strategies counselors can utilize to serve this population in various settings.

## **“Evidence Based Domestic Violence Risk Assessment and Practice”**

*Travis Labrum, PhD, LCSW*

*Ballroom C*

It is estimated that at least 1 in 5 women and a smaller proportion of men will experience IPV in their lifetime. Survivors and perpetrators of IPV disproportionately experience behavioral and physical health conditions. As a result, most clinicians will work with clients experiencing IPV. Evidence-based IPV risk assessment is a crucial component of safety planning for survivors and for risk-informed interventions for all parties. This workshop will address tenets and general procedures for engaging in evidence-based risk assessment and risk-informed interventions. Additionally, an overview of commonly used risk assessment instruments and resources for further learning will be provided.

## ***Addictions Track Session: “Closer Than You Think: Substance Use Recovery and Wellness”***

*Andrea McGrath, MA, LPC*

*Ballroom D*

Substance use addiction is a process that impairs functioning in multiple psychosocial domains. As such, substance use recovery demands a similarly holistic treatment approach, one that considers and addresses the multifaceted needs of clients. By viewing substance use recovery through a lens of personal wellness and utilizing current models of wellness as a guiding framework, clinicians can identify strategies for substance use treatment that move beyond the myopic focus of cognitive and behavioral strategies. This presentation will explore the use of wellness models in tandem with substance use treatment to support a whole-person recovery process.

***Join us for the NASW and WCA Member Meeting Luncheons***

***Friday 12:30-1:30***

***Sponsored by:***

***Hathaway Scholarship***

***Wyoming Behavioral Institute***

***Gateway Foundation***

***1:45-3:15***

***WY-ASERVIC Featured Session:***

**“Panel Discussion: Incorporating Spirituality & Religion Into Clinical Supervision”**

*Elyssa Smith, EdS, LPC, NCC*

*Andrea McGrath, MA, LPC*

*Rakesh Maurya, MS*

*Andrew Southerland, Med*

*Ballroom C*

The integration of religion and spirituality into counseling has garnered more significant attention over the last 15-20 years. Further, several scholars have pronounced the universal role spirituality and religion plays in the wellness, development, and personal identity of all human beings. However, to date, the practice of incorporating spirituality and religion into clinical supervision has received little attention (Garner, Webb, Chaffin, & Byars, 2017). This panel discussion addresses this gap with attention to the importance of infusing spirituality and religion into clinical supervision. The panel will provide an opportunity for both clinicians and supervisors to discuss practical applications with panelists.

***Addictions Track Session: “Illness Management and Recovery”***

*Joseph Forscher*

*Emily Green, LCSW*

*Molly Minton, CSW*

*Ballroom D*

Illness management and Recovery (IMR) offers psychoeducation, behavioral tailoring, relapse prevention training, coping skills and social skills training. IMR is designed to teach skills to people with severe mental illnesses and to help them set up and pursue personal and meaningful recovery goals.

## **1:45-5:00**

### **“Ethics Update for Counselors, Social Workers, and Other Helpers in the Schools”**

*Mary Alice Bruce, PhD, LPC, NCC*

*Karen Drew, MSW, PCSW*

*Kody Roper, MEd*

*Hall A*

In this interactive workshop, participants will discuss changes in ethical codes, best practices, and trends in our ever-evolving school communities and the world. To meet the current needs of P-12 students and address societal concerns, discussion issues will include: morality clauses in district contracts, shape-shifting boundaries of social media, blanket informed consent inclusion in student handbooks, online/web-based school counseling, violence protection policies, and other pertinent issues. Breakout groups will then focus on case scenarios and ethical dilemmas brought forward by participants. Takeaways will be immediately applicable knowledge and skills plus a renewed sense of wellness and perspective in everyday practice.

### **“Acceptance and Commitment Therapy (ACT) with Couples”**

*Chris Clark, Med, LPC, NCC*

*Hall C*

As a process-based and trans-diagnostic therapy, Acceptance and Commitment Therapy ACT is becoming more and more applicable to areas outside clinical treatment. Workplace safety and performance settings are two examples of such applications. In this presentation you will get a better understanding of how to use the principles of ACT in your sessions to help couples overcome unhelpful ways of thinking, behaving and interacting.

## **3:30-4:50**

### **“Creating Safe Schools: The Role of School Social Workers and Counselors”**

*Bill Lee, LCSW, CSCW*

*Ballroom C*

There has been much focus on bully proofing our schools in the last 20 years. Coupled with this focus is the need to develop intervention strategies to reduce the risk of an active shooter in our schools. Effecting a positive outcome with both issues is built on a foundation of a positive school climate which improves the safety of all. A positive school climate starts with each other. This workshop will address how to improve your school climate, develop community wrap around services and school based mental health interventions.

**Addictions Track Session: “What Goes Around, Comes Around: Using Cycles to Plan and Gauge Recovery”**

*Stephanie Keane, PhD, LAT, LPC, NCC*  
Ballroom D

This presentation is for practitioners working with people who act addictively or compulsively. It will demonstrate tools such as addictive cycles and sexual abuse cycles for identifying treatment needs and assessing stage of change.

**5:10-6:00**

**“Panel Discussion: Social Work and Counseling in School Settings”**

*Bill Lee, LCSW, CSCW*  
*Piper Worthington, MSW*  
*Dede Collins, MS, NBCC*  
*Eric Dafoe, PhD, CSC, NCC*  
Hall A

Social workers and school counselors work together to support students in school communities. This dynamic panel explores potential changes in school environments to support collaboration among school counselors, social workers, and administrators to help students.

**“A Tale of Unseen Suffering: A Duoethnography on Recurrent Miscarriage”**

*Kirk Thiemann, MS, PPC*  
Ballroom C

In this presentation you will learn about a duoethnographic study regarding the psychological, emotional, and social impacts of recurrent miscarriage. The silence in the literature shouts for the need for more research in this area. While miscarriage is an area of focus in the literature, the researchers believe that recurrent miscarriage brings different dimensions of grief and challenges. Participants in this presentation will learn how clients who struggle with recurrent miscarriage may cope with these challenges and how they may change in how they make meaning of their lives.

**“Ethics! Ethics! Read All About It!”**

*Susan Meyerle, Ph.D., LIMHP, CEAP*  
Hall C

Straight from the headlines of recent ethics cases, experience counseling ethics as you never have before! Using a refreshing “journalistic” approach to ethics, this course is designed to help you identify areas in the client-counselor relationship which can lead to ethical concerns. Based on the 5 W’s and 1 H protocol, the course will encourage you to think about ethics in a new light.

***Addictions Track Session: “The Importance of Intergenerational Trauma Among Native Americans and Addictions”***

*Avis Garcia, PhD, LPC, LAT*

*Ballroom D*

There has been academic research and thought-provoking discussion regarding intergenerational trauma and its cultural impact on Native Americans and Holocaust survivors, get its effect on Native American Culture has been tragically ignored. The discovery that intergenerational trauma unconsciously impacts the contemporary behavior of Native Americans is transformational, understanding the impact of cultural intergenerational trauma is essential to a culturally competent understanding of Native Americans. In this one-of-a-kind workshop, participants will gather to examine cultural intergenerational trauma, its contemporary impact on the Native American community and how it is interregal to the challenges they face.

***Join us for the NASW and WCA Joint Awards Reception***

***Friday 6:00-8:00***

***Sponsored by:***

***University of Wyoming Social Work Program***

## **Saturday September 22<sup>nd</sup>**

***8:00-11:00***

**Joint Session: “Ethics and Risk Management in the New Era”**

***Josephine A. V. Allen, PhD, ACSW***

***Ballroom AB***

The session will cover key concepts in risk management, such as confidentiality and its exceptions, duty to warn, and informed consent. The seminar will reveal the major reasons why social workers are sued and what you can do about those risks. We will define what constitutes a malpractice case and emphasize important recordkeeping issues, guidelines for supervision, special tips for clinical and private practitioners, and brief you about your malpractice insurance, its special features and implications for your practice.

Dr. Allen is a Professor of Social Work and currently acting chair of the Social Work Department in the College of Community and Public Affairs at Binghamton University in Binghamton, New York. She is also Professor Emerita in Cornell University’s Department of Policy Analysis and Management. In addition to her affiliation with NASW as President of the National Association of Social Workers (1997-1999), she held other positions within this organization at both the state and national levels including, national First Vice President, program committee chair, Vice President of the New York State Chapter, Delegate Assembly representative, Legal Defense Fund board member, and the editorial board member for Social Work. Dr. Allen is a former NASW Insurance Trust chair and trustee

***11:00-11:15***

***Snack Break Sponsored by University of Wyoming Counselor Education Program***



## ***11:15-12:10***

### **WySCA Featured Session: “The Modern School Counselor & their Role in Supporting Mental Health”**

*Eric Dafoe, PhD, CSC, NCC*

*April Petty, MS, PPC, NCC*

*Hall A*

Professional school counselors serve as leaders and advocates within P-12 schools and possess the necessary training and expertise to help address the mental health concerns of students. This presentation will address how the role of school counselors has changed over the years, the present role of school counselors, and how school counseling programs can aid in meeting the mental health needs of students while partnering with mental health counselors.

### **“Mental Health Professionals in Support of Resident Physician Wellness: An Exploration”**

*Laura Capasso, MS, LPC, NCC*

*Hall C*

The state of Wyoming has begun to treat suicide as a public health issue. An often overlooked population when considering suicide and associated rates of depression, anxiety, addiction, and other mental health concerns is that of physicians and resident physicians. This presenter views an understanding of the unique struggles associated with our state's doctors and trainees to be an essential component of effective, competent mental health service. Rich discussion around contextual factors including barriers to treatment, implications, and possible interventions in regards to physician wellness will take place.

### **“Adventures in Community Involvement: Where the Rubber Meets the Road”**

*Lorraine Steppe, LCSW*

*Ballroom D*

During our education, the importance and ethics of involvement is emphasized. Join Lorraine as she explains her story being the “someone” we often hear of in, “Someone should do that!” Learn how to maintain a connection to the community through action and involvement. When to say “no” and how by meeting obligations of our community we boost the image of mental health workers and decrease stigma. We will explore the advantages of spending time on projects that may not include direct financial benefit.

## ***1:00-2:00***

### **“The Board is NOT Out to Get You!”**

*Wyoming Mental Health Professions Licensing Board*

*Ballroom AB*

Board Members will be present to talk about the issues that continue to arise in Wyoming when it comes to legal and ethical matters. They will also be take questions and try to help with the issues the licensees see as being a problem in the state.

**2:00-3:30**

**“Getting into Your Heart: A Clinical Skill”**

*Keith Cross, LMFT*

*Hall C*

Many counselors tend to ask "rapid-fire" questions to keep the clinical dialogue flowing. While this is a necessary part of clinical skills sets, it can also lead to clients feeling interrogated, or worse, judged, leading to difficulty accessing emotions. This session will focus on the many ways to increase client engagement, rapport and emotional depth. Using reflections, attending skills, and active listening, along with self-reflection, participants will learn the necessary and often unspoken skill of getting out of your head and into your heart as an approach to enhance the therapeutic relationship and lead to better clinical outcomes.

**“Integrating Yoga Techniques into Therapist Self-Care and Work with Clients”**

*Dawn Sopron, LCSW*

*Hall A*

Yoga is a self-empowering approach to working with our minds and bodies to improve wellness. Yoga practices can adjust energy levels throughout the day, decrease the effects of stress on the body, and promote a more calm, focused mind. Gentle movement, breath, and sound techniques are easily accessible to learn for our own self care and to integrate into work with clients. These yoga tools will be presented as an “a la carte” menu to enhance nervous system and affective regulation, prerequisites for the cognitive and behavioral changes we strive to achieve for our clients and ourselves.

**“Training Your Brain to Change Your Life”**

*Lorraine Steppe, LCSW*

*Ballroom D*

Neurofeedback is training that automatically adjusts to the individual’s needs, focusing on optimizing brain function by improving the central nervous system’s flexibility, resilience and stability. Neurofeedback training allows the brain to work more efficiently and effectively. The training adds nothing to the brain; it simply feeds back information. The brain automatically decides how to use that information to optimize its functioning. Neurofeedback outcomes are determined by the client’s central nervous system recognizing shifts in thoughts, emotions and behaviors. Lorraine will share success stories including a client with a TBI who had no short or long-term memory recall for over three years and who now has memories from yesterday to childhood and reports relief from physical symptoms as well.

## **Presenter Biographies**

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

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

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

**Avis Garcia, PhD, LPC, LAT (Northern Arapaho)** is an enrolled member of the Northern Arapaho Nation and affiliated with the Eastern Shoshone Tribe of Wyoming. She earned a doctorate in counselor education and supervision at the University of Wyoming, and is also a Licensed Professional Counselor, and Licensed Addictions Therapist. For seventeen years she has been a mental health provider in the treatment of at-risk youth and families. She is also an advocate of education in Indian Country a resource provider for promoting cultural enhancement of evidence-based practices and practice-based evidence of treatment approaches for American Indian children and their families.

**Benjamin Aiken, MA, LPC (WY & CO), NCC** holds a master's degree in counseling psychology from the University of Colorado and is currently a doctoral student in the counselor education program at the University of Wyoming. He is a candidate for the Diplomat in Logotherapy credential and his doctoral research agenda focuses on meaning in life. He is licensed in Wyoming and Colorado as a Professional Counselor and maintains private practice in both states. Benjamin has previously presented at three Wyoming and Colorado state chapter conferences of the American Counseling Association on issues pertaining to gender and sexuality.

**Bill Lee, LCSW, CSCW**, worked in a Junior High and High School setting as a School Social Worker in Lander, Wyoming for 38 years. Provided all levels of counseling, linked with many community resources to provide wrap around services to students and families, developed District wide Emergency Response for the aftermath of an active shooter, Over 10 National presentations at NASW, School Social Work Association of America, Wyoming Counseling Association and the Western Alliance of School Social Work. Wrote, The

Many Facets in the Role of a School Social Worker chapter in Lynn Bye and Michelle Alvarez book, *School Social Work: Theory To Practice*.

**Bradley Barker III** and Jennifer have presented all over the state to districts, students and parents. They co-manage the Hathway Scholarship.

**Chris Clark M.Ed. LPC, NCC** is the incoming president of the Wyoming Counseling Association and president and cofounder of Wellness Associates LLC in Rocksprings Wyoming. Chris has been counseling in Wyoming for 10 years. He specializes in wellness and lifestyle changes for improving health and performance. His main theoretical orientation is Acceptance and Commitment Therapy (ACT) and he has presented on ACT several times.

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

**Dede Collins, MS, NBCC** is a PTSB certified K-12 School Counselor. I worked for 5 years at Dubois K-12 Schools, a rural school district in Fremont County. This year I took a position with Sheridan County #1 as the high school counselor at Tongue River High School. During my time in Dubois, I worked closely with the Fremont County Alliance Against Domestic Violence & Sexual Assault. Both school visits, and referrals occurred. At Tongue River we collaborate with local mental health counselors to support student achievement in our school. With experience, I look forward to more collaborations.

**Elyssa Smith, EdS, LPC, NCC** is currently a doctoral candidate in the CE&S program at the University of Wyoming. She has presented at both national and regional conferences on topics related to counselor trainee identity development, the incorporation of spirituality and religion into counseling practice, aspects of the counseling process and therapeutic relationship, and implications for distance/non-traditional supervision. Elyssa is the current president of the Wyoming Chapter of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC). She is a licensed professional counselor (LPC) in the state of Pennsylvania and a Nationally Certified Counselor (NCC).

**Emily Green, MSW, LCSW** has experience working with individuals that are severely and persistently mentally ill. She facilitates Illness Management and Recovery groups along with social skills groups.

**Eric Dafoe, PhD, CSC, NCC** is an Assistant Professor and the school counseling coordinator at the University of Wyoming at Casper. Prior to moving to Wyoming, Eric served as a school counselor and enjoyed (nearly) every minute of it. Previously, Eric also held other positions integrating schools and school-based mental health counseling through providing school-based mental health services in Head Start schools and working as the school liaison in a partnership between the lowest 20% academically performing schools a New York City neighborhood and a Medicaid-funded community mental health clinic. His publications, representations, and research agenda focuses on school counseling, school-based mental health services, expressive arts, and play therapy.

**Erin Ford, MS, LPC** has been at Central Wyoming Counseling Center for 6 years and currently serves as the Outpatient Services Manager. She is enthusiastic about wellness in the helping profession and enjoys finding new and creative ways to help her team and agency stay happy and fulfilled in their work.

**Joseph Forscher, LPC** serves as Central's Chief Clinical Officer. In this role he is responsible for oversight of all of Central's clinical programs. He is a licensed Professional Counselor.

**Karen Drew MSW, PCSW**, holds a bachelor's degree in Psychology, a master degree in Social Work, and is a second-year doctoral student in the Counselor, Leadership, Advocacy, and Design program at the University of Wyoming. Her research interest includes the use of technology in delivering counseling services, ethics, addiction, grief, and hope and its therapeutic value.

**Keith Cross, LMFT** is a faculty member at Prescott College where he has also served as the Chair/ Associate Dean for Counselor Education. Keith previously served as a Director of Counseling at Casper College and adjunct professor at UW. Currently, Keith is the owner and clinical director of the Prescott Relationship Center. Keith rains therapists most frequently on Counselor Ethics and the use of Emotionally Focused Couples Therapy. He is an Arizona Board of Behavioral Health Examiners MFT Academic Review Committee Member and he is a board member of the AzAMFT as well as the Arizona Emotionally Focused Therapy Community.

**Kirk Thiemann, MS, PPC** (presenter) and Jaxon (co-researcher) live in Laramie, WY. Kirk works full-time at the University of Wyoming (UW) as a manager of career counseling and he attends UW part-time as a PhD in Counselor Education and Supervision student. Jaxon works as a high school volleyball coach at Laramie High School. Jaxon and Kirk now have two beautiful boys, Enzo and Zen.

**Kody Roper, MEd** is a PhD Graduate Student at the University of Wyoming. Kody holds a Master of Education degree, specializing in Counseling and Career Development from Colorado State University. Kody has worked in a variety of settings including: College counseling, community mental health, and counselor education. Before enrolling at the University of Wyoming he worked as a therapist and Interim Clinical Director at the Sexual Assault Victim Advocate Center in Colorado. Kody is a stout advocate of integrated and interdisciplinary mental & medical health services.

**Laura Capasso, MS, LPC, NCC** is a 5th year Phd student in Counselor Education and Supervision at the University of Northern Colorado and the Faculty Behavioral Scientist for the University of Wyoming Family Medicine Residency Program at Cheyenne. She has worked as a mental health counselor, educator, and supervisor in a variety of settings including agency, university, group private practice, and, currently, a medical clinic. Laura has presented at regional and national conferences such as ACA, ACES, WACES, RMACES, and RMPA. Her presentations have been around counselor development, clinical supervision, pedagogy, original research, and multicultural and diversity concerns.

**Lorraine Steppe, LCSW** is an alumnus of the University of Wyoming; with degrees in Psychology and Social Work. Lorraine was the 2017 Social Worker of the Year. As a Director/Social Worker for a rural healthcare facility she provided services to the hospital/ED, long-term care and veterans through the VA Community Based Outreach Clinic. Lorraine is an instructor for QPR, suicide prevention training, and is certified to work with primary care providers to respond and recognize suicide risk. Lorraine has a 25-year background of presenting to groups of all sizes, in areas from suicide prevention to early childhood education to neurofeedback.

**Mary Alice Bruce, PhD, LPC, NCC** is a Professor of Counseling and the School Counseling Program Coordinator at the University of Wyoming. She has served as a member and chair of the CACREP Board, co-chair of the ACA International Committee, Peace Corps volunteer in East Africa, and Fulbright Scholar in

Guatemala. Her research and conference presentations include interventions for children and adolescents with behavioral issues, spirituality across the lifespan, mentoring relationships, therapeutic presence in providing distance professional services, and accountability in school counseling programs.

**Molly Minton, CSW** is a case manager in the Psychiatric Recovery Program. Molly facilitates the dementia caregiver's groups with Wyoming Dementia Care, she facilitates Intensive Outpatient Program and Relapse Prevention groups; both using Illness, Management, and Recovery curriculum.

**Piper Worthington, MSW** is starting her third year as School Social Worker at Jackson Hole High School. She completed the graduate Social Work program at the University of Montana and worked in student support for two years at a public middle school. In addition to school-based practice, Piper was evaluator for Montana's Office of Public Instruction School Climate Transformation Grant to support high-need schools in implementing multi-tiered systems of support. She previously worked as a Spanish/English translator for El Puente Medical Translation Services and managed the Teton Free Clinic in Jackson, Wyoming.

**Rakesh Maurya, MS** holds a Master degree in Psychology and worked as a school counselor for 3 years in India before moving to the United States for the doctoral program in Counselor Education and Supervision at the University of Wyoming. He is currently a third-year doctoral student and member of ACA, RMACES, and the membership chair of the Wyoming chapter of ASERVIC.

**Rebecca Edelman, MEd** is a first-year Counselor Education and Supervision doctoral student at the University of Wyoming. She has a special interest in school counseling and counselor identity. She has a MEd in Early Childhood Curriculum from Arizona State University and an MA in Counseling from Wake Forest University.

**Stephanie Keane, PhD, LAT, LPC, NCC** has been presenting on a variety of topics since 1981. She has worked in inner city housing projects, medical school and psychiatric hospitals, academia, corrections, and residential treatment centers. She has specialized in expressive arts therapies, addictions, and sexual offenders.

**Susan Meyerle, Ph.D., LIMHP, CEAP**, is a trendsetter in ethics education. As the founder of Creating Ethical Boundaries, Dr. Meyerle brings over twenty years of change management to ethics. She served on the Federation of Associations of Regulatory Boards, the Nebraska Board of Mental Health Practice and as President of the American Association of State Counseling Boards. Dr. Meyerle helped draft the teletherapy regulations for the Association of Marital and Family Therapy Regulatory Boards. With her experience as an educator, regulatory board member, therapist, author and inspirational speaker, she makes reviewing ethical protocols interesting, engaging, and relevant.

**Travis Labrum, LCSW, PhD**, is an Assistant Professor in the Division of Social Work, University of Wyoming. He has provided mental health, substance abuse, and domestic violence treatment for a total of 9 years and researches family violence and issues affecting persons with serious mental illness. He has given presentations at local chapters of NASW (in Utah and the 2017 Wyoming NASW Conference), as well as national social work and research conferences.

**William Howell, LPC, NBCC** has been at CWCC for over 3 years. I am the Director of Youth and Family Services. I have been actively involved in various community and agency trainings. I have presented this particular topic several times, both as an in-serves at the agency and at the Casper College Wellness conference. I have also done several community presentations and trainings on Trauma informed care and Mental Health First Aid.

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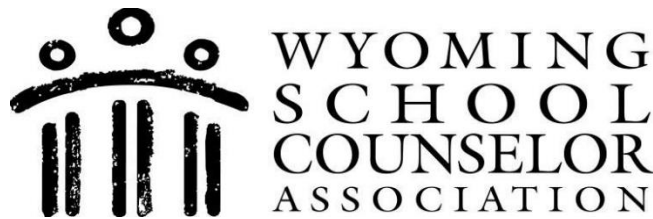
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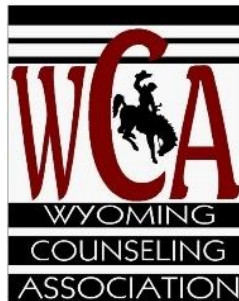
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