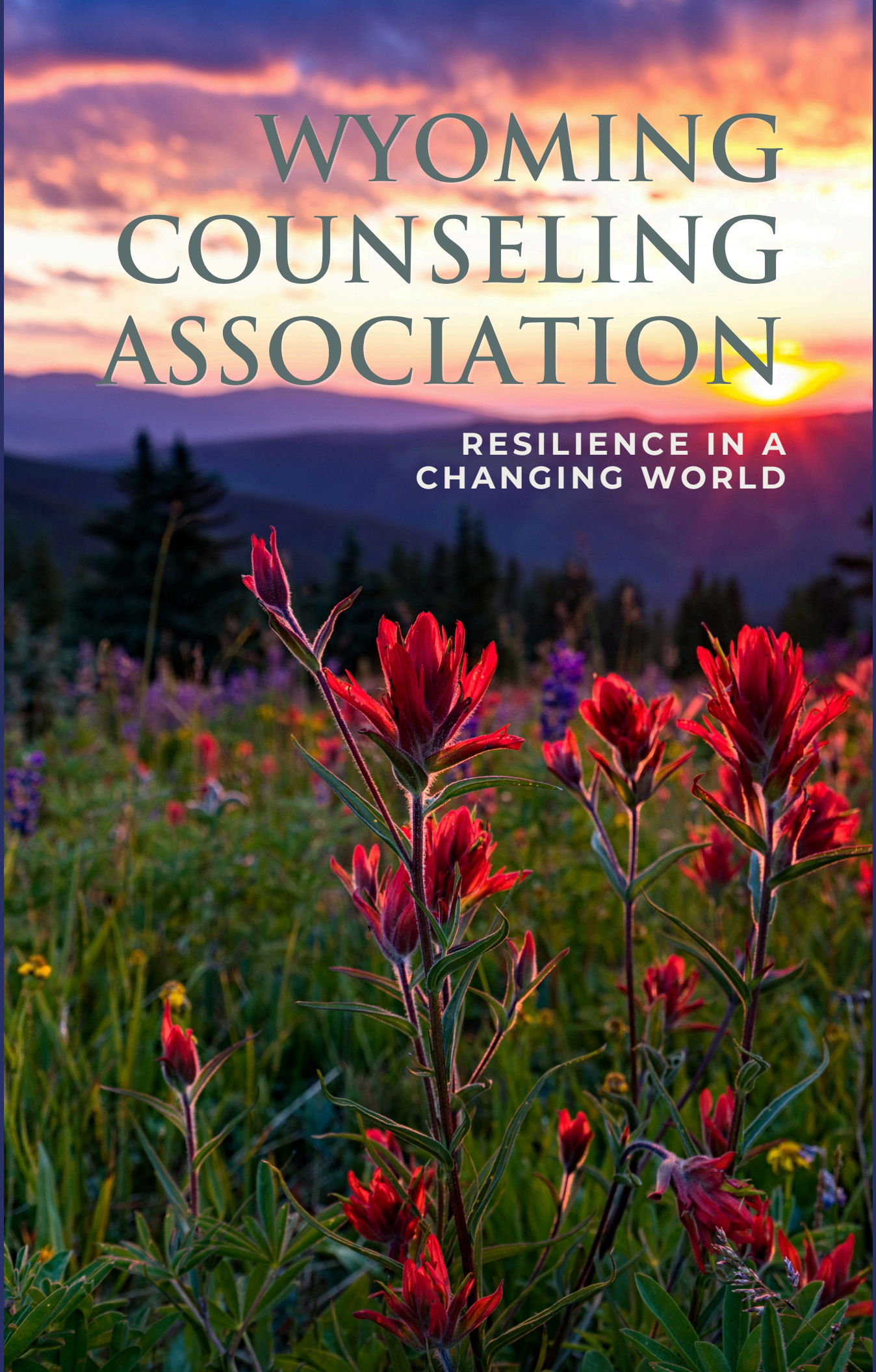
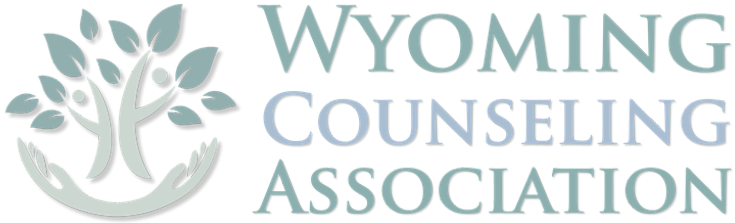
WYOMING COUNSELING ASSOCIATION

RESILIENCE IN A CHANGING WORLD



OCTOBER 8TH–10TH, 2026 CASPER COLLEGE & LIVE STREAM


WYOMING
COUNSELING
ASSOCIATION

WELCOME TO THE 2026 WCA FALL CONFERENCE

On behalf of the Wyoming Counseling Association, welcome to the 2026 WCA Fall Conference! We are excited to bring together counselors, counselor educators, supervisors, students, advocates, and community partners from across Wyoming and beyond for three days of learning, connection, and professional growth.

This year's theme, Resilience in a Changing World, reflects both the challenges facing our profession and the incredible adaptability of Wyoming's counseling community. Throughout the conference, you will find opportunities to strengthen your clinical skills, explore emerging issues, engage in meaningful conversations, and earn continuing education while reconnecting with colleagues from across the state.

We encourage you to make the most of your time with us. Attend a session outside your usual area of practice. Introduce yourself to someone new. Connect with our exhibitors and sponsors. Ask questions, share ideas, and take time to enjoy being in community with people who understand the work you do. Some of the most valuable moments of a conference happen between sessions, when a conversation becomes a new connection, collaboration, or idea.

Most importantly, thank you for the work you do every day. Wyoming's communities depend on skilled, compassionate mental health professionals, and WCA is proud to support, connect, and advocate for counselors throughout our state.

We are so glad you are here and hope you leave this conference feeling connected, supported, and renewed for the work ahead.

Welcome to the 2026 WCA Fall Conference. Together, we grow.

Warmly,
Wyoming Counseling Association Board of Directors

TABLE OF CONTENTS

WELCOME **2**
SPONSORS & EXHIBITORS **3**
BOARD OF DIRECTORS **4**
NASW-WY PARTNERSHIP **5**
VENUE & PARKING **6**
CONTINUING EDUCATION **7**
CONFERENCE AT A GLANCE **8**
DAY-BY-DAY AT A GLANCE **9-11**
DETAILED SESSION DESCRIPTIONS **12-25**
ADVOCACY **26**

THANK YOU TO OUR PARTNERS

Wyoming Behavioral Health Alliance

WYBHA Foundation

Wyoming Mental Health Network

Wyoming School Counselor Association

Casper College Counseling Services

nasw Wyoming

American Counseling Association

American Foundation for Suicide Prevention

ASERVIC

NAADAC NAADAC.ORG The Association for Addiction Professionals

Association for Play Therapy Wyoming

THANK YOU TO OUR SPONSORS

PSI Postpartum Support International

VISIT Casper

Wyoming 211 Get Connected. Get Help.™

NAMI Wyoming National Alliance on Mental Illness

Make-A-Wish Wyoming

Three Trails Employee & Family Assistance Program

Creating Healthy Employees, Families and Communities for 30 Years

988 Suicide & Crisis Lifeline

Wyoming Behavioral Institute

Rising Hope Counseling Hope • Healing • Change

BOARD OF DIRECTORS

The Wyoming Counseling Association is only as strong as the people who step forward to serve. Our Board of Directors is made up of dedicated volunteers who give their time, expertise, and energy to support Wyoming's counseling profession, advocate for counselors and the communities we serve, and help move WCA forward.

We are incredibly grateful for the leadership and commitment of our Board members. WCA simply could not do this work without them.

If you are passionate about counseling in Wyoming and interested in getting more involved, we would love to hear from you. Please reach out to learn more about opportunities to serve on the WCA Board of Directors.

















WYOMING COUNSELING ASSOCIATION

NASW-WY PARTNERSHIP

The Wyoming Counseling Association Is grateful to partner with the National Association of Social Work, Wyoming Chapter to host a Pre-Conference Ethics Intensive. All mental health providers are stronger when we partner and collaborate. WCA is thrilled with our new partnership!

Meet the members of NASW-WY!



Susan Carr
NASW Chapter Director
NASW NE, SD, WY

Susan joins the National Association of Social Workers with extensive experience in nonprofit leadership, organizational development, and systems-level advocacy throughout Nebraska, Wyoming, and South Dakota. Her career has focused on strengthening organizations serving children, families, and communities through data-informed strategy, relationship building, and values-driven leadership.

She has held senior leadership roles in Community Action, housing advocacy, media, and education philanthropy, partnering with social workers, educators, and human service professionals to expand access to essential supports. Susan's experience includes statewide and national collaboration, grant development, performance management, board governance, association leadership, and capacity building for organizations navigating complex funding and policy environments.



Ashley Hyche
NASW Chapter Coordinator
NE, SD, WY

Ashley has more than six years of experience working with nonprofit and member-driven organizations, helping raise awareness, advocate for important causes, strengthen engagement, and champion the people and communities they serve.

Deeply rooted in Wyoming, Ashley is a sixth-generation Wyomingite with a strong commitment to supporting the state's rural communities. During her time as Director of Member Relations for the Wyoming Business Alliance, she was involved in advocacy efforts surrounding Wyoming's 988 legislation in 2023, helping support greater awareness and access to mental health resources across the state. Her work brings together communications, advocacy, relationship-building, and member engagement to help organizations strengthen their voice and expand their impact.

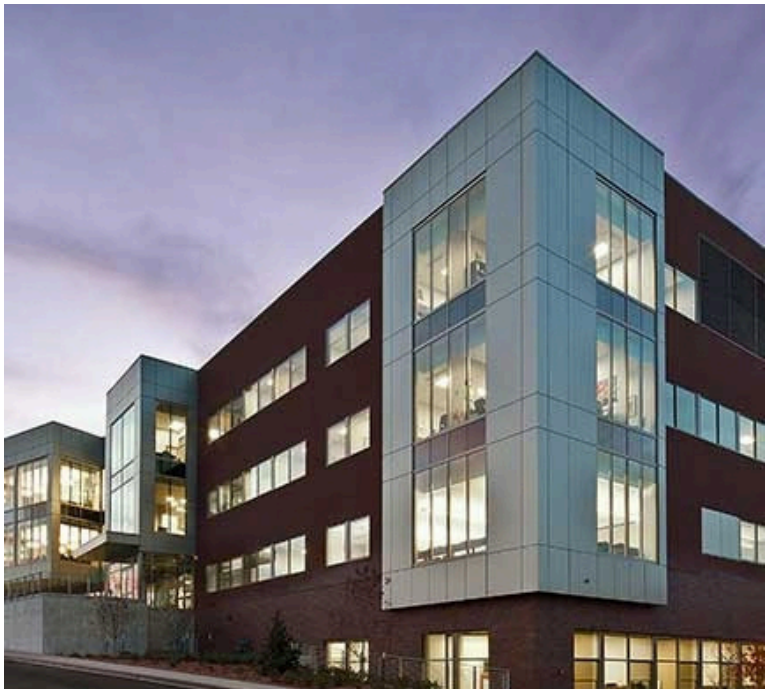
nasw WYOMING

VENUE

CASPER COLLEGE

The 2026 WCA Fall Conference is hosted at the Casper College Gateway Center.

For a detailed parking map, click here.







HOTEL

HILTON GARDEN INN

A room block at the Hilton Garden Inn has been made for our WCA attendents.

To book at room, please visit the link here.





CONFERENCE APP

ce go

Access the full schedule, session details, sponsors, and more from your phone through the CE-GO Events app.

1 **SIGN IN**
Scan the code or visit the WCA CE-Go site. Select Sign In and enter the email you used for registration. **You can also download the CE-Go app through the QR codes below.**

2 **OPEN YOUR CONFERENCE**
Choose My Account, then Courses. Open WCA Conference and follow the prompts for the sessions you attended.

3 **SAVE YOUR CERTIFICATES**
Complete the required session evaluations. When certificates become available, download and save a copy for your licensure records.

APPLE APP STORE

GOOGLE PLAY STORE

CLAIMING CE CREDIT:

After each breakout session, go into the app and complete the evaluation.

At the end of the conference after completing all of your session evaluations, a CE Certificate will be in your CE-Go account.

IMPORTANT CONTINUING EDUCATION INFORMATION
Use a personal email and check spam if a sign-in or reset message does not arrive. The CE-Go account is separate from WCA's Zeffy membership login.

On-demand recordings currently count toward Wyoming state licensure only; they are not NBCC credit. Save copies of all certificates for your records.

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

- Attend at least 85% of the entire length of each plenary or workshop.
- Complete the CE Evaluation IN CE-Go for each sessions attended.
  - You must complete an evaluation for all the sessions attended, then the continuing education certificate will be available in your CE-Go account.

It is your responsibility to maintain access to your CE certificates. WCA and CE-Go are not responsible for keeping those records.

APPROVED CONTINUING EDUCATION PROVIDER NBCC

Pre-Conference: Wyoming Counseling Association and National Association for Social Workers- Wyoming Chapter are cosponsors of this program. This cosponsorship has been approved by NBCC. Wyoming Counseling Association is an NBCC Approved Continuing Education Provider, ACEP No. 2051. The ACEP solely is responsible for this program, including the awarding of NBCC credit.

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

WYMHPLB: Sessions at the WCA Fall Conference that meet NBCC criteria for CE credit also meet requirements for licensure renewal for the Wyoming Mental Health Professions Licensing Board.

CONFERENCE AT A GLANCE

A high-level view of all three days, including meals and snacks. Full session titles appear in the daily schedule that follows; complete descriptions and presenter biographies appear in the session details.

THURSDAY		FRIDAY		SATURDAY	
OCTOBER 8TH		OCTOBER 9TH		OCTOBER 10TH	
7:00-7:50 AM	Pre-Conference Check-In	7:00-7:50 AM	Breakfast, Registration & Check-In	7:00-7:50 AM	Breakfast, Registration & Check-In
7:50-8:00 AM	Opening Remarks	7:50-8:00 AM	Opening Remarks	7:50-8:00 AM	Opening Remarks
8:00-12:00 PM	Pre-Conference Ethics Intensive	8:00-9:00 AM	Concurrent Sessions	8:00-11:00 AM	ACA Code of Ethics
12:00-12:50 PM	Full Conference Registration & Check-In	9:00-9:15 AM	Break	11:00-11:15 AM	Break
12:50-1:00 PM	Opening Remarks	9:15-10:45 AM	Concurrent Sessions	11:15-12:45 PM	Concurrent Sessions
1:00-2:30 PM	Concurrent Sessions	11:00-12:00 PM	Concurrent Sessions	12:45-1:00 PM	Break
2:30-2:45 PM	Snack Break	12:00-1:30 PM	WCA Business Meeting & Lunch Provided	1:00-2:30 PM	WYBHA Updates with Lunch Provided
2:45-3:45 PM	Concurrent Sessions	1:30-2:30 PM	Concurrent Sessions	2:30-2:45 PM	Break
4:00-5:00 PM	Concurrent Sessions	2:30-2:45 PM	Snack Break	2:45-3:45 PM	Concurrent Sessions
FOOD SERVICE PROVIDED **Thursday**: Breakfast & Afternoon Snacks **Friday**: Breakfast, Lunch, & Afternoon Snacks **Saturday**: Breakfast, Lunch, & Afternoon Snacks		2:45-3:45 PM	Concurrent Sessions	3:45-4:00 PM	Snack Break
		3:45-4:00 PM	Break	4:00-5:00 PM	Concurrent Sessions
		4:00-5:30 PM	Concurrent Sessions	**THANK YOU FOR ATTENDING THE 2026 WCA FALL CONFERENCE!**	

CONFERENCE AT A GLANCE

Thursday overview of the WCA Pre-Conference with NASW-WY and the start to the WCA Fall Conference.

THURSDAY, OCTOBER 8TH

TIME	GATEWAY 225	CLASSROOM
7:00-7:50 AM	Breakfast & Pre-Conference Check-In	
7:50-8:00 AM	Opening Remarks	
8:00-12:00 PM	***NASW-WY Ethics in Rural Communities***	
12:00-12:50 PM	Full Conference Registration & Check-In	
12:50-1:00 PM	Opening Remarks	
1:00-2:30 PM	***The Counseling Compact***	
2:30-2:45 PM	Snack Break	
2:45-3:45 PM	***Beyond the Z Code: Assessing Grief, Suicide Risk, and Diagnostic Overlap***	***The Neighbor You Don't Know***
3:45-4:00 PM	Break	
4:00-5:30 PM	**Advocacy & Activism in Social Justice Counseling**	***The Harder Side of Helping***

CONFERENCE AT A GLANCE

Day 2 of the WCA Fall Conference.

FRIDAY, OCTOBER 9TH

TIME	GATEWAY 225	CLASSROOM
7:00-7:50 AM	Breakfast, Registration & Check-In	
7:50-8:00 AM	Opening Remarks	
8:00-9:00 AM	***What Would a Reasonable Counselor Do? Applying Law, Ethics, and Standards of Care***	
9:00-9:15 AM	Break	
9:15-10:45 AM	***Moving Beyond "Thank You for Your Service": Building Trust, Safety, and Therapeutic Alliance with Veterans***	***From Body Awareness to Meaningful Participation***
10:45-11:00 AM	Break	
11:00-12:00 PM	***ACA Advocacy- Learn from the ACA Government Affairs Team***	
12:00-1:30 PM	***WCA Business Meeting & Lunch Provided***	
1:30-2:30 PM	***Rescuing the Hijacked Brain: Clinical Strategies for Treating Post-Concussion/Traumatic Brain injury***	
2:30-2:45 PM	Snack Break	
2:45-3:45 PM	***Speaking to be heard: Supporting Couples in Meaningful Conversations***	***Before We Drift: Building the Conditions for Ethical Practice***
3:45-4:00 PM	Break	
4:00-5:00 PM	***Harms Reduction Conversation with Teenagers and Substance Use***	***Fun Is Not Frivolous: Building Resilience in ADHD Families Through Connection and Play***

CONFERENCE AT A GLANCE

The 3rd and final day of the WCA Conference. Thank you to everyone that has been a part of the conference!

SATURDAY, OCTOBER 10TH

TIME	GATEWAY 225	CLASSROOM
7:00-7:50 AM	Breakfast, Registration & Check-In	
7:50-8:00 AM	Opening Remarks	
8:00-11:00 AM	***New ACA Code of Ethics***	
11:00-11:15 AM	Break	
11:15-12:45 PM	***Unbridled Resilience: How Horses Enhance the EMDR Healing Journey***	***Meaning, Scope, and Scale - Resisting the Intrapersonal Impact of Fascism for Therapists***
12:45-1:00 PM	Break	
1:00-2:30 PM	***Lunch with the Behavioral Health Alliance- Wyoming Legislative Updates***	
2:30-2:45 PM	Snack Break	
2:45-3:45 PM	***Planning for the Unexpected: Professional Wills, Executors, and Continuity in Practice***	
3:45-4:00 PM	Break	
4:00-5:00 PM	***Relational Trauma and the Hidden Self: A Shadow Work Framework for Recovery***	***Brief Encounter, Lasting Solutions: Solutions Focused Brief Therapy***

FULL SESSION DETAILS & PRESENTER BIOGRAPHIES

The following pages outline each session, the presenter, and the presenter's biography. Sessions are listed in order by day and time block.



THURSDAY
OCTOBER 8TH, 2026

8:00-12:00 PM- NASW-WY PRE-CONFERENCE

GATEWAY 225

Ethics in Rural Communities
NASW-WY Pre-Conference Ethics Intensive

4 ETHICS Clock Hours
This interactive training will explore ethical decision-making, current issues in behavioral health practice, and practical strategies for navigating complex ethical dilemmas—centered on ethics in rural communities. Participants will strengthen their understanding of professional ethics while earning 4 continuing education (CE) credits.

Additionally, we will hear from Dr. Karen Goodenough about the Social Work Licensure Compact.

ABOUT THE PRESENTER(S)

Liz Dole-Izzo, LCSW
Elizabeth "Liz" Dole-Izzo, LCSW, is a retired clinical social worker, administrator, and educator with 30 years of experience in psychiatric, medical, legislative, and academic settings. An Air Force veteran with an MSW from Colorado State University, she dedicated her career to clinical practice, leadership, and supporting the Wyoming social work community. Recently retired from the VA as an Emergency Room social worker, Dole-Izzo's clinical background also includes inpatient psychiatric evaluation, court examination, hospital and oncology social work, and advocacy for unhoused families and survivors of domestic violence.

Dr. Karen Goodenough
Dr. Karen Goodenough, PhD, MSW, LGSW is the Executive Director of the Minnesota and North Dakota Chapters of the National Association of Social Workers (NASW), a role she assumes under NASW's new shared leadership model She is recognized as NASW's 2024 Executive Director of the Year and brings nearly 30 years of social work leadership experience. Dr. Goodenough has extensive experience in organizational capacity building, including strategic planning, leadership development, fundraising, data-driven program decision-making, and environmental scanning

1:00-2:30 PM

GATEWAY 225

The Counseling Compact

1.5 ETHICS Clock Hours
Significant progress continues to unfold regarding the Counseling Compact, offering licensed mental health counselors a new pathway to practice across state lines. This webinar will provide an important update on the current status of the Compact, including which states have enacted the compact and what implementation looks like moving forward. Attendees will learn how the Compact works, how to obtain the privilege to practice in participating states, and considerations to evaluate before delivering services under another state's jurisdiction.

ABOUT THE PRESENTER(S)

Greg Searls
Greg Searls is the Executive Director of the Counseling Compact Commission. He is a licensed funeral service practitioner in Wyoming, beginning his regulatory career in 2010 when appointed by the Governor to the Board of Funeral Service Practitioners. In 2016, he transitioned to an Executive Director role within the Wyoming Professional Licensing Board office. Throughout his tenure, Greg has served as the Executive Director for various boards, including the Mental Health Professions Licensing Board, Board of Registration in Podiatry, Board of Midwifery, Board of Examiners in Speech-Language Pathology and Audiology, Board of Hearing Aid Specialists, Board of Athletic Trainers, and Board of Occupational Therapy. During his leadership, Wyoming enacted statutes to join the ASLP-IC, Occupational Therapy Compact, and Counseling Compact. He initially served as the ex-officio representative to the Counseling Compact Commission for AASCB until Wyoming joined the compact, at which point he was appointed commissioner. Greg holds a bachelor's degree in Mortuary Science and a certificate in Gerontology from Gannon University, as well as an Associate's Degree in Specialized Funeral Service Technology from the Pittsburgh Institute of Mortuary Science. He co-authored the article "Counseling and the Interstate Compact: Navigating Ethical Practice Across State Lines," published in The Professional Counselor in the fall of 2023.

THURSDAY
OCTOBER 8TH, 2026

2:45-3:45 PM- CONCURRENT SESSIONS

GATEWAY 225

Beyond the Z Code: Assessing Grief, Suicide Risk, and Diagnostic Overlap

1 SUICIDE PREVENTION Clock Hour
Grief and loss are among the most common clinical concerns encountered by counselors, yet they are frequently minimized, misdiagnosed, or insufficiently assessed. This presentation examines grief and bereavement as a clinical continuum rather than a single event or "Z code," emphasizing the importance of comprehensive assessment, suicide risk evaluation, and accurate diagnosis. Participants will explore how grief can present similarly to major depressive disorder and posttraumatic stress disorder, while also recognizing when grief represents a distinct clinical process requiring specialized intervention.

ABOUT THE PRESENTER(S)

Beth Johnson, MA, LPC, NCC
Beth Johnson, MA, LPC, NCC, EMDRIA Certified Therapist, is a clinical leader and educator with over a decade of experience specializing in trauma-informed care, crisis intervention, suicide prevention, and grief counseling. She has held diverse leadership roles, including Clinical Director and Training Director for the Colorado 988 Suicide Prevention Lifeline, as well as leadership and clinical positions within community mental health and nonprofit organizations. Beth spent more than six years living abroad in Japan as an educator, gaining valuable cross-cultural insight that continues to inform her clinical perspective and approach to healing. She is recognized for her ability to translate complex clinical concepts into practical, actionable interventions and strategies. Her work has focused extensively on supporting healthcare professionals, first responders, and individuals experiencing complex trauma. Building on this foundation, Beth's recent clinical work centers on the profound impact of grief and loss. She supports individuals navigating significant life transitions and complex bereavement through a trauma-informed, nervous system–focused lens. Her integrative approach draws from EMDR, attachment theory, and somatic regulation, emphasizing the connection between mind and body during times of crisis and healing.

CLASSROOM

The Neighbor You Don't Know

Significant progress continues to unfold regarding the Counseling Compact, offering licensed mental health counselors a new pathway to practice across state lines. This webinar will provide an important update on the current status of the Compact, including which states have enacted the compact and what implementation looks like moving forward. Attendees will learn how the Compact works, how to obtain the privilege to practice in participating states, and considerations to evaluate before delivering services under another state's jurisdiction.

ABOUT THE PRESENTER(S)

Cori McAdams, MS, LPC
Cori McAdams, MS, LPC, is a Northern Arapaho licensed professional counselor and founder of Blue Plume Counseling & Consulting, LLC, a private practice based in Riverton, Wyoming. She earned her Master of Science in Counseling from the University of Wyoming-Casper in 2019. Prior to forming her practice, Cori served as a mental health therapist at Wind River Family & Community Healthcare, a tribal clinic serving federally recognized tribes, where she provided mental health services to individuals of all ages — from young children to elders. While her clinical experience spans the full lifespan, her preferred population has always been children and their families. As a Northern Arapaho clinician practicing within her own community, Cori brings a dual perspective that is both professionally grounded and deeply personal.

THURSDAY
OCTOBER 8TH, 2026

4:00-5:30 PM- CONCURRENT SESSIONS

GATEWAY 225

Advocacy & Activism: Social Justice Counseling
WySCA Featured Session

1 ETHICS Clock Hour
This presentation explores the critical role of advocacy and activism within social justice counseling, emphasizing the counselor's responsibility to address not only individual client needs but also the broader systemic and sociopolitical factors that impact well-being. Drawing on the ACA Advocacy Competencies, participants will examine the three levels of advocacy—micro, meso, and macro—and how counselors can engage in meaningful change across settings. Additionally, this presentation addresses the ethical considerations, power dynamics, and real-world barriers counselors face when engaging in advocacy and activism. Attendees will leave with a clearer understanding of how to align their professional roles, values, and risk tolerance with actionable steps across a spectrum of engagement—from awareness and education to leadership and systems change.

ABOUT THE PRESENTER(S)

Alex Petrino, MS, NCC, LCPC, LPC
Alex is a Licensed Clinical Professional Counselor, National Certified Counselor, and EMDRIA-trained clinician with extensive experience serving individuals, families, and communities across Wyoming and the Mountain West. She provides EMDR therapy and integrates trauma-informed, person-centered approaches throughout her clinical work. In addition to clinical practice, Alex is a counselor educator teaching graduate-level courses for the University of Wyoming–Casper and is actively involved in statewide and national advocacy related to mental health access, professional counseling standards, and education policy. She currently serves as President-Elect of the Western Region of the American Counseling Association (ACA) and is a frequent presenter on advocacy and activism in counseling, LGBTQ+ affirming care, and perinatal mood and anxiety disorders (PMADs), equipping counselors with practical, evidence-based strategies to better serve diverse communities.

Lexi Carr, MS, School Counselor
With 12 years of experience in education, Lexi Carr is a passionate advocate for students, school counselors, and the transformative impact of comprehensive school counseling programs. She spent six years as an elementary school teacher before transitioning to school counseling, where she has served for the past six years.

A dedicated leader in the school counseling profession, Lexi Carr currently serves as President of the Wyoming School Counselor Association. Through her leadership and commitment to advocacy, collaboration, and professional growth, the Wyoming School Counselor Association was honored as the recipient of the prestigious 2026 Pinnacle Award. Lexi Carr is passionate about elevating the role of school counselors, building strong professional communities, and ensuring every student has access to the support and opportunities they need to thrive.

CLASSROOM

The Harder Side of Helping

Interacting with individuals whose lives have been affected by trauma often has unintended consequences for the individual trying to help. The concepts of "big t" and "little t" trauma, attachment and human development will be explored. These ideas will be used to explain the concept of secondary trauma and why it affects us as helpers. The four types of secondary trauma will be introduced in order to better understand the specific ways that helping can impact our lives outside of our work. This training also includes an introduction of reciprocal restoration and resilience building as an alternative framework for the imperfect term "self-care." Participants will learn to develop an R&R plan that is individualized and addresses the affects of secondary trauma in a fluid and holistic manner.

ABOUT THE PRESENTER(S)

Daniel Champer, MA, LCPC
Daniel currently serves as the Director of Clinical and Residential Services for Florence Crittenton Family Services in Helena, Montana. A farm kid from Ohio, Daniel believes in hard work partnered with care and nurture. He has worked for over 15 years in the mental health field and has served as a direct care staff, therapist, clinical supervisor, and clinical director in programs specializing in lockdown residential treatment, sex offender treatment, group home care, school-based services, and outpatient services. He earned his Masters of Arts in Counseling from Waynesburg University in Pittsburgh, Pennsylvania. Daniel specializes in childhood development and complex trauma work throughout the life stages. He is passionate about digging in and coming alongside the tough and complicated situations that so many experience. He and his wife stay busy after work chasing seven children and a variety of farm animals in an attempt to live simply but fully.

FRIDAY
OCTOBER 9TH, 2026

8:00-9:00 AM

GATEWAY 225

What Would a Reasonable Counselor Do? Applying Law, Ethics, and Standards of Care

1 ETHICS Clock Hour
Counselors do not practice under ethical codes alone. Clinical decision-making occurs at the intersection of legal requirements, ethical responsibilities, and standards of care. Licensing complaints and disciplinary actions frequently arise not from obvious ethical violations, but from failures in applying these overlapping systems to everyday practice decisions. In this workshop, participants will use a "Professional Decision Triangle" framework to analyze clinical scenarios, engage in practical exercises designed to strengthen ethical decision-making and reduce professional risk, and evaluate counseling practice and documentation samples. Participants will apply practical strategies to strengthen defensible clinical decision-making, promote client welfare, and enhance professional resilience.

ABOUT THE PRESENTER(S)

Sheri Wester, Ph.D., LPC, NCC
Sheri Wester is a Licensed Professional Counselor and a National Certified Counselor with over two decades of experience providing counseling services. She holds a master's degree in Counseling Psychology and a doctorate in General Psychology and has worked in community mental health, private practice, and school settings serving individuals across the lifespan. She currently works for Natrona County School District as a school-based therapist and maintains a private practice providing services through telehealth. Sheri enjoys helping others make sense of complex ideas and creating engaging learning experiences that encourage thoughtful discussion and practical application. She is especially interested in the places where research, clinical practice, and real life intersect—because practice has a way of presenting situations that are often messier than textbook examples.

FRIDAY
OCTOBER 9TH, 2026

9:15-10:45 AM- CONCURRENT SESSIONS

CLASSROOM

From Body Awareness to Meaningful Participation: Trauma-Informed, Somatic, and Occupation-Based Approaches to Building Resilience

Trauma can affect how individuals experience their bodies, regulate emotions, engage in relationships, and participate in meaningful daily activities. This experiential presentation will introduce counselors to trauma-informed, somatic, and occupation-based approaches that support resilience and meaningful participation. Participants will explore how body awareness, nervous-system regulation, sensory experiences, and everyday routines can influence emotional well-being and therapeutic engagement. Through practical examples and guided activities, attendees will learn strategies that can complement counseling interventions while supporting safety, choice, self-awareness, and connection.

ABOUT THE PRESENTER(S)

Jenny Lok, OTD, OTR/L
Jenny Lok, OTD, OTR/L, is a mental health occupational therapist at Wyoming Behavioral Institute with more than a decade of experience helping people understand how mental health, trauma, sensory processing, and nervous-system regulation affect everyday life. During her six years at WBI, she has focused on practical, occupation-based approaches that support emotional regulation, executive functioning, meaningful routines, and participation in daily activities.

Jenny earned her Master of Occupational Therapy from the University of North Dakota and completed her post-professional Doctorate in Occupational Therapy through Marymount University and Rehab Essentials. Her advanced training includes Dialectical Behavior Therapy, complex trauma, Unyte's Safe and Sound Protocol, Integrated Listening System and Rest and Restore programs, along with continued study in Ayres Sensory Integration, sensory modulation, interoceptive awareness, and somatic and neurobiological treatment approaches.

She is passionate about translating neuroscience into understandable, practical tools that help caregivers and the people they support build greater connection, resilience, regulation, and participation in everyday life

Sara Sherman, COTA/L
Sara Sherman is a certified occupational therapy assistant licensed to practice at Wyoming Behavioral Institute, where she works with patients across age groups and treatment programs. She began her occupational therapy career at WBI in 2005 and helped develop the hospital's occupational therapy department. Following six years of missionary service in Mexico, she returned to WBI in 2017.

Drawing on her background in theater and dance, Sara incorporates creativity, movement and body awareness into her work. She became a PoundFit instructor in 2019 and uses rhythm-based exercise in adolescent groups to support attention, sensory processing, and self-confidence. In 2022, she completed a 200-hour vinyasa yoga teacher certification. She is currently pursuing further training toward certification in yoga therapy and somatic therapy foundations.

Sara's professional interests center on the connection between physical awareness and emotional well-being. She is passionate about helping patients recognize their bodies' signals and develop practical skills that support daily functioning, confidence and overall wellness.

FRIDAY
OCTOBER 9TH, 2026

11:00-12:00 PM

GATEWAY 225

ACA Nationwide Advocacy
ACA Government Affairs Team

1 ETHICS Clock Hour
Working with Veterans requires more than gratitude, good intentions, or general trauma knowledge. Military culture, deployment experiences, identity, moral injury, loss, stigma, and transition stress can all influence how Veterans enter therapy, build trust, and determine whether a provider feels safe enough to continue with. For many Veterans, reaching out for counseling is not a casual decision—it may come after years of carrying things alone, minimizing distress, or believing they should be able to handle it. When they finally cross the threshold into a counseling office, that first interaction matters. We may not get multiple chances to earn trust.

ABOUT THE PRESENTER(S)

Dominique N. Marsalek, M.A.
Dominique N. Marsalek, M.A. is Manager of Government Affairs and Public Policy for the American Counseling Association (ACA), where she leads federal and state advocacy on issues affecting the counseling profession, behavioral health workforce, and access to mental health care. A registered federal lobbyist, Dominique has played a leading role in advancing the Counseling Compact since its inception, helping grow the initiative to 38 states and the District of Columbia and supporting its transition from legislation to implementation. Her work also includes coalition leadership, legislative and regulatory advocacy, and engagement with policymakers across all 50 states and U.S. territories. In 2025, she was recognized as a Top Lobbyist by the National Institute for Lobbying & Ethics.

Previously, Dominique served as Federal and State Public Policy Deputy for Prevent Child Abuse America, Legislative and Community Affairs Advisor for the District of Columbia Commission on the Arts and Humanities, and Chief of Staff to Maryland State Senator Ronald Young. Her career has spanned behavioral health, child welfare, public health, arts and cultural policy, and social justice, with legislative accomplishments ranging from protections for survivors of child sexual abuse to policies supporting foster youth and expanding access to mental health care.

A foster care alumna and first-generation college graduate with more than 17 years of experience in public policy, government affairs, and community leadership, Dominique holds both a B.A. and M.A. from Hood College. Her work is grounded in building coalitions and advancing public policy that strengthens communities, empowers individuals and families, and improves public systems.

FRIDAY
OCTOBER 9TH, 2026

12:00-1:30 PM

GATEWAY 225

WCA Business Meeting & Lunch

Join us for the annual WCA business meeting and lunch on us! Come and hear everything that the WCA has been up to in the last year.

ABOUT THE PRESENTER(S)

WCA Board of Directors

1:30-2:30 PM- CONCURRENT SESSIONS

CLASSROOM

Rescuing the Hijacked Brain: Clinical Strategies for Treating Post-Concussion/Traumatic Brain injury

Traumatic Brain Injury can be life changing for injured individuals. An integrative coaching/expert therapeutic approach can provide valuable resources for teaching resiliency, and coping with injury-induced limitations across mulitple funcitional domains. A diverse approach of supportive, Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy, Exposure-based therapies, Lifestyle Medicine principles and evidence-based Psychoeducation may beneficially assist in re-establishing functional stabilization, emotional regulation and restoration of essential cognitive executive skills. Validation of symptom profiles and recognition of atypical symptom comorbidities are critical interventional components.

ABOUT THE PRESENTER(S)

Lisa Kurth, Ph.D., MSCP, CBIS
Lisa Kurth, Ph.D., MSCP, is a veteran clinical health psychotherapist of over 4 decades, and a Certified Brain Injury Specialist. Her private practice is in Fort Collins, CO.., and she is licensed in CO. & WY., providing both in-person and tele-health services. She has clinical expertise in assessing & treating individuals diagnosed with Traumatic Brain Injury and related co-morbidities, and works with individuals involved in personal injury cases. She also specializes in assessing & treating children & adults diagnosed with neurodevelopmental disorders, including ADHD & high functioning Autism Spectrum Disorder.

Dr. Kurth is Adjoint Clinical Professor of Pediatrics (Developmental Section) at University of Colorado School of Medicine, Anschutz Medical Campus, Aurora, Colorado. She is Harvard trained in Coaching Principles of Lifestyle Medicine. A published, NIH researcher with ECHO (Environmental Influences on Child Health Outcomes), she studies perinatal exposures and childbirth dynamics which may confer risks to challenging child neurodevelopmental conditions. Also a naturalist, author, and a visual artist, Dr. Kurth specializes in nature photography which depicts a fresh and colorful impression of the wilderness. Her affinity for nature provides balance to her scientific work and calls her back to places in the wild she visits often, including high altitude locations throughout Wyoming.

FRIDAY
OCTOBER 9TH, 2026

2:45-3:45 PM- CONCURRENT SESSIONS

GATEWAY 225

Speaking to be Heard: Supporting Couples in Meaningful Conversations

Communication is a critical component of healthy relationships, yet it is often a barrier to connection. Effective communication involves more than learning techniques; it requires a deeper understanding of the needs, fears, emotions, and longings.

In this presentation, attendees will learn to identify the cycles that emerge within couple relationships, recognize each partner's protective responses, and understand how these patterns can maintain disconnection. Participants will also explore ways to help clients use self-regulation to organize their emotional experiences, allowing them to communicate more clearly, express vulnerability, and foster conversations in which both partners feel heard.

Although this presentation is rooted in couples therapy, it is also intended for anyone interested in better understanding relationships and effective communication. Attention to diverse identities, relationship structures, and experiences beyond traditional heteronormative models will be included and discussed.

ABOUT THE PRESENTER(S)

Charlotte Vincent, M.S. LPC - WY LCPC - ID
Charlotte Vincent is a Licensed Professional Counselor in both Wyoming and Idaho with over 10 years of experience in the mental health field. She has worked for 8 years in the elementary school setting and currently works in private practice with a focus on relationships. She has received extensive training in Emotionally Focused Therapies for individuals, couples, and families.

CLASSROOM

Before We Drift: Building the Conditions for Ethical Practice

1 ETHICS Clock Hour
Ethical violations rarely occur in isolation. More often, they emerge after a gradual process of stress, disconnection, unmet needs, and reduced support. Drawing from trends identified within Wyoming counseling disciplinary records, this experiential presentation explores the underlying vulnerabilities that can contribute to ethical drift and professional impairment.

Participants will examine common themes related to supervision, boundaries, connection, and coping; identify early warning signs of ethical vulnerability within themselves and their professional environments; and develop practical strategies to strengthen protective factors before concerns arise. Rather than focusing on punishment or disciplinary outcomes, this presentation emphasizes prevention, self-awareness, and sustainable counseling practice.

Attendees will leave with a personalized framework for recognizing vulnerabilities, addressing unmet needs, and building the conditions that support ethical, effective, and enduring clinical work.

ABOUT THE PRESENTER(S)

Joe Mireles; M.S. in Educational Leadership, M.S. in Community Mental Health; NCC, PPC
Joe Mireles is a provisionally licensed counselor in Wyoming whose work is grounded in a lifelong commitment to connection, resilience, and belonging. His clinical perspective is informed by more than two decades of experience supporting children, families, and communities through relationship-centered work in education, mentorship, and advocacy across Florida, California, and Wyoming.

Throughout his career in education, Joe developed and implemented programs focused on bullying prevention, support for at-risk youth, and creating more inclusive and connected school communities. He holds a master's degree in educational leadership and recently completed his master's degree in community mental health counseling at the University of Wyoming, integrating a systems-focused understanding of education with a humanistic, experiential approach to counseling.

Joe's clinical interests include early childhood mental health, supporting children with significant emotional and behavioral needs, and helping couples strengthen their relationships through meaningful therapeutic work. He launched the Wyoming Mental Health Network (WY-MHN), a statewide initiative designed to foster connection, collaboration, and mutual support among mental health professionals.

At the heart of Joe's work is a simple belief: people heal and grow when they feel seen, supported, and connected.

FRIDAY
OCTOBER 9TH, 2026

4:00-5:00 PM- CONCURRENT SESSIONS

GATEWAY 225

Harm Reduction Conversation with Teenagers and Substance Use

1 SUCIDE PREVENTION Clock Hour
Traditional prevention messaging often focuses solely on abstinence, yet many educators, counselors, and youth-serving professionals encounter teenagers who are already experimenting with substances or are exposed to environments where use occurs. This interactive presentation explores how a harm reduction framework can create meaningful, nonjudgmental conversations that increase trust, reduce risk, and promote informed decision-making among adolescents.

Participants will gain practical strategies for discussing substance use through the lens of adolescent brain development, motivational communication, and relationship-building. Through case studies, group discussion, and real-world scenarios, attendees will examine ways to effectively engage teenagers while balancing prevention efforts with safety-focused interventions. The session will also provide concrete tools and messaging that help young people reduce harm and make safer choices if they decide to use substances.

ABOUT THE PRESENTER(S)

Bryon Lee, MS LPC School Counselor
Bryon Lee is a school counselor at Laramie High School with two decades of experience working with youth and families. His professional background includes juvenile diversion, inpatient substance use treatment, and school counseling, providing him with a broad perspective on adolescent development and substance use. A lifelong Wyoming native, Bryon brings a deep understanding of the challenges and strengths within Wyoming's schools and communities. He is passionate about prevention, education, and helping young people make informed, healthy decisions.

4:00-5:00 PM- CONCURRENT SESSIONS

CLASSROOM

Fun Is Not Frivolous: Building Resilience in ADHD Families Through Connection and Play

Families raising a child with ADHD rack up negative interactions at a rate most families never experience: the constant correcting, redirecting, and conflict over mornings, homework, and transitions. Over time, it wears down connection, the child's self-concept, and the parents themselves.

In the thick of it, fun is often the first thing to go. It can feel like a luxury, even irresponsible, or simply one more exhausting thing to add to the list. So it becomes a reward, something to be earned once the hard work is done.

This workshop makes the opposite case: fun isn't the reward. It's the intervention. Because ADHD motivation is driven more by interest, novelty, and connection than by importance alone, play and positive shared experiences become powerful tools for strengthening relationships, increasing engagement, and building the resilience families need to navigate life's inevitable challenges.

This hands-on session will equip participants with practical, immediately usable strategies to help families create more moments of connection and play, reframe everyday challenges, increase children's sense of agency, and intentionally build a family culture that works with the ADHD brain rather than against it.

ABOUT THE PRESENTER(S)

Rebecca Kuhbacher M.Ed. is an ADHD and Executive Function Coach
Rebecca Kuhbacher M.Ed. is an ADHD and Executive Function Coach, educator, speaker, and founder of 307 ADHD. A former National Board Certified Teacher and department head, she specializes in helping parents, adolescents, college students, and adults build practical systems that strengthen executive functioning, improve communication, and create lasting behavior change.

Drawing from thousands of hours of direct coaching, Rebecca translates complex concepts about ADHD, motivation, and executive functioning into practical strategies families can implement immediately. Her work helps families move beyond reactive correction by combining practical systems, accountability, and strengths-based strategies that foster connection, resilience, and lasting change.

Rebecca also draws on her own experience as a mother of four in an ADHD household. That perspective shapes how she works: combining the science of ADHD with each family's unique strengths, challenges, and capacity for change to create practical strategies they can implement immediately. She is driven to help families trade shame, overwhelm, and constant correction for connection, confidence, and strategies that actually fit the way the ADHD brain works.

Heidi Edmunds, Ed.D, LPC
Heidi Edmunds is a Licensed Professional Counselor and owner of Bend Mind and Body Solutions in Torrington, Wyoming. With nearly 20 years of experience across clinical, residential, educational, and telehealth settings, she provides trauma-informed, integrative care for adolescents, adults, couples, and families. Her approach blends cognitive behavioral therapy, dialectical behavior therapy, and solution-focused strategies with person- and body-centered work to create practical, sustainable change.

Heidi holds a Doctor of Education in Higher Education Administration from the University of Wyoming and previously served in executive leadership at Eastern Wyoming College, bringing both clinical and systems-level insight to her work.

In addition to her professional expertise, Heidi brings lived experience as a woman with ADHD and as a parent of children with ADHD. She is passionate about reducing shame, strengthening families, and equipping counselors with clear, actionable tools to support neurodivergent clients.

SATURDAY
OCTOBER 10TH, 2026

8:00-11:00 AM

GATEWAY 225

Know Your New ACA Code of Ethics

3 ETHICS Clock Hours
The counseling profession continues to evolve, and ethical standards must evolve with it. This session will provide an overview of the newly updated ACA Code of Ethics, highlighting significant revisions and what they mean for counselors, supervisors, educators, and students in everyday practice. Participants will explore key changes, emerging ethical considerations, and practical applications of the updated Code. Through discussion and real-world examples, attendees will leave with a clearer understanding of their ethical responsibilities and how to incorporate the revised standards into professional decision-making.

ABOUT THE PRESENTER(S)

Amanda DeDiego, PhD, LPC, ART, NCC, BC-TMH, ACS
Amanda DeDiego, PhD, LPC, NCC, BC-TMH, ACS is a counselor educator at the University of North Carolina at Charlotte and a licensed professional counselor with extensive clinical and teaching experience. Her work focuses on trauma, health equity, mental health disparities, and improving access to care for underserved communities. Dr. DeDiego is an experienced clinician with advanced training in EMDR and has served in numerous leadership roles within the counseling profession. Her work reflects a strong commitment to counselor education, advocacy, and strengthening the counseling profession.

11:15-12:45 AM- CONCURRENT SESSIONS

GATEWAY 225

Unbridled Resilience: How Horses Enhance the EMDR Healing Journey

Combining the experiential nature of equine therapy with the trauma-focused, healing aspect of EMDR. Themed including: grounding, emotional regulation, and rebuilding strength through the horse-human bond.

ABOUT THE PRESENTER(S)

Tammy Anderson, LPC, AAP, EA-EMDR
Tammy is a native of Cheyenne and is a Licensed Professional Counselor with as Editions certifications in Animal Assisted Psychotherapy, EMDR, and Equine-Assisted EMDR. She is also an experienced equestrian with years of training and riding horses. Utilizing horses and animals was a natural addition of her psychotherapy practice.

CLASSROOM

Meaning, Scope, and Scale - Resisting the Intrapersonal Impact of Fascism for Therapists

In this discussion-based workshop, participants will have the opportunity to learn and reflect on frameworks and strategies for identifying, working with, and resisting moral injury, vicarious trauma burnout, and compassion fatigue while working in an increasingly oppressive political environment. Participants will be encouraged to connect with their own strongly-held values, and explore their relationship with meaning, scope, and scale in their work.

ABOUT THE PRESENTER(S)

Janelle Peters, LCSW
Janelle Peters (they/them), is a queer person, performer, and Licensed Clinical Social Worker (LCSW) seeing clients in Colorado, Wyoming, North Dakota, and Vermont. They have been working in the mental health field since 2013. Janelle completed their MSW degree in 2016 at the University of Southern California. Janelle's therapeutic style is affirming, collaborative, and grounded in their values of anti-oppression, social justice, and liberation. They use emotionally focused, somatic and cognitive tools with clients, and practice in a relational/psychodynamic manner - which is to say that the therapeutic relationship is one of the main factors in clients' progress.

SATURDAY
OCTOBER 10TH, 2026

1:00-2:30 PM

GATEWAY 225

Lunch with the Wyoming Behavioral Health Alliance- Legislative Updates

1.5 ETHICS Clock Hours
Lunch and Learn with the Wyoming Behavioral Health Alliance. (Lunch is provided). Come hear what has been happening in the State of Wyoming over the last year.

ABOUT THE PRESENTER(S)

Lindsay Simineo, MA, LPC
Since 2017, Lindsay Simineo has been working in public policy at federal, state, and local levels to further and promote the interests of behavioral health across Wyoming. During that time, Lindsay has worked on licensing standards, new certifications for professionals, criminal justice reform, mental health and telehealth parity, collaborative care, as well as working with vulnerable populations.

In 2022, Lindsay identified that more mental health organizations needed to be involved in the legislative process and for several reasons, did not have the capacity to be. It is through her determination to build statewide efforts, and the hard work of the Board of Directors that the Wyoming Behavioral Health Alliance came to be.

Lindsay has received recognition over the years, being the recipient of the 2020 American Counseling Association State Branch Award, the 2023 Wyoming Counseling Association award for Human Rights, and is a 2023 Alumni of Leadership Wyoming.

Lindsay holds a Bachelors of Social Work degree from the University of Wyoming, and a Masters of Arts in Counseling from Denver Seminary. She currently holds her professional counseling license and continues to work in private practice in Cheyenne. She has called Wyoming home most of her life and is happy to share Wyoming with her husband and two children.

2:45-3:45 PM

GATEWAY 225

Planning for the Unexpected: Professional Wills, Executors, and Continuity in Practice

1 ETHICS Clock Hour
We know we need a personal will—and a plan for their clients, records, and practice if the unexpected happens. This interactive workshop explores professional wills, the role of a professional executor, and essential continuity planning strategies. Participants will leave with practical tools, ethical guidance, and actionable steps to protect clients, reduce chaos, and ensure continuity of care when it matters most.

ABOUT THE PRESENTER(S)

Susan Meyerle, PhD, LIPC, CEAP
With her experience as an educator, regulatory board member, therapist, author and inspirational speaker, Dr. Susan makes reviewing ethical protocols interesting, engaging, and relevant. Dr. Susan has a rich background in ethics and integrity which created the foundation for Ethics Rock! She has served as chair for the Nebraska Board of Mental Health Practice, elected President of the American Association of State Counseling Boards, appointed to the Association of Marital and Family Therapy Regulatory Boards Telehealth Committee, and served on the Board of Directors for the Federation of Associations of Regulatory Boards.

SATURDAY
OCTOBER 10TH, 2026

4:00-5:00 PM- CONCURRENT SESSIONS

CLASSROOM

Brief Encounter, Lasting Solutions: Solutions Focused Brief Therapy

We will be stripping away traditional problem-solving focused approaches, and stepping into the world of Solution Focused Brief Therapy (SFBT). This approach, developed by Steve de Shazer and Insoo Kim Berg, fundamentally changing counseling by providing that you do not need to analyze a problem to find a solution our goal is to share, foundational, mindset and core linguistic tools you can use in your own clinical practice.

ABOUT THE PRESENTER(S)

Teigan Thole, MS, LPC, NCC
Teigan Thole, MS, LPC, NCC is the owner of Aspire Counseling, LLC. She also sees clients as a Licensed Professional Counselor and supervises other clinicians and interns. Teigan is a Gillette, WY native. She enjoys a holistic approach to therapy which engages a person in body, mind, and spirit. Teigan believes that the client is the professional of themselves and that her work is to help them navigate what they know to be true about their own being. Teigan is well-versed in Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and trained for post partum issues.

Heather Hood, BS
A dedicated and compassionate counselor, Heather is committed to walking alongside her clients as they navigate their unique journeys toward healing. She earned her Bachelor of Science in Counseling with an emphasis in Addiction, Chemical Dependency, and Substance Abuse in 2023 from Grand Canyon University, where she is currently completing her Master's in Clinical Mental Health graduation on November 11, 2026.
Heather approaches her practice with deep empathy and a keen attention to detail, ensuring every client feels truly seen and heard. Utilizing a Solution-Focused Brief Therapy approach, she operates from the belief that you are the primary expert of your own life. She is well-versed in LGBTQIA+ issues and offers a non-judgmental, open-minded environment for all. Her office serves as a supportive, safe space designed for open dialogue, personal insight, and meaningful change.
A long-time member of the community, Heather has resided in Wyoming for over 30 years and has called Gillette home for the last 28. Outside of her professional work, she finds joy in spending quality time with her husband and their adult children.

2026 ADVOCACY IN ACTION



WHAT WE ACCOMPLISHED

WCA continues to elevate mental health across Wyoming and the Nation by:

Counselor Voices in Cheyenne & DC
Represented mental health professionals during the legislative session and interim discussions.

Advocacy on Suicide Prevention Policy
Supported legislation and statewide conversations to expand school-based suicide prevention efforts.

Strengthened Statewide Partnerships
Collaborated with the Wyoming Behavioral Health Alliance and AFSP-WY to unify messaging and impact.

Membership in Advocacy Efforts
Provided timely updates, action alerts, and tools to help counselors connect with lawmakers.

Advanced Mental Health in Education
Advocated for mental health supports to be included in K–12 recalibration and funding discussions.

WHY IT MATTERS

Wyoming faces one of the highest suicide rates in the nation.

Less than 1/3 of mental health needs are currently being met in the State.

Advocacy ensures access, early intervention, and sustainable support.

2026-2027 PRIORITIES

988 Crisis Line Sustainability

Secure full funding of the 988 Trust Fund before the 2028 sunset date.

Protect Wyoming's local call centers and crisis response infrastructure.

Explore long-term funding solutions, including dedicated revenue streams.

School-Based Suicide Prevention

Support implementation of evidence-based suicide prevention education.

Advocate for adequate funding and staffing in schools.

Ensure policies are practical, funded, and effective.

GET INVOLVED

Stay informed with WCA updates

Connect with your legislators

Be a local voice for mental health

THANK YOU FOR ATTENDING!

2026 WCA FALL CONFERENCE

TOGETHER WE GROW

WYOMING
COUNSELING
ASSOCIATION