2025

WYOMING COUNSELING ASSOCIATION ANNUAL CONFERENCE





OCTOBER 2ND-4TH, 2025

UW- Casper UU 322 & UU 315 435 Union/University Building

THANK YOU TO OUR SPONSORS









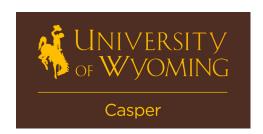
Eagles Soar Counseling













WELCOME TO THE 2025 ANNUAL CONFERENCE FOR THE WYOMING COUNSELING ASSOCIATION

CONFERENCE TIPS FOR VIRTUAL ATTENDEES

Zoom links are as follows:

General Conference

Attire: Wear whatever you want! As a virtual attendee, you can choose to turn off your camera so others can't see you, or you can turn on your camera and allow others to see you. If you plan to turn on your camera, we do recommend wearing clothes (including pants), but please be comfortable. We know sitting on the computer for a long time requires comfort.

As a Courtesy:

- Be sure to "name" yourself with your full name when you log into the session.
- Keep yourself "muted" unless the speaker invites you to share or ask a question
- Refrain from conversations in sessions as a sign of respect for others.
- Email <u>outreach@wyomingcounselingassociation.com</u> if you have any trouble with sessions.
- Please complete the electronic 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 WCA website or within other publicity which may be seen by the general public.

WCA AWARDS & BUSINESS MEETING

Join us as we celebrate the embodiment of hope by recognizing the WCA award recipients. We will be announcing our award winners during the business meeting! All attendees and members (whether attending the conference virtually or in- person) will have access to the Livestream of the business meeting. The business meeting and lunch will take place Friday, October 3rd from 11:30-1:00. Join us for important information on this year's activities and upcoming plans!

QUESTIONS OR CONCERNS?

President: president@wyomingcounselingassociation.com **Treasurer:** treasurer@wyomingcounselingassociation.com **Marketing/Sponsorships:** outreach@wyomingcounselingassociation.com

WELCOME TO THE 2025 ANNUAL CONFERENCE FOR THE WYOMING COUNSELING ASSOCIATION

CONTINUING EDUCATION & NBCC CLOCK HOURS

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.
- Submit your name in the "chat box" to log your attendance for virtual sessions. 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 attendance roster.
- Complete the CE Evaluation form online for the sessions attended (see below).
- Complete the clock hours form in the program noting the sessions you attended (this is for your records).
- Please email <u>outreach@wyomingcounselingassociation.com</u> if you are interested in receiving PTSB credit.

CONFERENCE EVALUATION & CONTINUING EDUCATION CERTIFICATE

You must complete an evaluation for all the sessions attended, then the continuing education certificate will be sent via email. The link to the session evaluations and CE certificate will be sent via email at the conclusion at the conference.

The conference Clock Hours Documentation form is available at check in and at the end of this program, this is for your records.



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.

SUPERVISION CES THROUGH WCA

The Wyoming Counseling Association is excited to announce the launch of online supervision continuing education opportunities. This flexible option allows counselors and supervisors to complete high-quality, supervision training at their own pace, ensuring access to relevant, practical, and timely professional development—anytime, anywhere. Courses can be accessed directly through the WCA website. These courses count for Wyoming licensure and DCQS only.

SPRING VIRTUAL WORKSHOP- APRIL 2026

Be on the lookout for our Spring Workshop invitation! This is a virtual learning opportunity in April that is FREE to WCA members.

ANNUAL SPONSORSHIP OPPORTUNITIES

BENEFITS & LEVELS	PIONEER (PREMIER LEVEL) \$5000	SUMMIT (GOLD LEVEL) \$1000	RANGE (SILVER LEVEL) \$500	TRAILBLAZER (BRONZE LEVEL) \$500	PATHFINDER (SUPPORTER LEVEL) \$250
Logo Placement	Prime logo placement on all event materials, website homepage, sponsor page and monthly newsletters	Logo placement on the website sponsor page, event materials, and monthly newsletters	Logo placement on the website sponsor page and monthly newsletters	Name listing on the website sponsor page and in monthly newsletters	Name listing on the website sponsor page
SPONSOR RECOGNITION AT ANNUAL CONFERENCE	Recognition during the opening and closing sessions, business meeting, and keynotes of the annual conference.	Sponsored luncheon at the annual conference	Acknowledgment at the annual conference	Acknowledgment at the annual conference	Acknowledgment at the annual conference
Branded Merchandise	Opportunity to include branded merchandise in conference attendee bags	Opportunity to include branded merchandise in conference attendee bags	Opportunity to include branded merchandise in conference attendee bags	Opportunity to include branded merchandise in conference attendee bags	Opportunity to include branded merchandise in conference attendee bags
Discounts	10% discount on annual memberships & conference registration for up to 30 employees	10% discount on conference registration for 10 employees	10% discount on conference registration for 5 employees		
WEBINAR RECOGNITION	Sponsor recognition for virtual workshop or webinar hosted by the WCA on a topic of mutual interest				
FEATURE Article	Feature article about the sponsor in the WCA monthly newsletter once a year				
EXHIBITION SPACE	Complimentary exhibition space at the annual conference				

OPPTIONAL ADD ONS

- Student scholarship sponsorship: \$500 (100% goes to one student attending the annual conference)
- Webinar Sponsor: \$500 (Logo featured in WCA on-demand webinar)
- Conference Snack Break Sponsor: \$250 (Logo featured on conference snack table)
- Conference Breakfast Sponsor: \$350 (Logo featured on conference breakfast table)
- Event Vendor Table \$150

Wyoming Counseling Association Sponsorship Policy Statement: The Wyoming Counseling Association (WCA) values the support of our sponsors, whose contributions are essential to our mission of promoting professional excellence and the well-being of our community. In order to maintain the integrity and ethical standards of our organization, WCA reserves the right to decline any sponsorship that conflicts with our professional ethics, values, or mission. Policy Details: 1. Ethical Alignment: All sponsorships must align with the ethical guidelines and standards set forth by the American Counseling Association (ACA) and other relevant professional bodies. 2. Conflict of Interest: WCA will not accept sponsorships from entities whose practices or products are inconsistent with the values and mission of our organization. 3. Discretionary Right: WCA retains sole discretion to assess and determine the appropriateness of any sponsorship offer. Decisions to decline sponsorships are final and not subject to appeal. 4. Transparency: Sponsors will be informed of this policy at the time of sponsorship application, ensuring clear understanding and acceptance of these terms. By adhering to these principles, WCA aims to foster a supportive and ethically sound environment for our members and the communities we serve.

THURSDAY OCTOBER 2ND



UU 322 & ZOOM

UU 315

8:00-9:00	Conference Check In		
9:00-9:50	ChatGPT in the Therapy Room: Exploring AI as a Counseling Tool *1 hour Ethics	Veterans in Pop Culture Reality versus fiction in veteran portrayals in media.	
10:00-10:50	Connecting the Dots: Leveraging Wyoming 211 to Support the Whole Client		
11:00-12:20	PROSPER Youth Suicide Prevention and Intervention Training *1.5 hours Suicide Prevention		
12:30-1:30	Conference Check-In/Snack Provided		
1:40-3:00	Beyond Visibility: Practical Tools for Affirming LGBTQIA2S+ Clients in Rural Mental Health Settings *1.5 hours Suicide Prevention	Remembering Your Why: Cultivating Resilience Through Reflective Practice	
3:10-4:00	Beyond the Checklist: A Practical, Relational Approach to Suicide Prevention in Rural and School-Based Settings *1 hour Suicide Prevention		
4:10-5:00	The Counseling Compact *1 hour Ethics	Exploring Art Therapy	
5:10	Accupuncture		

FRIDAY OCTOBER 3RD



UU 322 & ZOOM

UU 315

7:30-8:00	Conference Check In/Breakfast Provided		
8:00-8:50	Suicide, suicidality, Dep. & Ax in OCD. Identifying imagery of OCD as a principal diagnosis. *1 hour Suicide Prevention	Religious Trauma: Identifying, Healing, and Preventing Harm	
9:00-10:20	Helping Children & Teens of First Responders	Creating Ahas! With Experiential Approaches	
10:30-11:20	Mental Wellness in Your Place of Space *1 hour Suicide Prevention	Trauma Informed Work with Teens and Older Learners with ASD	
11:30-1:00	Lunch Provided/WCA Busines	ss Meeting/Award Recognition	
1:00-2:20	Introduction to Dungeons and Dragons in Clinical Practice will only be able to do	AcuRecovery in Wyoming: An Innovative Model of Community Care and Mind/Body Healing	
2:30-3:50	Play Therapy and Me (as counselor)	DIRFloortime-The Basics!	
4:00-5:20	New Approaches in the Therapy of people with psychotic disorder diagnoses.	Sand-sational! Sand Tray techniques and application for clients of all ages! (And ourselves!)	
5:30-6:20	Partnering for Student Wellness: Strengthening Collaboration Between School Counselors and Community Mental Health Providers	Aspects of Grief	

SATURDAY OCTOBER 4TH



UU 322/ZOOM

UU 315

7:30-8:00	Breakfast Provided		
8:00-8:50	Supporting Your Client's Mental Health with Diet and Lifestyle	LGBTQ+ Affirming Care	
9:00-10:20	Autism: Developing a Profile to Determine Intervention Strategies		
10:30-11:50	Making Belief: The Emotional Power of Imagination	Culturally Responsive Treatment for Former Military Members Returning to Rural Wyoming Communities	
12:00-1:30	Networking Luncl	h/ Lunch Provided	
1:40-3:00	Wyoming Legislative Updates-Wyoming Behavioral Health Alliance *1.5 hours Ethics		

THURSDAY OCTOBER 2ND

8:00-9:00 CONFERENCE CHECK IN

9:00-9:50

ChatGPT in the Therapy Room: Exploring AI as a Counseling Tool Presented By: Sheri Wester, Ph.D., LPC, NCC

1 clock hour ethics

As artificial intelligence evolves, tools like ChatGPT are emerging as potential supports in therapeutic work. This presentation examines how AI can be used as a tool within the counseling process—not to replace the therapist, but to enhance access, engagement, and reflection for clients. Attendees will explore real-world use cases, examine the boundaries of AI's therapeutic utility, and consider ethical and clinical frameworks for integrating AI-assisted tools into mental health practice.

Veterans in Pop Culture Reality versus fiction in veteran portrayals in media. John F. Stinebaugh WY LMFT

1 clock hour

This session will engage learners in a review of representations of veterans of the armed forces in popular culture and media. Learners will then review basic elements about each branch of the American Armed Forces and be able to compare these to their representations in popular culture. Learners will then learn some basic ideas for working with veterans in therapy as well as common misconceptions, especially those perpetuated in pop culture.

10:00-10:50

Connecting the Dots: Leveraging Wyoming 211 to Support the Whole Client Olivia Schon, Deputy Director for Wyoming 211 & Ann Clement, Bachelor of Science, Executive Director 1 clock hour

Many of the challenges your clients face extend far beyond what can be addressed in a counseling session. Housing instability, food insecurity, transportation barriers, caregiving responsibilities, and other Social Drivers of Health (SDOH) often play a significant role in a person's well-being and ability to thrive. Join us for an informative and interactive session introducing Wyoming 211, a vital, statewide resource that connects individuals and families with essential services and supports. Whether your clients are in need of food assistance, mental health care, housing support, or help navigating complex systems, Wyoming 211 is here to help you help them. You'll walk away with practical tools and resources you can begin using right away. Attendees will also have the opportunity to brainstorm their own SDOH screening and explore how to integrate it into their workflow. Whether you're new to community resource navigation or looking to deepen your understanding of wraparound care, this session will equip you with the knowledge and confidence to better support your clients—because no one should have to face life's challenges alone.

11:00-12:20

PROSPER Youth Suicide Prevention and Intervention Training William Miller, MSEd, PhD Candidate

*1.5 clock hours Suicide Prevention

Suicide is not only a mental health concern but also a social issue shaped by stressors in school, home, and peer relationships. This 90-minute PROSPER training equips educators and youth-serving professionals with practical tools to recognize warning signs, explore ambivalence, and co-create Crisis Response Plans (CRPs) that help students feel supported and understood.

12:30-1:30- CONFERENCE CHECK IN & SNACK PROVIDED

THURSDAY OCTOBER 2ND

1:40-3:00

Beyond Visibility: Practical Tools for Affirming LGBTQIA2S+ Clients in Rural Mental Health Settings Elliott Orrin Hinkle, BS, PSS

*1.5 clock hours Suicide Prevention

In this hands-on, discussion-driven workshop, participants will explore the lived experiences of LGBTQIA2S+ individuals in rural settings, with a focus on mental health care, systemic barriers, and resilience. Drawing on case studies (examples provided, but attendee examples welcome) and current data, this session invites practitioners to move beyond awareness into action.

Remembering Your Why: Cultivating Resilience Through Reflective Practice Dr. Laura Watts, PhD

1.5 clock hours

In the demanding field of helping professions, it's easy to lose sight of the passion and purpose that brought us here. This experiential presentation invites participants to reconnect with their "why" through guided reflective practice, storytelling, and an interactive exercise. Attendees will explore the foundational motivations that sparked their journey, identify barriers that can cloud their purpose, and learn practical strategies to enhance resilience and prevent burnout. Join us in reigniting the spark that fuels meaningful work, fostering a renewed sense of commitment and well-being in our professional lives.

3:10-4:00

Beyond the Checklist: A Practical, Relational Approach to Suicide Prevention in Rural and School-Based Settings William Miller, MSEd, PhD Candidate (Liberty University)

*1 clock hour Suicide Prevention

This hands-on workshop introduces school-based and community mental health professionals to real-world suicide prevention tools grounded in the PROSPER model—a culturally responsive, community-centered framework that has shown measurable results in Wyoming. Attendees will learn how to create collaborative Crisis Response Plans (CRPs), address ambivalence in suicidal ideation, and coordinate ethically across school, clinical, and family systems. Technology's role in support continuity and follow-through will also be addressed. Participants will walk away with concrete strategies that are practical, relational, and ready for use.

4:10-5:00

The Counseling Compact

Amanda DeDiego, PhD, LPC, NCC, BC-TMH, ACS

*1 clock hour Ethics

The Counseling Compact is a groundbreaking initiative that enables Licensed Professional Counselors (LPCs) to practice in member states by obtaining a privilege to practice. This discussion provides an in-depth exploration of the Counseling Compact, including its purpose and operation.

Exploring Art Therapy

Christy Jindrick-Tholl, MA, LPC

1 clock hour

This session introduces counselors to the foundations of art therapy as a dynamic and creative counseling approach. Participants will explore the core principles of art therapy, including the therapeutic use of art-making, the role of symbolism and metaphor, and the integration of creative expression into treatment planning. The session will also provide practical strategies for incorporating art therapy techniques into various counseling settings, with attention to ethical considerations and client readiness. Finally, participants will examine how art therapy interventions can enhance client engagement, deepen therapeutic alliances, and promote emotional expression across diverse populations.

5:10- ACCUPUNCTURE- EXPERIENTIAL AND FOR YOUR ENJOYMENT, NO CES AVAILABLE

FRIDAY OCTOBER 3RD

8:00-8:50

Suicide, Suicidality, Depression. & Anxiety in OCD. Identifying imagery of OCD as a principal diagnosis. Jacob R Stotler LIMHP (NE), LPC (WY)

*1 clock hour Suicide Prevention

As primary mental health providers that are taught "when you hear hoofbeats, think horses, not zebras," is OCD a zebra or a horse? When formulating a treatment plan for a patient seeking emergent mental health care for depression, anxiety and suicidal ideation, should OCD be considered? The answers are "yes" and "OCD is not a Zebra." An OCD diagnosis is not uncommon and is typically a morbid presentation. We want to readdress how our clinicians see the relationships between Suicide, depression and OCD and how OCD can be a Principal diagnosis to a secondary diagnosis of major depression and/or GAD and yet where patient symptom complaints can easily confuse or overlook symptoms of OCD. Let's work together towards reconceptualizing our internal vision of what OCD looks like, and how emergent the needs are to identify early to reduce patient harm.

Religious Trauma: Identifying, Healing, and Preventing Harm

Rev. Jessica Boyce

1 clock hour

In this presentation, Rev. Jessica Boyce will explore how religious trauma can lead to depression, anxiety, poor boundaries, and other barriers to a fulfilling life. She will challenge the assumption that religion is always a positive force, highlighting its broad impact, as society increasingly reevaluates religion's role in personal and social development. Attendees will learn questions to ask and how to engage in religious conversations with clients who may be experiencing religious trauma.

9:00-10:20

Helping Children & Teens of First Responders

Ashley Braund MA, LPC-S & Kathryn Severns Avery

1 clock hour

This presentation has been created to help counselors understand the daily life/stressors of a child/teen of a first responder. The goal of this presentation is to provide education on what children/teen experience and help counselors be comfortable with discussing topics such as: guns in the home, anxiety related to first responders and their jobs, and familial dynamics.

Creating "Ahas!" With Experiential Approaches

Christy Jindrick-Tholl, MA, LPC

1 clock hour

Do you feel like you often talk in circles with your clients? Do you want actual hands-on approaches that spark breakthroughs? This training will allow you to explore your own creativity (even if you feel like you don't have any!) and give you tools, activities, and insights to have more powerful, life-changing interactions with clients.

10:30-11:20

Mental Wellness in Your Place of Space

Bryon Lee MS LPC

*1 clock hour Suicide Prevention

Place-Based Education Enhances Student Mental Health to demonstrate the mental health benefits of integrating outdoor experiences into school programs. The session will highlight how positive adult relationships, mindfulness activities, physical well being, and leadership skills gained through our ACSD#1 summer course fosters resilience, reduces anxiety, and improves overall student wellness. It will also provide practical strategies for identifying and securing grants to support summer outdoor programs. With nearly 20 years of counseling experience and expertise in Place-Based Education, grant writing, and suicide prevention, I aim to equip educators and counselors with actionable tools to create impactful, nature-based programs.

Trauma Informed Work with Teens and Older Learners with ASD

Michele Havens, Ed.D., BCBA, DIR certified and faculty of Profectum

1 clock hour

This presentation will discuss strategies and materials that can be used to motivate and engage older learners with ASD and support their potential history of trauma. Working with adults and older learners often looks very different than working with children. Adults, even those with disabilities, bring their own unique experiences and background knowledge to the learning environment, many have experienced significant trauma in their lives. Typical older learners learn best when the learning is self-directed, experiential, relevant, problem-centered and motivated to learn.

FRIDAY OCTOBER 3RD

11:30-1:00 LUNCH PROVIDED/WCA BUSINESS MEETING/AWARD RECOGNITION

1:00-2:20

Introduction to Dungeons and Dragons in Clinical Practice John F Stinebaugh, LMFT, Certified Geek Therapist

1.5 clock hours

As the therapeutic application of tabletop role-playing games gains popularity and validation through research, counselors are beginning to look more to this practice as a way to engage individuals and groups of clients to learn and practice skills. This session will allow counselors to experience the intervention and begin to identify ways to apply this engaging intervention.

AcuRecovery in Wyoming: An Innovative Model of Community Care and Mind/Body Healing Jan Schaad, LCSW, PC & Sophia Kenney-Tolentino, MSW

1.5 clock hours

This session will introduce participants to AcuRecovery, an ear acupuncture treatment that has a 50-year history in supporting recovery from substance use and trauma, particularly for marginalized and underserved communities. In Wyoming, for the past decade AcuRecovery has been a community-based intervention through a statewide coalition of free clinics and is now growing in counseling practices.

2:30-3:50

Play Therapy and Me (as counselor)

Gaby Brickner, LCSW, RPT

1.5 clock hours

The presentation will include an overview of basic concepts and principles of play therapy, the use of non-directive play therapy, key aspects of the relationships between the client and the counselor in the play's world, and activities to strengthen the connection with the client.

DIRFloortime-The Basics!

Dr. Colette Ryan, PhD, IMH-E, DIR-C ExpertDIRFloortime-The Basics!

1.5 clock hours

Have you heard about DIRFloortime? Want to? If you are interested in a developmental, individual differenced based way of supporting others that builds relationships and uses affect, this is the presentation for you! This presentation will include PowerPoint and many video examples, with some live examples too!

4:00-5:20

New Approaches in the Therapy of people with psychotic disorder diagnoses.

Victor Ashear, PhD Clinical Psychologist

1.5 clock hours

A review recent research published in peer-reviewed journals on the phenomenological therapy of psychotic disorders will be offered. A deeper understanding of the subjective experience behind the symptoms with be provided. Attendees will learn about the importance of the self as a factor in psychotic conditions and in recovery from them.

Sand-sational! Sand Tray techniques and application for clients of all ages! (And ourselves!)

Kalyn Krotz- MA, LPC & Autum Pena

1.5 clock hours

This workshop will focus on the foundation of Sand Tray Therapy as well as introduction to this technique. Attendees will get to create their own sand tray and, if they so choose, discover the freedom of sharing their creation with each other. Participants will learn the nuances of introducing the technique of Sand Tray to children, adolescents and adults as well as the benefit of using this application for their own self-care and ability to center.

FRIDAY OCTOBER 3RD

5:30-6:20

Community Mental Health Providers

Toni Harris, LPC & Casey Painter-Sams LPC

1 clock hour

This session will explore the importance of intentional partnerships between school counselors/staff and counselors working in outside agencies such as community mental health and private practice. Participants will learn about the shared goals, challenges, and best practices to foster effective cross-system collaboration. Attendees will discover how these partnerships can improve outcomes for students and counselors and reduce burnout through shared responsibility and consistent care.

Aspects of Grief

Todd von Gunten, Grief Care Coordinator, Central Wyoming Hospice & Transitions

1 clock hour

The aspects of grief are many and variable to each person experiencing it. Understanding the erratic nature of grief will aid in identifying methods of care. This presentation will include information on the experience of grief, as well as models of grief that can inform your approach to working with people who are experiencing grief.

SATURDAY OCTOBER 4TH

7:30-8:00 Breakfast provided

8:00-8:50

Supporting Your Client's Mental Health with Diet and Lifestyle

Darcy Nelson. Certified Nutritional Therapy Practitioner

1 clock hour

Darcy will teach you about the five foundations of health and how they each impact mental health. She will then give tangible diet and lifestyle tips to support client's wellbeing.

LGBTQ+ Affirming Care

Heidi Schults, LPC

1 clock hour

This course equips mental health professionals with the knowledge and tools to more effectively understand and support individuals within the LGBTQ+ community. Participants will explore the unique cultural identities that exist within LGBTQ+ populations, the challenges they face, evolving terminology, key aspects of LGBTQ+ history, and strategies for recognizing and addressing personal biases.

9:00-10:20

Autism: Developing a Profile to Determine Intervention Strategies

Michele Havens, Ed.D., BCBA, DIR certified and faculty of Profectum

1.5 clock hours

Developing a profile of an individual with ASD helps educators and therapists understand student's strengths and challenges, and determine the appropriate supports and drive intervention. This includes communication and language, regulation and attention, mental health, attachment, infant development, sensory processing, and motor development.

SATURDAY OCTOBER 4TH

10:30-11:50

Making Belief: The Emotional Power of Imagination

Dominic Syracuse, MFA, Certified from the Cognitive Behavioral Institute of California, Certified in CBT, NLP, Integrated Wellness

1.5 clock hours

In this highly engaging and interactive workshop, Dominic Syracuse uses theatrical and improvisational exercises as a visceral approach to experiencing cognitive behavioral therapy, neuro-linguistic programming, and Polyvagal Theory.

Culturally Responsive Treatment for Former Military Members Returning to Rural Wyoming Communities Rachel Truett, MA, PPC, NCC

1.5 clock hours

This course equips mental health professionals with tools to better understand and treat former military members reintegrating into Wyoming's rural landscape. Participants will explore the unique cultural identity of military life, challenges faced during the transition to civilian life—especially in isolated or underserved areas—and evidence-based approaches for addressing trauma, identity loss, depression, and relationship struggles. Special attention will be given to culturally responsive, trauma-informed, and strengths-based strategies appropriate for rural veterans who may be reluctant to seek help.

12:00-1:30 NETWORKING LUNCH/LUNCH PROVIDED

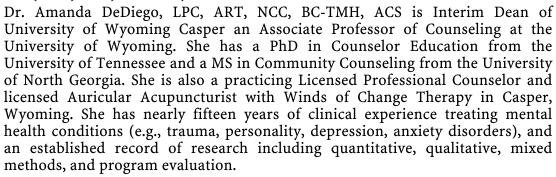
1:40-3:00

Wyoming Legislative Updates- Wyoming Behavioral Health Alliance Lindsey Simineo, MS, LPC *1.5 clock hours Ethics



AMANDA DEDEIGO

PhD, LPC, NCC, BC-TMH, ACS





ANN CLEMENT

Bachelor of Science, Executive Director

Ann Clement has worked in the healthcare sector for nearly a decade, focusing primarily on maximizing opportunities where organizations can support each other. In 2017, she formed the Partnership for a Healthy Wyoming to identify gaps in resources, and connect residents and agencies to the medical services needed. Since moving to Cheyenne in 2020, she has served first as the Public Policy and Advocacy Manager, followed by the Program Director for the Wyoming Chapter of the Alzheimer's Association. In this role, she spent extensive time throughout Wyoming listening to the needs of each community and expanding resources to those providing care to or living with dementia.



ASHLEY BRAUND MA, LPC-S

MA, LPC-S

Ashley is dedicated to supporting individuals navigating the complex challenges related to trauma, anxiety, neurodivergence, and the unique stressors faced by first responders and their families. Her specialized work with Restoration Ranch Colorado allows the design and facilitation of Teen Camps specifically for teenagers of first responders, helping these young people develop essential skills to navigate life's daily stressors and challenges. This work reflects her deep understanding of the ripple effects that high-stress careers can have on entire families. Ashley believes in creating individualized approaches for each client, drawing from a diverse toolkit of evidence-based therapeutic modalities. Her practice integrates Motivational Interviewing to support client-centered change, Mental Toughness training to build resilience, Trauma-Informed Cognitive Behavioral Therapy to address the intersection of trauma and thought patterns, and Brainspotting/Somatic Therapy to work with the body's natural healing processes.



AUTUMN PENA

Autumn Peña brings a deeply compassionate and holistic perspective to the conversation around mental health. With a rich background in Children's Ministry, Elementary Education, and Nutrition Science, she understands that true wellness begins with recognizing the individual—body, mind, and spirit. Her work is rooted in the belief that every person deserves to be seen, heard, and served with intention. Over the years, Autumn has witnessed how small, consistent changes can lead to profound transformation. She emphasizes the interconnectedness of physical and mental health, advocating for practical steps that honor the way the body works synergistically to support emotional resilience. clear: healing is possible, and it often begins with the smallest act of care.





BRYON LEE

MS, LPC

In Byron's youth, he utilized the outdoors as an avenue to find reprieve, inspire adventure, rally up friends, and escape into a world of wonder. I have utilized my experience to build programs that I've implemented as a juvenile diversion officer, adult substance abuse counselor, and school counselor by getting clients and students outside to tap into a sense of wonder, bolster self-confidence, and discover health activities.



CASEY PAINTER-SAMS

MS, LPC

Casey Painter-Sams holds a Master of Science in Clinical Mental Health and School Counseling from South Dakota State University. She began her career as an elementary school counselor, where she developed a strong foundation of collaboration being the main key to success in the development of students. She later transitioned into private practice, gaining experience with a broader range of client concerns before founding her own practice, Trail Creek Counseling. Casey works with children, adolescents, and adults, offering compassionate and individualized care across both school and private settings.



CHRISTY JINDRICK-THOLL

MA, LMHP, LPC

Christy Jindrick-Tholl is a Licensed Mental Health Professional dedicated to helping individuals, couples, and families navigate life's challenges with compassion, clarity, and evidence-based care. Through her practice, Counseling With Christy, and her creation of The Mental Health Hub, Christy provides a safe, supportive environment where clients can explore their experiences, build resilience, and move toward healing and growth. With a strong background in mental health counseling, Christy specializes in supporting people through anxiety, depression, relationship dynamics, trauma, and life transitions. She combines professional expertise with a warm, approachable style that empowers clients to better understand themselves and create lasting, meaningful change.



COLETTE RYAN

PhD

Dr. Colette Ryan is a DIRFloortime expert and training leader for ICDL. She has a Ph.D. in Infant and Early Childhood Development and is an Infant Mental Health Fellow at Montclair State University. Her expertise is in DIR, development, and parental self-efficacy. Dr. Ryan supports families around the world, teaches classes for ICDL, maintains a private practice, and provides mentoring and reflective supervision. Dr. Ryan has spoken at many conferences on topics including infant mental health, DIRFloortime, grief in the young child, discipline, play, and child development and in many locations in the US, and in Kyiv, Hong Kong, and Tokyo. She is originally from the Adirondack Mountains of New York State, but she has brought Floortime all over the world!





DARCY NELSON.

Certified Nutritional Therapy Practitioner

Darcy Nelson has lived her whole life in the great state of Wyoming. Her goal is to work with people to optimize their health and wellness through sustainable diet and lifestyle changes. For years Darcy struggled with her only health struggles, weight gain, acne, and infertility. However, through food and lifestyle changes she found her way to health and happiness. Darcy completed her Nutritional Therapy Practitioner certification in February 2025 after over 1200 hours of work. She works virtually with clients 1:1 and in her group coaching program Diamond in the Rough.



DOMINIC SYRACUSE

MFA

Dominic Syracuse is an actor, standup comedian, and CBT specialist. Dominic uses acting and improvisation exercises as an engaging and interactive way to teach the principles of CBT, NLP, and Polyvagal Theory. His company, Cognitive Behavioral Theater, specializes in mental health workshops that are as entertaining and engaging as they are educational. As of 2025, Dominic has given keynote speeches and led workshops for hundreds of organizations including eight divisions of the United States Air Force, Governor's Coalitions on Mental Health, and first responders throughout the country. The majority of his was cultivated for 10 years with inmates inside maximum security prisons in Los Angeles. His work was shown to successfully reduce stress in 93% of Department of Health nursing staff in a controlled study during the COVID-19 pandemic, has been integrated into the curriculum of the USC Master's of Social Work Program, and was awarded UC Berkeley's Top 20 Bright Idea Awards of 2024



ELLIOTT HINKLE (THEY/THEM)

BS, PSS

Elliott Orrin Hinkle (they/them), Principal and Founder of Unicorn Solutions LLC dba Western Unicorn Solutions LLC in Wyoming, is a skilled speaker, facilitator, trainer, advisor, and national expert focused on elevating lived expertise in systems that serve children, youth, and families particularly in support of LGBTQIA2S+ community members. They bring 14+ years lived and professional experience on topics such as child welfare, youth mental health, rural communities, and the LGBTQIA2S+ community. Elliott graduated from Portland State University with a Bachelors of Science in Women, Gender, Sexuality, and Queer studies. Elliott has lived experience in the Wyoming Foster Care System as a young person, recently moved back to Wyoming, but calls Oregon a second home. They previously served 3 years as a Federal Lived Experience Expert Partner for the U.S. Department of Health and Human Services (HHS) - Equity Technical Assistance Center (ETAC). Elliott serves on a variety of boards and committees supporting local, state, and national efforts as a volunteer in efforts they are passionate about.





GABY BRICKNER

LCSW, RPT

Gaby Brickner is a Licensed Clinical Social Worker and a Registered Play Therapist Supervisor. Additionally, she is trained in Autplay Therapy, Theraplay, TraumaPlay, and recently Certified FirstPlay Infant Practitioner. She received a Master's Degree in Social Work from the University of Wyoming and a Master's Degree in Organizational Development from the Regional North University in Chihuahua, Mexico, and the ECSE Endorsement at the University of Wyoming. She is working on her Doctorate in Psychology at the ISU University in Mexico.



HEIDI SCHULTS

LPC, LMHC

I'm a Licensed Professional Counselor (LPC) with a master's degree in Mental Health Counseling from the University of Wyoming. I'm also a proud transparent of two amazing adult children who continue to teach me so much about life and myself. It's an honor to be their mother. As a member and ally of the LGBTQ+ community, I'm passionate about advocacy and education—regularly teaching others how to be more affirming and how to show up as better allies. In my work as a therapist, I support individuals, couples, and families. My passion lies in helping others learn how to show up fully, live authentically, and become the best versions of themselves. I believe in cultivating a strong therapeutic partnership and working together to identify and remove obstacles to growth—whether that's deepening connection with a partner, navigating family dynamics, or exploring one's identity.



JACOB STOTLER

LIMHP, LPC

Jacob studied at LCC, UWYO, Univereisty of West Alabam and has a history working with women in the correctional system and with men and women at the Wyoming state hospital. (Not in that order!) After studying under Monty Shultz, LIMHP, Maria Kuznetsova (UWYO) and Johnna Williams, Psy.D. Jacob opened a private practice (Wyone [Wyo-knee] Mental Health) in Kearney, NE that specializes in offering CBT-i, CPT, MI and will begin offering open Group therapy; this along with specializing in treating patients with SMI outpatient, through collaborative medical-mental health care. Jacob loves nature and neurotech and looks forward to meeting specialty providers and collaborating towards a stronger mental health care in our society and trading training programs towards increasing competency in our practicing providers in our two states and internationally.





JAN SCHAAD

LCSW

Jan Schaad, LCSW, Pinedale, WY, has maintained a clinical practice with adults and teens specializing in healing trauma, interpersonal relationships, and the change of mind/body habits to achieve peak performance. Utilizing best practices in mental health allows clients to make changes more rapidly and achieve lasting results.



JOHN STINEBAUGH

LMFT, Certified Geek Therapist

John began counseling in 2007. Before living and working in Wyoming, John had worked in public education and community mental health in rural Kansas and Colorado, providing a wide array of services to children and their families. He is also a clinical fellow with the American Association of Marriage and Family Therapy and was a graduate of its inaugural Leadership Cohort in 2017. John completed his bachelor's degree in Human Development from Amridge University in 2009 and his master's degree in Marriage and Family Therapy in 2012. In the office, you can find him providing guidance and support to councilors and supervisors, developing businesses, or training leaders to improve their skills and communities, or playing games as a Certified Geek Therapist. John grew up in an Army Family and then was active duty in the United States Marines from 1999-2004 and was honorably discharged.



KALYN KROTZ

MA, LPC

Kalyn Krotz is currently serving as a Clinical Supervisor at Specialty Counseling and Consulting in the Wheatland branch. She's been serving the Wheatland community for 18 years after almost two years in Chadron, Nebraska as a Domestic Violence Advocate. Kalyn led a substance abuse program in Wheatland for four years before transitioning to a focus on PTSD and SPMI populations. Kalyn has full training in EMDR, held a CIMHP, has attended Sand Tray Therapy Intensives hosted by the Sand Tray Therapy Institute, as well as many years of Play Therapy trainings and application. Currently, her specialties are providing Trauma-Informed therapy with integrative techniques for both children and adults.





KATHRYN SEVERNS AVERY

MDiv

Across our nation first responder agencies are stretched dangerously thin. The difficult, demanding, and dangerous work they do is causing burnout at a record pace. When my husband, Chris, was killed in 2020 by robbery suspects fleeing from Lakewood police, I knew nothing about this world. My interactions consisted of a few well-deserved speeding tickets. But the kindness and compassion I experienced after Chris' death and what I learned by creating an ongoing relationship with those who serve, protect, and care for us in our worst moments inspired me to act. In 2021, I founded Restoration Ranch Colorado a 501(c)(3). In 2022, I used my own funds to purchase and renovate a 40-acre ranch where dispatchers, first responders, emergency and ICU department personnel, members of the Judiciary, and their families can come for a day visit or an overnight stay. This serene setting provides a place for reflection, relaxation, and recreation and a place to care for those who care for us.



LINDSEY SIMINEO

MS, LPC

Lindsey is a Licensed Professional Counselor in Cheyenne, WY. Her private practice focuses on trauma, adolescents and the needs of LGBTQ+ folks. Lindsay has been able to use her skills and interests towards advocacy as well as legislative work. Since 2017 Lindsay has been working with the WCA to monitor state and federal legislation that impacts mental health providers and consumers including but not limited to Medicare amendments, state licensure amendments, access to medicaid and access to services. Lindsey is the Executive Director of the Wyoming Behavioral Health Alliance.



LAURA WATTS

PhD, LPC

Dr. Laura Watts has been a counselor and counselor educator for over a decade. She earned her Bachelor's and Master's degrees from the University of Wyoming, and her Doctorate in Counselor Education and Supervision from the University of Northern Colorado. Currently, she serves as the Behavioral Scientist and Assistant Clinical Professor for the University of Wyoming Family Medicine Residency Program in Cheyenne, where she maintains a patient panel, lectures in the WWAMI network, and trains medical residents in behavioral health curricula. Additionally, she teaches counselors-in-training at the University of Northern Colorado. Dr. Watts is the owner of Seeking Wisdom Counseling, where she provides therapy, for a small client base as well as providing professional supervision and consultation to other mental health and helping professionals. Outside of her professional roles, she is a proud mom, wife, and a dedicated resident of the great state of Wyoming.





MICHELE HAVENS

Ed.D., BCBA, DIR certified

Dr. Michele Havens received her Ed.D. degree from Rutgers University, is certified in DIR/Floortime and is a Board-Certified Behavior Analyst (BCBA). She is a DIR/Floortime Consultant at Imagine Academy, a Brooklyn ABA/DIR program. Dr. Havens is Professor Emeritus from Montclair State University and Daemen College, and an Adjunct Professor at Kean University, advocate and private interventionist for children with special needs, and Autism parent support group. Facilitator. Dr. Havens was previously the coordinator of the Verona, NJ Preschool Disabled Program.



OLIVIA SCHON

Bachelor of Science, Deputy Director

Olivia's work as Deputy Director for Wyoming 211 gives her the chance to advance the cause of an agency which has servanthood as the touchstone of its existence. But an agency that provides assistance to people navigating various life challenges needs funding to continue and increase the services it offers. Her volunteer work with various non-profit groups has given me the needed fundraising and development experience to further the mission of Wyoming 211. Also, an agency with so much to offer must be widely visible. Our marketing program will seek to make sure that all Wyoming residents will know of the services Wyoming 211 provides. There is a lot on my plate for sure, and I am eager to get to work!"



RACHEL TRUETT

MA, PPC, NCC

Rachel Truett, originally from rural Southeastern Kentucky, is a pre-licensed professional counselor with extensive experience supporting military members, veterans, and their families across diverse duty stations and rural communities. As a military spouse for over 18 years, Rachel combines firsthand understanding of military culture with evidence-based clinical practice. She currently serves as a clinician for Mind of Peace Counseling in Wheatland and also a clinician for the National Center for Psychological Services, a private practice focused on serving military members exclusively for trauma-informed care, cultural adjustment, and reintegration challenges. Rachel is passionate about helping Wyoming's returning veterans feel seen, respected, and empowered as they transition back to civilian life.





REV. JESSICA BOYCE

MDiv.

Rev. Jessica Boyce, an ordained United Methodist minister with 15 years of experience, holds a Master of Divinity from SMU's Perkins School of Theology and a Religious Trauma Certification from the Global Center for Religious Research. She integrates pastoral care, coaching, and theology to help individuals heal from religious trauma, with a focus on the harm done to women and the LGBTQIA+ community. Rev. Jessica founded Whole Soul Consulting to provide one-on-one care, group programs, and consulting for mental health and religious organization to bring awareness to the emerging field of religious trauma. More information can be found at WholeSoulConsulting.org



SHERI WESTER

Ph.D., LPC, NCC

I am a professional counselor licensed in Wyoming and Colorado and a National Certified Counselor. I have been counseling individuals since 2003 when I graduated with a Master's degree in Counseling Psychology. In 2018 I graduated with a Ph.D. in General Psychology, which added to my knowledge base. Throughout the years, I have worked in a variety of settings including private practice, community mental health centers, and schools. I have worked with people of all ages experiencing a wide variety of struggles, from everyday issues to serious and persistent mental illnesses. My approach is client-centered and I use theory and techniques from humanistic therapy, solution-focused therapy, cognitive-behavioral therapy, and dialectical behavioral therapy.



SOPHIA KENNEY-TOLENTINO

MSW

Sophia is a Provisionally Licensed Clinical Social Worker and received her Master's in Social Work from the University of Kansas before moving to Wyoming. Sophia uses an integrated therapeutic approach with evidence-based modalities and practices from a client-centered, strengths-based, anti-oppressive, and trauma-informed lens. In her practice, Sophia primarily uses Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Narrative Therapy. Sophia is trained in Eye Movement Desensitization and Reprocessing Therapy (EMDR) as a Level 2 EMDRIA-approved therapist. Sophia is also trained in AcuRecovery, a treatment that uses ear acupuncture for stress relief. She incorporates mindfulness, somatic exercises, critical education and reflection, and play therapy into her practice. Sophia provides therapy to youth, adolescents, and adults across the lifespace and specializes in working with anxiety, trauma, grief, loss, caregiving, disability, self-esteem, and life transitions.





TODD VON GUNTEN

MDiv

Todd von Gunten has a B.A. in Psychology from Miami University (Ohio) and a Master of Divinity from The Lutheran School of Theology in Chicago. After ten years of parish ministry, he has spent the last ten years providing spiritual and grief care for hospice in Casper and Huntsville, Alabama. Casper College has utilized Todd as an educator for the Nursing School and continuing education.



TONI HARRIS

MS, LPC

Toni Harris holds a Master of Science in Clinical Mental Health and brings years of experience in residential treatment, community mental health, and private practice. Her current role is an elementary school counselor and she serves as the Advocacy Co-Chair for the Wyoming School Counselor Association. She works tirelessly to communicate the need for strong collaboration between school counselors and community mental health providers.



VICTOR ASHEAR

PhD, Clinical Psychologist

Victor is a retired clinical psychologist with over 40 years of professional experience. He has devoted much of his practice on treating serious mental illness (SMI). He has developed programing to address the unique challenges in treating people diagnosed with SMI. He published a recovery-oriented workbook, and has published research demonstrating the effectiveness of the workbook in improving outcomes with this population. He has given many presentations to professional organizations including the WCA.



WILLIAM MILLER,

MSEd, PhD Candidate

An expert in improv and its application to the workplace, Stevie Ray hWilliam Miller, MSEd, is Director of Curriculum and Design for the PROSPER suicide prevention initiative and a PhD candidate in Curriculum & Instruction at Liberty University, where his research explores the intersection of curriculum, technology, and behavioral health outcomes. He brings over a decade of experience in public education, having served as a social studies teacher, varsity softball coach, and paraprofessional. William specializes in designing and delivering culturally responsive, technology-enhanced suicide prevention training rooted in the PROSPER model. His work has helped train over 1,700 professionals across Wyoming.

CLOCK HOURS DOCUMENATION

Indicate the sessions attended and calculate clock hours earned. The link to the session evaluations will be emailed to you at the conclusion of the conference. You must complete an evaluation for all the sessions attended, then the continuing education certificate will be sent via email. The link to the session evaluations and CE certificate will be sent via email at the conclusion at the conference.

ATTENDED	THURSDAY OCTOBER 2ND	HOURS Earned
	ChatGPT in the Therapy Room: Exploring AI as a Counseling Tool Sheri Wester, Ph.D., LPC, NCC *1 clock hour Ethics	
	Veterans in Pop Culture Reality versus fiction in veteran portrayals in media. John F. Stinebaugh WY LMFT 1 clock hour	
	Connecting the Dots: Leveraging Wyoming 211 to Support the Whole Client Olivia Schon, Deputy Director for Wyoming 211 & Ann Clement, Bachelor of Science, Executive Director 1 clock hour	
	PROSPER Youth Suicide Prevention and Intervention Training William Miller, MSEd, PhD Candidate *1.5 clock hours Suicide Prevention	
	Beyond Visibility: Practical Tools for Affirming LGBTQIA2S+ Clients in Rural Mental Health Settings Elliott Orrin Hinkle, BS, PSS *1.5 clock hours Suicide Prevention	
	Remembering Your Why: Cultivating Resilience Through Reflective Practice Dr. Laura Watts, PhD 1.5 clock hours	
	Beyond the Checklist: A Practical, Relational Approach to Suicide Prevention in Rural and School-Based Settings William Miller, MSEd, PhD Candidate (Liberty University) *1 clock hour Suicide Prevention	
	The Counseling Compact Amanda DeDiego, PhD, LPC, NCC, BC-TMH, ACS *1 clock hour Ethics	
	Exploring Art Therapy Christy Jindrick-Tholl, MA, LPC 1 clock hour	

Attended	FRIDAY OCTOBER 3RD	HOURS Earned
	Suicide, Suicidality, Depression. & Anxiety in OCD. Identifying imagery of OCD as a principal diagnosis. Jacob R Stotler LIMHP (NE), LPC (WY) *1 clock hour Suicide Prevention	
	Religious Trauma: Identifying, Healing, and Preventing Harm Rev. Jessica Boyce 1 clock hour	
	Helping Children & Teens of First Responders Ashley Braund MA, LPC-S & Kathryn Severns Avery 1.5 clock hours	
	Creating "Ahas!" With Experiential Approaches Christy Jindrick-Tholl, MA, LPC 1.5 clock hours	
	Mental Wellness in Your Place of Space Bryon Lee MS LPC *1 clock hour Suicide Prevention	
	Trauma Informed Work with Teens and Older Learners with ASD Michele Havens, Ed.D., BCBA, DIR certified and faculty of Profectum 1 clock hour	
	Introduction to Dungeons and Dragons in Clinical Practice John F Stinebaugh, LMFT, Certified Geek Therapist 1.5 clock hours	
	AcuRecovery in Wyoming: An Innovative Model of Community Care and Mind/Body Healing Jan Schaad, LCSW, PC & Sophia Kenney-Tolentino, MSW 1.5 clock hours	
	Play Therapy and Me (as counselor) Gaby Brickner, LCSW, RPT 1.5 clock hours	
	DIRFloortime-The Basics! Dr. Colette Ryan, PhD, IMH-E, DIR-C ExpertDIRFloortime-The Basics! 1.5 clock hours	
	New Approaches in the Therapy of people with psychotic disorder diagnoses. Victor Ashear, PhD Clinical Psychologist 1.5 clock hours	
	Partnering for Student Wellness: Strengthening Collaboration Between School Counselors and Community Mental Health Providers Toni Harris, LPC & Casey Painter-Sams LPC 1 clock hour	
	Aspects of Grief Todd von Gunten, Grief Care Coordinator, Central Wyoming Hospice & Transitions 1 clock hour	

ATTENDED	SATURDAY OCTOBER 4TH	HOURS Earned
	Supporting Your Client's Mental Health with Diet and Lifestyle Darcy Nelson. Certified Nutritional Therapy Practitioner 1 clock hour	
	LGBTQ+ Affirming Care Heidi Schults, LPC 1 clock hour	
	Autism: Developing a Profile to Determine Intervention Strategies Michele Havens, Ed.D., BCBA, DIR certified and faculty of Profectum 1.5 clock hours	
	Making Belief: The Emotional Power of Imagination Dominic Syracuse, MFA, Certified from the Cognitive Behavioral Institute of California, Certified in CBT, NLP, Integrated Wellness 1.5 clock hours	
	Culturally Responsive Treatment for Former Military Members Returning to Rural Wyoming Communities Rachel Truett, MA, PPC, NCC 1.5 clock hours	
	Wyoming Legislative Updates- Wyoming Behavioral Health Alliance Lindsey Simineo, MS, LPC *1.5 clock hours Ethics	

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Total Hours Earned (21 possible)	
Ethics/Counselor Professional Identity and Practice Issues Hours Earned (3.5 possible)	
Suicide Prevention/Assessment/Intervention Hours Earned (6 possible)	



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.

2024-2025 BOARD OF DIRECTORS

The Board of Directors for the Wyoming Counseling Association are the foundational elements that hold our organization together and make us constantly strive to reach higher heights.

The Wyoming Counseling Association's Organizational Board is a dedicated and dynamic team of professionals committed to advancing the field of counseling in the state of Wyoming. With a mission to promote excellence in counseling practice, education, and research, the board diligently works to provide resources, support, and networking opportunities for counselors across the state. They are deeply committed to enhancing the well-being and mental health of Wyoming's residents by fostering collaboration, high ethical standards of practice, and staying at the forefront of counseling best practices.



Alex Petrino, MS, NCC, LCPC, LPC President



Kimberly Koll, NCC, LPC, LMHC
Past President



Vacant President-Elect



Teigan Thole, MS, LPC, NCC Secretary



Amanda DeDiego, PhD, LPC, NCC, BC-TMH, ACS
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Andrea McGrath, PhD, LPC, LIMHP, LAC Member-at-Large



Rachel Ratliff, PhD, LPC Member-at-Large



Vacant Graduate Student Representative

THANK YOU FOR ATTENDING THE WYOMING COUNSELING ASSOCIATION 2025 ANNUAL CONFERENCE



