

North Louisiana Counselor Education “Fall Conference”

October 25/26, 2018

Presented by:

*Brentwood Behavioral Hospital
and
Family Solutions Counseling Center*

West Monroe Convention Center
901 Ridge Ave
West Monroe, LA 71291

THURSDAY OCTOBER 25, 2018

Program Title: Beyond Alleviating Distress: Clinical Interventions for Promoting Well-Being

Presenter: J. Brandon Waits, Ph.D.

(ASSESSMENT)

Start Time: 8:00am **End Time:** 9:30am **CEUs:** 1.5

Presenter Biography:

Dr. Waits holds a B.A. in psychology from Auburn University, a M.A. in marriage and family therapy and counseling from Reformed Theological Seminary, and a Ph.D. in counseling psychology from Louisiana Tech University. He has clinical experience in a variety of settings including outpatient clinics and university counseling centers (most recently at the University of Tennessee). Dr. Waits teaches, conducts/supervises research, and provides clinical supervision to doctoral students as a core faculty member of the counseling psychology doctoral program at Louisiana Tech. His primary research interests relate to positive psychology and trauma, and

courses he teaches include couple and family therapy, clinical supervision, and positive psychology.

Program Description:

Since at least World War II, the major focus of mental health professionals has been on reducing psychopathology and distress. Although these foci continue to be of vital importance in mental health treatment and prevention, the major mental health disciplines had not begun to strongly emphasize understanding and promoting components of well-being and happiness until more recently. A brief history and overview of positive psychology will be presented. Additionally, a survey of several empirically-supported interventions (e.g., keeping a gratitude journal) intended to promote well-being and adaptive functioning will be reviewed and discussed.

Learning Objectives:

1. Understand some of the major historical and philosophical influences on the modern positive psychology movement.
 2. Be able to articulate major conceptions of well-being and happiness.
 3. Be able to list and describe some of the major empirically-supported positive psychology interventions (PPIs).
 4. Understand practical ways one might implement PPIs in practice, as well as potential benefits of such implementation.
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Program Title: Forensic Psychology and Dangerous Personalities

Presenter: Mkey Bonner, Ph.D., Licensed Psychologist, #893

Start Time: 9:45pm **End Time:** 11:15am **CEUs:** 1.5

(ASSESSMENT)

Presenter Biography:

Mkey Bonner, Ph.D., is a Licensed Psychologist in the state of Louisiana with a specialty in Industrial Organizational Psychology. Dr. Bonner's expertise includes training, selection, and public safety environments.

Dr. Bonner is an Associate Professor in the Criminal Justice & Psychology Departments at the University of Louisiana at Monroe. She is a certified Title IX Investigator. She teaches a variety

of courses including Criminal Behavior, Forensic Psychology, Psychological Assessment, Industrial Organizational Psychology, Research Methods, Industrial & Business Security, Administration & Management in Criminal Justice Agencies, Statistics, and Internships. Previously, she served as Adjunct Faculty at three universities, including over 10 years in a variety of undergraduate and graduate courses such as Personnel Selection, Theories of Learning, and Performance Appraisals.

Dr. Bonner has authored or co-authored many professional and academic journal articles and book chapters. She has also presented at the professional conferences of the Society of Police and Criminal Psychology and the American Psychological Association.

Dr. Bonner is the Public Safety Psychologist for several police, sheriff, and fire departments. She conducts a variety of evaluations for pre-employment, fitness-for-duty, and officer-involved shootings. She has taught multiple courses at the North Delta Regional Police Academy. She is the Co-Coordinator and the Co-Lead Instructor for the Northeast Delta Crisis Intervention Team (CIT) in which over 1000 people have been trained. She has extensively worked with or trained law enforcement and public safety personnel throughout Louisiana as well as personnel in different areas of the nation.

Dr. Bonner owns a consulting firm, Bonner Solutions & Services, PC, in northern Louisiana which focuses on hiring, training, and organizational consulting. She has over 20 years of experience in police, fire, and public safety psychology, workplace violence, worksite critical incidents, and workplace investigations involving harassment, intimidation, or a hostile work environment.

Program Description:

This presentation will include an overview of Forensic Psychology. The four major areas will be presented. Then, the most dangerous personalities to the community and to mental health professionals will be identified. Specific behavioral factors and situations will be outlined. Appropriate responses will be discussed. Participants will be able to incorporate their current knowledge and experiences and apply them within the framework of dangerous personalities.

Learning Objectives:

1. Explain the foundation of Forensic Psychology and its interface with law. List and discuss the four major areas within Forensic Psychology.
2. Identify the most dangerous personalities to the community and to mental health professionals.
3. Analyze behaviors and situations involving dangerous personalities and illustrate appropriate responses.

Program Title: Dual-Earning Couples and Making It Work: Tips and Tricks from the Counselor Perspective

Presenter: Nathalie Campsen, M.S. and Walter C. Buboltz, Ph.D.

Start Time: 11:30am **End Time:** 1:00pm **CEUs:** 1.5

(WORKING LUNCH)

Program Description: As of today, only 31% of married households have a father who is the sole earner. Approximately 6% of married households have a mother who is the sole earner, while 60% of married households consist of dual earners. Such dynamics and roles have been found to have both advantages and disadvantages, which can in turn impact the individual, the couple, their children, and their work. For that reason, it is beneficial to discuss and address these impacts, as well as ways in which dual-earning couples can make it work.

Presenter Biography:

Nathalie Campsen, M.S.: Nathalie Campsen is a fourth year doctoral student in the Counseling Psychology Doctoral Program at Louisiana Tech University. She has been working with Dr. Buboltz in his research lab since starting at Louisiana Tech University. She earned her Masters in Applied Psychology from the University of Louisiana at Lafayette in 2014. Her post-graduation goals are to work at a university counseling center, as well as maintain private practice work on the side.

Dr. Walter C. Buboltz is the Director of Training for the Counseling Psychology Doctoral Program at Louisiana Tech University. He teaches courses in foundations of counseling psychology, intellectual assessment, career development and counseling, health psychology, and professional issues. He supervises practicum at the Psychological Services Clinic and through practicum courses where students are placed in the community. His research interests include sleep quality/length and human performance, family development related to career issues, message framing, and psychological reactance and emotional labor.

Learning Objectives:

1. Discuss with and educate individuals on the changes in married households in America,
2. Discuss with and educate individuals on the advantages and disadvantages of dual-earning households, as well as their impact, and
3. Discuss with and educate individuals on the ways in which dual-earning couples can make it work

Program Title: Using Projective Assessments in Psychotherapy

Presenter: Burt Ashworth, Ph.D.

(ASSESSMENT)

Start Time: 1:15PM **End Time:** 2:45PM **CEUs:** 1.5

Presenter Biography:

Burton Ashworth holds a Master of Arts in Teaching (Secondary Education) and a Master of Arts in Experimental Research from McNeese State University. He earned a PhD in Clinical Psychology from Fielding Graduate University – Santa Barbara. He presently holds a position of assistant professor in the field of psychology and an endowed professorship of gerontology at the University of Louisiana Monroe.

He actively performs psychological assessments predominantly with children, for specific learning disorders and pervasive developmental disorders. Further foci of assessment include dementia, mild cognitive impairment and other sequelae associated with the aged population.

Program Description:

The program will include instruction in the use of projective tests to enhance the communicative process between therapist and client. An explanation of various interpretive points associated with the House Tree Person (HTP) projective test will be addressed. The Thematic Apperception Test and Rorschach Inkblot Test will be introduced and highlights of their use in the field of counseling will be investigated.

Learning Objectives:

1. The learner will understand some interpretative points of the House Tree Person (HTP) and its use in a therapeutic modality.
 2. The learner will be introduced to the Thematic Apperception Test (TAT) and its use in Psychotherapy.
 3. The learner will be acquainted with the Rorschach Inkblot Test and its place in transactional communication of patient and therapist.
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Program Title: Collaboration, Integration and Interpretation of Psychotropic Prescriptions in Therapy

Presenter: Katherine M. Wilson PhD, AAMFT-AS, LMFT-S, LPC-S, RN-C

Start Time: 3:00PM End Time: 4:45PM CEUs: 1.5

Presenters Biography:

Katherine Wilson earned her BA in Psychology from Louisiana Tech University in 1992 and her ADSN from Northwestern in nursing in 1994. From there she worked in Psychiatry as an inpatient nurse. Her primary love was working with persons experiencing altered thought processes and working with their families. She managed inpatients and outpatients, groups and psychopharmacological education. She earned her Certification in Psychiatric and Mental Health Nursing in 1997. She worked at the VA hospital in Gainesville, Florida for 4 years. Upon returning to Louisiana, Katherine worked in nursing in women's health care for two years. In 2001, she entered the ULM Masters MFT/Counseling program. In 2005 she graduated with her doctorate in MFT with a primary focus on Medical Family Therapy. Her research was in collaborative healthcare of physicians, nurses and therapist all in-house for the treatment of women. She generated the Theory: Envirotherafamilial Collaborative Care Paradigm, simply meaning the treatment paradigm for the biopsychosocial individual. She has continued her private practice seeing individuals, couples, and families at The Woman's Clinic In Monroe, LA for 16 years. In addition to clinical work, in 2006 Dr. Wilson began teaching as an adjunct professor for LA Tech University, ULM and Texas A & M teaching 20 different graduate and undergraduate courses in Family and Child Studies, Counseling, MFT, and Psychopharmacology for mental health professionals. She is an AAMFT –AS, LFT-S, and LPC-S. She is married to Jason for 26 years and has 2 sons.

Program Description and Learning Objectives:

- A. Recognize major classes of antidepressant medications and demonstrate understanding and awareness of their mechanism of action, benefits, and possible side effects.
- B. Recognize major classes of anxiolytic medications and demonstrate understanding and awareness of their mechanism of action, benefits, and possible side effects.
- C. Recognize major classes of mood stabilizing medications and demonstrate understanding and awareness of their mechanism of action, benefits, and possible side effects.

D. Apply therapeutic and clinical assessment and application of systemic collaboration with clients regarding psychotropic medication prescriptions.

Program Title: Women's Health Issues: Are they different? Why should we as health care professionals care? What are the alternatives treatments?

Presenter: Mary Katherine Arcement LPC, LMFT

Start Time: 4:45pm **End Time:** 6:15pm **CEUs:** 1.5

Presenter Biography:

Mary Katherine Arcement is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist. She received her Bachelor of Science degree in Early Childhood Education from Louisiana Tech University in March of 1993. In the summer of 2002, she received her Master's of Arts degree in Marriage and Family Therapy from the University of Louisiana at Monroe. Post graduation, Mary Katherine worked as a substance abuse counselor at Willis-Knighton Behavioral Medicine and Addiction Recovery Center from 2002 to 2008. In the fall of 2006 she began working part-time in her private practice. From 2008 to 2010 she worked as an in-home family therapist for Caddo Juvenile Courts. Mary Katherine decided to take the leap of faith and began working full-time in her private practice in February of 2010. Her office is currently located in Shreveport, Louisiana.

In addition to counseling, Mary Katherine is completing her training in professional speaking and is currently certified as a yoga instructor. She was a member of Toastmasters International for six years and has been teaching yoga for over three years. In the fall of 2015, she joined the National Speakers Association, North Texas chapter, furthering her speaking career.

When not speaking, counseling, or practicing/teaching yoga, Mary Katherine loves spending time with her husband of two years, Ryan and their three fur babies. They are also new home owners and love spending time remodeling.

Program Description:

This presentation will outline the specifics of women's health primarily related to four main areas of self: emotional, mental, physical, and spiritual. It will discuss the importance of each area as well as specific forms of treatments through the use of Cognitive Behavioral Therapy, Behavior Modification and alternative forms of treatments. This presentation will outline the differences between men and women's health. It will also address the overall effect a woman's health has on her relationships, job, finances and environment. Specific coping skills, consequences, alternative forms of treatments and maintenance program will be discussed and outlined in detail.

Learning Objectives:

1. The participant will gain knowledge as it specifically relates to women's health.
 2. The participant will learn specific therapies and tools geared towards treating women.
 3. The participant will gain knowledge regarding alternative forms of treatments for women's health.
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FRIDAY OCTOBER 26, 2018

Program Title: Self-Care: Intentionality is Key

Presenter: Traci F. Lilley, MSW, LCSW-BACS

Start Time: 8:00am **End Time:** 9:30am **CEUs:** 1.5

Presenter Biography:

Traci Lilley received her BSW in 1990 from Louisiana College in Pineville, LA and her MSW in 1995 from Louisiana State University. She began her career at LSU in 1996 as Assistant Director of Field Education. She was promoted to Director of Field Education in 2002 and has served as Associate Director and Director of Field Education since 2005. Prior to her tenure at LSU, Ms. Lilley worked in the area of mental health and family services. Her continued areas of interests are mental health issues, parenting issues, gate keeping and ethical issues, and retention of new social work professionals.

Program Description:

The importance of self-care as a clinician will be discussed as well as coping tips to manage stress and self-care tools. Mental health professionals face high demands in daily workload in often rapidly changing work expectations. The priority of staying healthy and balancing work demands with personal demands is a critical step in self-care to provide best personal and professional outcomes.

Learning Objectives:

1. Identify different types of fatigue: compassion and environment.

2. Gain knowledge of stress management and self-care tools.
 3. Learn ways to promote and maintain personal well-being in various organizational functioning.
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Program Title: The Art of Creating Change in a Session

Presenter: Bradford Keeney and Hillary Keeney

Start Time: 9:45am **End Time:** 1:00pm **CEUs:** 3

Presenter Biography:

The Keeneys have published numerous books on the practice of innovative creative therapy including *Circular Therapeutics: Giving Therapy a Healing Heart*, *Creative Therapeutic Technique*, and *Recursive Frame Analysis*. They are world acclaimed teachers of the art and engineering science of existential change that explores new frontiers surpassing the constraints and limitations imposed by conventional habits of practice and professionally entrenched therapy models. Inventors of a research tool that is able to discern the patterns organizing transformative communication, architects of cybernetic analyses of systemically oriented therapies, accepted members of globally diverse healing traditions, and celebrated improvisational performing artists, the Keeneys bring a unique perspective to the people helping professions.

Program Description:

We present therapy as a well-engineered creative art that aims to construct a new and previously unimagined context (for both client and therapist) in every session, having more room for unexpected and surprising experiences that lie outside the habituated box that formerly narrowed the focus to problems, solutions, and the never-ending assessment of personal or relational defeats and/or victories. Our approach ignores whatever contextually narrows and shrinks the stage for therapeutic conduct. In particular, we eschew diagnosis in order to immediately advance toward contextual expansion. Each session follows three stages or “acts” that move from a beginning that casts an alternative primary distinction, to the middle act of building a large enough existential space that holds not only the client’s life, but includes the conversation involving both the counselor and therapist. In such a “big room” change is immediately fed and celebrated, leading to further contextual expansion with its inclusion of even more choices for living. Finally, each session culminates in the final third act where action is prescribed that is meant to sustain the changes that arose in the session.

Learning Objectives:

1. Reframe the therapeutic session as a three-act performance organized by contextual expansion rather than diagnosis and interpretation.
 2. Basic knowledge of the required performance dynamics that facilitate change: techniques that build up contextual expansion; techniques that enable a session to come to life; and techniques of inventing and delivering assignments for uncommon action that help maintain the experienced changes.
 3. The capacity to describe how broader considerations of the performing arts, diverse traditions of healing and transformation, and the skills of creative improvisation enhance the ability of a therapist to induce change.
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Program Title: Principles of Change: Simple Truths That Make a Difference

Presenter: Matthew Thornton, Ph.D., LMFT-S, LPC-S

Start Time: 1:30pm **End Time:** 3:00pm **CEUs:** 1.5

Presenter Biography:

Matthew Thornton is the Chief Operating Officer for the Center for Children and Families. Matthew helped the agency grow from a community organization to a state-wide behavioral health provider with a vibrant workplace culture. CFCF is built on the philosophy that work should be life-giving for both staff and clients.

Program Description:

If therapy is described as a series of fundamental and often observable moments, the simple truths about the process of change emerge. Therapeutic change can be understood in human and relational terms, without the often dehumanizing, abstract and complex explanations. Change should first be understood at the level of human experience. If we describe therapy in the simple terms, we can begin to see both purpose and meaning. In this workshop, participants will discuss change as it is experienced in their own lives and in the lives of their clients. An intentional on the principles that guide change will refresh our passion for the noble profession of healing with presence and words.

Learning Objectives:

1. Participants will learn how describing therapy in abstract terms has a potentially dehumanizing impact.
2. A facilitated discussion about current process research in psychotherapy will allow participants to engage in meaningful discourse about the vital elements of the therapeutic process.

3. Participants will have an opportunity to interact and share descriptions change moments experienced both personally and in the context of therapy.

Program Title: The Vaster Ethics of Professional Ethics

Presenter: Hillary Keeney & Bradford Keeney

Start Time: 3:15pm End Time: 6:15pm CEUs: 3

(ETHICS)

Presenter Biography:

The Keeneys have published numerous books on the practice of innovative creative therapy including *Circular Therapeutics: Giving Therapy a Healing Heart*, *Creative Therapeutic Technique*, and *Recursive Frame Analysis*. They are world acclaimed teachers of the art and engineering science of existential change that explores new frontiers surpassing the constraints and limitations imposed by conventional habits of practice and professionally entrenched therapy models. Inventors of a research tool that is able to discern the patterns organizing transformative communication, architects of cybernetic analyses of systemically oriented therapies, accepted members of globally diverse healing traditions, and celebrated improvisational performing artists, the Keeneys bring a unique perspective to the people helping professions.

Program Description:

We examine the context rather than the specific rules, mores, and laws of professional ethics as they concern the practice of counseling and therapy. Here we find bigger ethical issues that primarily concern what context should determine the nature of ethics and its practical implications for conduct in a session. We ask whether a non-systemic context varies from one that promotes the ecology of interdependent relations enacted by ongoing circular interactivity. In addition, we address how inclusion or exclusion of a diversity of philosophical outlooks, including spiritual considerations, may influence whether to accept or reject ethical positions, considerations, and choices that inevitably conflict. Finally, we propose a broader context that enables a continuance of the higher ethics of any professionally enforced ethic and how errors and flaws may be perpetually corrected by healing wisdom rather than blocked by rigid codes, that left un-calibrated, easily become unethical and even iatrogenic to clients.

Learning Objectives:

1. To understand what it means to consider the “context” of ethics rather than emphasize its particular content absent of contextual nuance.
 2. The ability to discern the difference between a singular ethical context and a broader awareness of multiple ethical contexts for professional conduct—and how such consideration requires constant adjustment and flexible contextual wisdom rather than thoughtless obedience to the conformity and uniformity of non-situational habit.
 3. Formulate the beginnings of an “ethics of professional ethics” that never ceases examining how to make its ethics more ethical. Here an unchanging ethical code is put to rest in favor of one that changes and evolves.
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