

North Louisiana Counselor Education “Fall Conference”

October 23 & 24, 2019

Presented by:

Family Solutions Counseling Center

ULM Bayou Pointe
1 Warhawk Way
Monroe, LA 71209

WEDNESDAY OCTOBER 23, 2019

Program Title: Inquiry as Intervention: Strategy & Technique in Systemic / Constructivist Therapy

Presenter: Wendel A. Ray, PhD., LCSW #2732, LMFT-S #34, LPC-S #1558, AAMFT clinical member #8908 and supervisor

Start Time: 8:00am **End Time:** 11:15am **CEUs:** 3

Presenter Biography: Wendel A. Ray, Ph.D., is a Senior Research Fellow and former member of the MRI Brief Therapy Center and former Director of the Mental Research Institute (MRI), in Palo Alto, CA. At the encouragement of John Weakland in 1987 Dr. Ray founded the Don D. Jackson Archive. He serves as Spyker Endowed Chair and Professor of Family System Theory in the University of Louisiana – Monroe (ULM) Marriage and Family Therapy and Systemic Studies Programs. Dr. Ray conducts training internationally on a variety of topics including Systemic / Constructivist Theory and Therapy with a wide range of behavioral and emotional problems, as well as lecturing on the pioneering work of Don D. Jackson, MD, Gregory Bateson's Palo Alto Research Group, and contributions to Interactional Theory, constructivism, and Brief Therapy by Paul Watzlawick, PhD, John Weakland, Ch.E., and Richard Fisch, MD.

Research interests include theory construction, application of Communication / Interactional Theory in therapy; supervision and teaching therapy skills; effective and efficient practice of interaction focused therapy; study of audio and film recordings of master therapists, among other topics.

Dr. Ray is author or co-author of more than 100 journal articles, book chapters, and nine books, published in multiple languages. Books include *Don D. Jackson, Selected Essays from the Dawn of an Era*; *Don D. Jackson, Interactional Theory in the practice of Therapy, selected papers vol. II*; *Propagations: Thirty Years of influence from MRI* (co-edited with John Weakland); *Paul Watzlawick - Insight may Cause*

Blindness and other Essays (co-edited with Giorgio Nardone); *Resource Focused Therapy* (co-authored with Bradford Keeney); *Evolving Brief Therapies: In Honor of John H. Weakland* (co-edited with Steve de Shazer); *Irreverence: A Therapists' Guide to Survival*, and *The Cybernetics of Prejudices in the Practice of Psychotherapy*, (co-authored with Gianfranco Cecchin & Gerry Lane). Dr. Ray can be contacted by Email

Program Description: This workshop will focus on the topic of inquiry as intervention in brief therapy. How and what a therapist decides to ask questions about greatly influences the nature of the therapeutic encounter, as well as the effectiveness and efficiency of treatment. Conceptual logic out of which the process of inquiry unfolds, and basic strategies and techniques of brief therapy from a Systemic and Constructivist viewpoint will be described. Participants will be provided specific methods of inquiry basic to effective and efficient problem resolution.

Learning Objectives:

1. Develop clearer understanding of being mindful of the four interrelated premises of system thinking:
 - a. The precariousness of using the symptom as a starting point for investigating family and situational interactional process.
 - b. The implications deriving from and individual versus interactional viewpoint.
 - c. Lineal vs. circular causality, and
 - d. Non-pathological and non-normative viewpoint.
 2. How to join through gathering information about the problem
 3. How to elicit client language, worldview, position about the problem in context
 4. How to understand and use the “pace then lead” technique in therapy
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Program Title: The A-ha and Ha-Ha of Happiness

Presenter: William H. Riddle, Ph.D., LPC

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

Presenter Biography: Family Guy (not the FOX cartoon), Lover of friends, Cubs fan (Not a recent convert but a die-hard type), Recovering political campaign hack, World traveler, Nerdy Presidential trivialism addict, Member of the 1 Percenter Group Whose Favorite Color is Brown, Monroe Clinical Director at Family Solutions Counseling Center.

Program Description: Borrowing on modern research from others--and mixing in a bit of his own personal experience--Dr. Riddle will offer some rather unconventional wisdom as it relates to human happiness.

Learning Objectives:

1. Audience member will become aware of three key components of happiness.

2. Audience members will learn about the Harvard University's "Happiness Course" and how it has helped individuals and companies to practice a happiness advantage, and of the theories of sustaining positive change.
 3. Audience members will discuss ways in which they can aid their clients in pursuing happiness.
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Program Title: Clinical Implications in a Social Media Driven World.

Presenter: Traci Lilley, MSW, LCSW-BACS

Start Time: 1:15pm **End Time:** 2:45pm **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: This workshop will explore the ways technology impacts mental health practice and to evaluate your use, comfort and knowledge of ethical and clinical implications regarding social media- personally and professionally. This will include focus on the impact of technology on - Impacts how we work, impacts how we communicate, Impacts how we provide services/interventions, Impacts how our clients live and potential benefits and risks Impacts how we advocate. The presentation will include case vignettes to discuss potential intervention strategies to address these new and often unique challenges.

Learning Objectives:

1. Participants will reflect on their personal and professional comfort in using technology and social media
 2. Participants will reflect and share in small group discussion how technology and social media has impacted the clients they serve and potential intervention strategies
 3. Participants will participate in small groups to complete a case review on a clinical vignette pertaining to social media and apply best practices to respond.
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Program Title: Medical Complications of Addiction

Presenter: Michael McCormick, MD, ABAM

Start Time: 3:00pm **End Time:** 4:30pm **CEUs:** 1.5

Presenter Biography: Dr. Michael McCormick is a Board Certified Addictionologist and Family Practice Physician originally from Monroe, Louisiana. He received his Bachelor of Science degree from Northeast Louisiana University in 1992 before going to Medical School at LSU- Shreveport. He graduated from LSU Medical School in 1996 and went into a three year Family Medicine residency at The University of Arkansas for Medical Sciences- Southwest. He opened West Monroe Family Clinic, AMC, in 1999 and worked in this private practice until 2018. In 2010, he became board certified in Addiction Medicine and currently works as an Addictionologist at Palmetto Addiction Recovery Center in Rayville, Louisiana.

Program Description:

Discuss the more common medical and psychological complications that arise in the substance addicted population

Learning Objectives:

1. Learn about the more common medical co-morbidities in the substance addicted population.
 2. Be able to recognize signs and symptoms of the more common medical problems in substance addicted patients.
 3. Brief discussion on more commonly encountered treatment options of these issues.
 4. Help enhance the identification and therefore appropriate treatment of the substance addicted patient.
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Program Title: The Biological Impact on Criminality: Is Malevolence Deterministic or Fatalistic?

Presenter: Burton Ashworth PhD

Start Time: 4:45pm **End Time:** 6:15pm **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 the pediatric population, 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: Some attendees, present in the May 2019 NCLE Fall Conference, requested a follow-up on the presented lecture, “Morality: Is It a Trait of Personality?”. In the Fall 2019 presentation,

we will attempt to unpack the physiological effect on individualistic conduct, focusing particularly on externalized behaviors deemed maladaptive and/or criminal, by the Western social construct.

Learning Objectives:

1. The learner will understand the distinction between deterministic and fatalistic theory.
2. The learner will be introduced to the neurological mechanisms and their resultant effect on behavior.
3. The learner will become acquainted with endocrine disrupting chemicals (EDCs) and their impact on both the brain and ultimately behavior.

THURSDAY OCTOBER 24, 2019

Program Title: Ethics and the counseling professional.

Presenter: Roy F. Baas LAC, CCGC, CCS, ICAADC, CCDP-D

Start Time: 8:00am **End Time:** 11:15am **CEUs:** 3

Presenter Biography: Roy Baas has been working in the field of addiction treatment for 40 years. Has extensive history with both private and public agencies, for profit and not for profit. Has designed and implemented a variety of addiction treatment programs including, family, adolescent, dually diagnosed, gambling, in patient, outpatient, day hospitalization, as well as assisted with programs dealing with sexual addiction, eating disorders, trauma survivors and psychiatric illness. Has designed and implemented several counselor training programs, and has been an evaluator for CPM testing for the IC&RC for several years. Has worked for private psychiatric hospitals, drug courts, long term residential, brief intervention EAP programs and a therapeutic community. Has been politically active at the local, state and federal level in advocacy for the field of addiction treatment. Assisted with the design and implementation of Act 803 which introduced licensure for addiction counselors in the State of Louisiana. Served eight years on the Commission for Addictive Disorders under several administrations. Was instrumental in the design and implementation of Drug Court Treatment Services. Served as chairperson for the CEB of LASACT four years, and has served eight of years as the chairperson for the LA-ADRA Board. He continues to serve the addiction field in a variety of capacities.

Program Description: A view of ethics from a philosophical and practical application.

Learning Objectives:

1. Participants will learn the definition of Ethics.
 2. Understanding the relative nature of ethical behavior.
 3. Have a general grasp of 42 CFR part 2 as opposed to HIPPA.
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Program Title: Center for Behavioral Health

Presenter: Kimberly Crow, PLPC

Start Time: 11:30am **End Time:** 1:00pm **CEUs:** 3

Presenter Biography: Kimberly Crow, PLPC is a licensed professional counselor with a Master of Science in Counseling Psychology and a Bachelor of Science in Psychology from Louisiana State

University Shreveport. Kimberly has worked in medication assisted treatment for almost 2 years and is the Program Director for Center for Behavioral Health. Kimberly is responsible for the oversight of the Center for Behavioral Health Opiate Treatment Program and implementation of the Louisiana State Targeted Response to the Opioid Crisis grant in Monroe, Louisiana.

Program Description: Our network of outpatient facilities offers comprehensive substance abuse treatment programs to assist people addicted to opiates such as OxyContin, Lortab, Vicodin, Oxycodone, Hydrocodone and Heroin.

Learning Objectives:

1. Describe the current opioid crisis – statistics on epidemiology, course through the life-span and short/long-term consequences of an Opioid Use Disorder.
 2. List DSM 5 criteria for Opioid Use Disorder and discuss severity as it relates to level of care required
 3. Explain the use of medication assisted treatment for Opioid Use Disorder with specific attention on the overdose reversal medication, Narcan.
 4. Use harm reduction methods and counseling techniques for Opioid Use Disorder and explain Louisiana's State Targeted Response to the Opioid Epidemic grant and Louisiana's State Opioid Response grant.
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Program Title: A Biblical Evaluation and Perspective of EMDR

Presenter: Kathy Eichelberger, Marriage and Family Therapy, Doctor of Ministry in Psychology and Counseling, LPC

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

Presenter Biography: Kathy Eichelberger has been serving as Director of the Granberry Counseling Centers since July 2009. Kathy has been a pastor's wife and served in many leadership roles in the local church. She is a Licensed Professional Counselor and has a passion to help people who are hurting and going through difficult life circumstances. God has called Kathy to minister to people through counseling, while at the same time encouraging them to develop an authentic, intimate relationship with Christ. Kathy completed a Bachelor's degree, a Master of Arts degree in Marriage and Family Counseling and a Doctor of Ministry degree in Pastoral Counseling from New Orleans Baptist Theological Seminary. (EMDR Certified & Consultant).

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Certified, and an EMDR Consultant. She also is an approved EMDR facilitator and she volunteers as a facilitator for EMDR Trauma Recovery Network Humanitarian Assistance Program.

Program Description: Eye Movement Desensitization Reprocessing – has been presented as an evidenced based model for reducing the impact of trauma in the lives of individuals who suffer from trauma. EMDR Therapy is a set of standardized protocols that incorporates elements from many different treatment approaches with the use of bilateral stimulation using eye movements, tone and/or tapping. This workshop seeks to inform the Christian Counselor about EMDR and use a biblical perspective for evaluating the use of EMDR for Christian Counselors

Learning Objectives:

1. Study foundational principles of EMDR, how it functions, and essential components of the model.
2. Analyze how EMDR impacts the whole person (body, emotions, soul) and evaluate the model through a biblical lens, using Scriptural principles.
3. Participants will explore strategies used by Christian counselors trained in EMDR for the treatment of individuals who have experienced trauma.

Program Title: It's All Connected

Presenter: Magen Albritton, MA, BCN and Amber Hamilton, LPC, BCN

Start Time: 3:00pm **End Time:** 4:30pm **CEUs:** 1.5

Presenter Biography: Magen Albritton, MA, BCN: Bachelors from University of Louisiana at Monroe in Sociology and a Master from Louisiana Tech University in Industrial Organizational Psychology. My passion has always been helping people by trying to understand their view of the world. Perspective and the “why?” is everything. I’ve worked at Ascent since 2012 and began as a facilitator doing in home work with the top 2% of behavioral issues in Louisiana. I worked as a facilitator until 2016 and began training to become certified as a biofeedback clinician. For the past two years, I have seen clients with symptoms associated with anxiety, sleep disorders, sensory issues, and focus problems and helped treat them through biofeedback.

Amber Hamilton, LPC, BCN: Bachelor of Arts in Psychology from University of Louisiana at Monroe and a Master of Arts in Professional Counseling from Liberty University in Lynchburg, Virginia. My goal is to empower individuals to "get back to the basics," focusing on healing the mind and body. I specialize in working with clients experiencing unwanted physical symptoms associated with stress, anxiety, and depression. I also have 7 years of experience working with families of youth diagnosed with ADHD, mood disorders, and substance abuse. I am the only board certified LPC who practices Biofeedback in the Northeast Louisiana region. I incorporate biofeedback skills when processing trauma or

dealing with unwanted symptoms associated with anxiety, depression, ADHD/focus issues, migraine, and sleep.

Program Description: At Ascent, we offer biofeedback and counseling services. With a holistic approach, our goal is to help the clients tackle the root of the problem instead of just the symptoms. By doing biofeedback, the client gains awareness of what is going on in their body and empowers them to utilize learned skills in their daily lives. Biofeedback has been around since the 1970s but it is a rather new concept society is adopting. It works through self-regulation and incorporates technology with mental health care. Sensors are placed on the body and measure brain activity, temperature, respiration, heart rate, skin conduction. Biofeedback is known to help many symptoms including focus issues, sleep disorders, anxiety, addiction, learning problems, memory issues, and sensory problems.

Learning Objectives:

1. Describe and define biofeedback / neurofeedback.
 2. Examine brainwave patterns and associated symptoms / disorders.
 3. Discuss the connection between physical and mental health.
 4. Demonstrate live session of Heart Rate Variability and Neurofeedback.
 5. Present case studies and findings.
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Program Title: What Every Individual Needs to Know About the Field of Applied Behavior Analysis (ABA)

Presenter (with credentials): Lloyd J. Boudloche, Jr. Ed. D, BCBA-D, LBA, LPC-S

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

Presenter Biography (please share a few paragraphs about you, your clinical work and anything else you want participants to know about you. This can be formal or informal.):

Lloyd Boudloche was born and raised in south Louisiana. He received his bachelor's degree from Southwestern Assembly of God University in Waxahachie, Tx in 1990. He went on to earn his master's degree in Professional Counseling from Liberty University in Lynchburg, Virginia, which allowed him to receive his license to practice as a professional counselor in the State of Louisiana.

In 2013, he would earn a certificate in Autism from the University of Massachusetts at Lowell and took the BACB national exam and earn his certification to become a Board-Certified Behavior Analyst in 2013. In that same year, he would then begin Behavioral Developmental Services, LLC with his wife, a few of his children and co-workers. By May of 2019, it would have employee 60 employees and they would work with over 150 children in 5 parishes.

He went on to receive his license to practice as a Behavior Analyst in the state of Louisiana in February 2014. In 2017, he was appointed by the governor to serve on the Louisiana Behavior Analyst State Board of the which he now services as the chair.

In December 2016, he earned his doctoral degree in education from Nova Southeastern University in Ft. Lauderdale, Florida. Currently, he serves as an adjunct professor on staff at Purdue Global University.

In May of 2019, he sold and merged Behavioral Developmental Services, LLC to Family Solutions Counseling. He now serves as the Autism Coordinator and a Behavior Analyst.

Program Description: The following presentation is intended to give the individuals in attendance a basic understanding of the field of Applied Behavior Analysis and how it functions in the State of Louisiana. The role of an LBA, the population they work with and how they can make a difference in the mental health field.

Learning Objectives:

1. What is Applied Behavior Analysis (ABA)?
2. What does a Behavior Analyst (BCBA) do?
3. How does a BCBA operate in the state of Louisiana?
4. What populations and diagnosis do they work with?
5. ABA and Counseling: How they can work together.