

North Louisiana Counselor Education “Spring Conference”

May 6 & 7, 2020

Presented by:

Family Solutions Counseling Center

Teleconference

WEDNESDAY MAY 6, 2020

Program Title: “Psychopharmacology 101 for Depression”

Presenter: David Boyle, Ph.D., LPC, LMFT

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

Presenter Biography: Dr. Boyle is currently working part time for LSU/Ochsner as a professor and Director of Behavioral Science in Monroe. He is training physicians who are specializing in Family Medicine. He is a consultant at Ouachita Corrections Center in Monroe, LA. His responsibilities at OCC include counseling inmates and their families and consulting with correctional officers on mental health issues. He is also a therapist working part time at Family Solutions Counseling Center in Monroe, LA where he meets with parents who have a child with behavioral or emotional problems.

He earned a Doctorate in Counseling from Brigham Young University in 1979 and a Masters of Science in Marriage and Family Therapy from the same institution in 1976. He and his wife, Cindy, have been married 43 years and are the proud parents of five children and thirteen grandchildren. He coauthored a book with his father titled, “How to Live with Your Children and Like Them”.

Program Description: This workshop is designed to help therapists and counselors understand the benefits and limitations of antidepressants when used in conjunction with CBT to treat depression. The presenter will briefly discuss the different diagnoses for depression found in the DSM 5 and which medications can be used. This will not be a scientific lecture, rather will be a more practical guide to understanding which antidepressants are prescribed by physicians and their side effects.

Learning Objectives:

1. Participants will become familiar with several antidepressants and their uses.

2. Participants will understand the Depressive Disorders are found in the DSM 5 and how antidepressants can be used along with CBT.
 3. Participants will have a working knowledge of how antidepressants are prescribed by physicians and the side effects of these medications.
 4. Participants will be aware of the benefits and limitations of antidepressants.
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Program Title: Hidden Apps, Exposed Lives: How to Counsel Parents Whose Children Choose the World of Hidden Apps and the Consequences that Inevitably Follow.

Presenter: Mary Katherine Arcement, LPC, LMFT

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

Presenter Biography: Mary Katherine Arcement is a licensed professional counselor and licensed marriage and family therapist. She received her BS in Early Childhood Education from Louisiana Tech University in 1993 and her MA in Marriage and Family Therapy from The University of Louisiana at Monroe in 2002. She has been in private practice since 2006 in Shreveport, LA.

In addition to being a licensed counselor, Mary Katherine is a 200 hour registered yoga teacher and teaches at both yoga studios located in Shreveport as well as teaching private yoga lessons. She is a member of Polka Dot Powerhouse, a volunteer at Mary's House, a pregnancy care center, and she is actively involved in various ministries at her church, St. Joseph's Catholic Church. Mary Katherine recently became a columnist for the Catholic Connection, a local publication for the Diocese of Shreveport.

When not working or volunteering, Mary Katherine enjoys spending time with her husband Ryan and family, traveling, reading and pursuing her next careers as a speaker and podcaster.

Program Description:

We will explore the world of hidden apps and how they are negatively impacting children's lives and those around them. I will be discussing first, what are hidden apps as well as their origin; secondly, the "whys" behind children using them; thirdly, the negative consequences that follow and lastly, how to help parents in a seemingly helpless situation.

Learning Objectives:

1. To identify hidden apps and the ways they are used.
 2. To explore both the desire and curiosity of children who decide to use such apps.
 3. To identify healthy ways parents can effectively help their child/children and prevent further usage.
 4. To give parents tangible tools to cope with the consequences of their child/children using hidden apps.
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Program Title: Existential Therapy – A review of the history, basic principles and recent/future trends.

Presenter: David Lanzillotti, LPC

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

Presenter Biography: David earned his Bachelor of Arts in Psychology in 1978 and his Master of Arts in Counseling in 1981 from Louisiana Tech University, Ruston, LA. Before returning in 1998 to his hometown of Bossier City, Louisiana, he lived in Sydney, Australia for seven years. There he worked and traveled in the field of Organizational Psychology as a Registered Psychologist. While in Sydney, he was a full member of the Australian Psychological Society and the Australian Human Resource Institute. David is currently a Licensed Professional Counselor in private practice in Bossier City, Louisiana. He provides mental health assessment and counseling services for adults, adolescents and children in the areas of individual, marital and family counseling. David specializes in providing services to clients experiencing depression, depressed mood, anger and anxiety disorders. He provides court-ordered Anger Management Counseling, Theft Diversion and Parenting Education for the Bossier Parish DA's office. Additional mental health services he provides are for clients experiencing ADHD, Oppositional Defiant Disorder and other mood and behavioral dysfunction, including PTSD. In 2012, David certified as a Supervisor with the Louisiana LPC Board of Examiners. His practicing theoretical orientation and framework is in Humanistic Psychology with an emphasis in Existential therapy. Throughout his career, David has worked with diverse organizations including Bossier Parish Schools, The Sylvan Learning Center, mental health counseling agencies and management consulting firms. As an Organizational Psychology Consultant in Australia, he consulted with construction engineering groups, tourism authorities, technology manufacturers, insurance agencies and private health funds. David is also a musician, artist and craftsman. He enjoys fly fishing, long distance biking and spending time with his wife, Casey. Casey is also his business partner where she manages all administrative, insurance, scheduling and billing priorities of their practice.

Program Description: Overview of the background, basic tenets, recent and future trends of the theory, research and practice of existential-humanistic therapy. A case study will illustrate an existential-integrative approach to practice.

Learning Objectives:

1. Primary values of existential humanism
2. Principles of existential-integrative therapy
3. Recent and future trends occurring in this field of practice.

Program Title: Take Action Against Human Trafficking

Presenter: Kay Bennett, D. Min. and Kendall Wolz, M.A., PLPC

Start Time: 1:15pm **End Time:** 4:30pm **CEUs:** 3

Presenter Biography: Kay Bennett grew up on a dairy farm in Kokomo, MS and received a B.S. degree in Counseling Psychology from University of Southern Mississippi. In 1989, Kay graduated with a Master of Divinity degree in counseling, from New Orleans Baptist Theological Seminary (NOBTS). From 1988 to 1990, Kay worked at Brantley Baptist Center in New Orleans. In January 1990, she was appointed as a missionary with the Home Mission Board at the Brantley Center. In 1997 she moved to the Baptist Friendship House as Director as a missionary with the North American Mission Board. Kay's training is in the areas of counseling, life skills counseling, human trafficking, domestic violence, addictions, vocational evaluation, and literacy. Kay is also certified to begin and lead a Christian Woman's Job Corps program. In 2003, Kay was the recipient of the Dellanna West O'Brien Award for Women's Leadership Development. Kay received a Doctor of Ministry degree in Counseling from NOBTS in 2008. The title of her project in ministry was *Equipping Staff Members of Baptist Friendship House to Minister to Abused Women Post-Hurricane Katrina*. She graduated from the FBI Citizen's Academy in April 2014. Kay was honored to accept the 2018 FBI Directors Community Leadership Award for Baptist Friendship House's work in eradication of human trafficking. Kay travels speaking and educating on issues regarding poverty, homelessness, domestic violence, substance abuse, and human trafficking.

Kendall Wolz is a Provisional Licensed Professional Counselor and serves as Director of Center Programs of Baptist Friendship House, a transitional housing program for homeless women and children in New Orleans. She graduated from New Orleans Baptist Theological Seminary in May 2018 with a MA in Counseling specialization in Clinical Mental Health Counseling. Ms. Wolz is a current PhD student in the Counselor Education and Supervision Program at New Orleans Baptist Theological Seminary. She is the author of "Brave Girl, Speak," a blog dedicated to educating readers about childhood sexual abuse and its impacts on victims, the sex offender registries and how to navigate the legal system, and a personal look at the healing journey from trauma. Ms. Wolz has provided presentations for local, state, and national groups on topics such as: childhood trauma, sexual abuse, and human trafficking.

Program Description: Human Trafficking is the fastest growing criminal industry in the world. Victims are often in plain sight. In this workshop human trafficking will be defined. You will discover the signs of human trafficking and what you can do to take action.

Learning Objectives:

1. What is human trafficking?
 - a. Sex Trafficking and Labor Trafficking definitions
 - b. Legal Terms
 - c. Examples
 - d. Recognize the signs
2. What are the methods of recruitment?
 - a. Force
 - b. Fraud
 - c. Coercion
 - d. Social Media
3. Ministering to trafficking survivors

- a. Physical
 - b. Emotional
 - c. Mental
 - d. Spiritual
4. Preventing Trafficking
 - a. Awareness / Education
 - b. Who is the trafficker?
 - c. Who is the buyer?
 5. Fighting Trafficking
 - a. Prayer
 - b. Supporting organizations already established
 - c. Stop the demand
 - d. Awareness
 - e. Faith Base Response
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Program Title:

Presenter: Bill Dockett, LAC

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

Presenter Biography: William “Bill” Dockett, II, is an accomplished chemical dependency and dual diagnosis counselor with over 25 years of clinical practice. This level of experience has allowed for the synthesis and integration of several seemingly incongruent therapeutic models.

Bill has been an invited speaker and presenter for several national and regional conferences. Bill also serves on the speakers bureau for Brentwood Hospital in Shreveport, LA where he has worked for over 10 years in both inpatient and outpatient settings. Additionally, Bill has operated a private practice and consulting agency for the last 15 years.

Bill is a graduate of Southern University in New Orleans with a bachelors degree in Psychology and Substance Abuse Counseling. He also attended Alvernia University and completed a Masters in Behavioral Health. Subsequently he attended Capella University’s Doctoral Psychology program completing +40 hours of clinical work. Most recently he attended Southern Methodist University for a Post Graduate Certificate in Conflict Management and Alternative Dispute Resolution and was inducted into the Golden Key International Honour Society.

Program Description: This session serves as an introduction into the role of conflict management and its interplay with addictions and psychopathology. This workshop focuses on the unique characteristics of stimulant and opiate using and abusing individuals’ impact on their recovery, and that of you and your agency’s conflict tolerance.

Learning Objectives:

1. Explain a process to mitigate or contain conflict.
 2. Identification of conflict seeking and avoiding behaviors.
 3. Importance of identifying conflict dynamics in clients.
 4. The importance of identifying your conflict tolerance and style.
 5. Identification of common conflict traits/behaviors for opiate and stimulant addiction
 6. Explanation and identification of power based dynamics.
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THURSDAY MAY 7, 2020

Program Title: Ethics in community and inpatient counseling settings

Presenter: Ryan Forbes, LPC-S

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

Presenter Biography: Ryan Forbes has a great deal of experience working with youth in residential settings. Most of that time has been spent in Psychiatric Residential Treatment Facilities (PRTF). Ryan has worked as a front line staff person, therapist, and clinical manager. Ryan started working as a front line staff at the Methodist Children's Home in Versailles, KY in 2005 while in graduate school.

After graduating from Asbury Theological Seminary in 2008 Ryan worked as Prevention/Intervention specialist working with local non-profits and municipalities to combat drug use in their community including passage of smoke free legislation, prescription drop off locations, and improved education of law enforcement. In addition to prevention work Ryan also conducted groups for youth and young adults who lost their drivers licenses due to driving while under the influence.

Ryan began his work with the Louisiana Methodist Children's Home in 2011 at the Sulphur, LA location and worked predominantly with youth who committed sexual offenses. Ryan continued that work until 2015 when he was given the opportunity to have an administrative position at the Ruston location of the Methodist Children's Home.

In addition to his agency work, Ryan worked for the University of Kentucky working with students who violated the universities drug use policy and since 2014 has maintained a private practice seeing 8-12 adult clients per week on average.

Program Description: Ethical issues surround us constantly. How we answer the ethical questions tells people what "kind" of person we are. Are you a hard rule follower? A do no harm therapist? Or are you the type of person that is willing to bend the rules.?

In this presentation I will give an overview of standard ethics and procedures while also discussing issues that may arise that make counselors question their own standards or the standards of their profession. Areas of focus will be both inpatient and outpatient settings.

During this presentation, the presenter will discuss different ethical decision making processes from theological, philosophical, and professional areas.

Learning Objectives:

1. Participants will learn the definition of ethics as described by various professional standards
2. Understand the relative nature of ethical behavior.

3. Be able to use a decision making process when calculating difficult scenarios.
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Program Title: Eating Disorders: What Counselor Educators and Supervisors Need to Know

Presenter: Eleanor B. McAuliffe, M.Ed., NCC, LPC

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

Presenter Biography: Eleanor B. McAuliffe is a Licensed Professional Counselor and therapist at The Eating Disorder Treatment Center at River Oaks Psychiatric Hospital in New Orleans. Since 2015, Eleanor has been a part of the specialty program which provides ED treatment at the acute inpatient level of care. Born and raised in New Orleans, Eleanor completed her undergraduate degree from The Catholic University of America in Washington, D.C. Upon her return home, she received her master's degree in Clinical Mental Health Counseling from The University of New Orleans (UNO) and is currently in the ABD (all but dissertation) phase of her doctoral program in Counselor Education and Supervision at UNO.

Eleanor's research is focused on counselors' perceived ability to work with individuals diagnosed with eating disorders and the speculated deficits in training and supervised field experiences with the ED population. Eleanor plans to use her doctoral degree to create specialty courses in EDs for master's level clinicians as well as to provide clinical supervision for practitioners beginning to work with EDs. Eleanor is a member of IAEDP working towards her Certified Eating Disorder Specialist credential. Her private practice specializes in individual, family, and group therapy for EDs. Eleanor is passionate in education pertaining to EDs and provides numerous lectures, workshops, and presentations in the community as well as for master's level students and other practitioners. Eleanor is a strong advocate for best care practices in ED treatment and ensuring practitioners have proper knowledge and training.

Program Description: Counselor Educators and Supervisors are charged with an important role that ultimately safeguards the public. When it comes to knowledge and understanding of eating disorders, most professionals have not had enough education, let alone supervised experience to work with this population. This program will provide educators and supervisors with critical information to inform counseling students and supervisees who plan to work with or come across clients with disordered eating.

Learning Objectives:

1. Begin to be able to identify and assess for severity of an ED and level of care needed.
 2. List the professionals and different aspects of the treatment team approach to EDs.
 3. Guide students and supervisees towards important resources surrounding EDs.
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Program Title: What Makes Therapy Systemic?

Presenter: Jana P. Sutton, Ph.D., LMFT-S, LPC-S and Samuel Shannon, Ph.D., LMFT

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

Presenter Biography: Dr. Jana Sutton is Interim Dean of the College of Health Sciences at the University of Louisiana at Monroe. Previously she has served as the Interim Director of the School of Allied Health and Program Director of Marriage & Family Therapy and Counseling Studies. She is a Licensed Marriage and Family Therapist, State Approved Supervisor and AAMFT Approved Supervisor. She is also a Licensed Professional Counselor and State Approved Supervisor. Dr. Sutton has written and presented extensively on systemic approaches to therapy and supervision. Her areas of expertise include couple's therapy, domestic violence, sexual assault and substance abuse. Dr. Sutton is a Past President of the Louisiana Association for Marriage and Family Therapy.

Dr. Samuel Shannon is an assistant faculty member of Marriage and Family Therapy programs at the University of Louisiana Monroe. He is a marriage and family therapist in the State of Ohio and an AAMFT supervisor candidate. He has experience in presenting on systemic techniques and approaches in multiple settings. His interests are couples therapy, romantic relationships, and use of theory in clinical and research settings.

Program Description: This presentation will focus on exploring the common elements between different systemic therapies. Fundamentals such as creating therapeutic alliance, asking process oriented questions, and assessing relational patterns will be focused on. Experiential components will allow participants to practice therapy from a systemic orientation.

Learning Objectives:

1. Be able to identify techniques for remaining systemic in the therapy room.
2. Be able to distinguish the difference between process and content oriented questions.
3. Be able to identify relational patterns in relationships.
4. Be able to practice therapy from a systemic orientation.

Program Title: Overcoming Diversity and Inclusion Barriers in the Workforce 2020

Presenter: Alberta Green, LPC, LPC-S, NCC, M.Ed., PhD Candidate

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

Presenter Biography: Alberta Brown Green is the CEO of ABG Professional Development Solutions where she provides Strategic Planning, Organizational Effectiveness, Professional Career Development, Leadership Development, Professional Business Development Trainings, Upper Management &

Executive Coaching, Mental Health Counseling and Life Coaching. Green is a Licensed Mental Health Counselor with Louisiana State Supervision Privileges.

Alberta previously served as the Vice President of Organizational Strategy and IT Initiatives for North Louisiana Economic Partnership (NLEP). Prior to joining NLEP, Alberta was employed as a Lead Organizational Effectiveness Consultant with CenturyLink, a fortune 500 company. Prior her role at CenturyLink, she served as the Director of Career Connections at the University of Louisiana at Monroe and developed several career placement programs.

Alberta is currently pursuing her PhD in the Human Capital Development Program at the University of Southern Mississippi. Alberta earned her Bachelor's Degree in Arts and Humanities and her Masters Degree in Mental Health/Career Counseling from the University of Louisiana Monroe. In 2019, Alberta received the Thomas H. Scott Award of Excellence for Small Businesses, and the "Women in Business Excellence Award" for the Louisiana Cluster I of Delta Sigma Theta Sorority Inc. In 2018, she received the James M. Shipp, Jr. Memorial Young Business Leadership Award. In 2015, Alberta was named "Rising Young Alumni" at the University of Louisiana at Monroe. Alberta also received the "Top 20 under 40" Award for North Louisiana.

As a consultant, facilitator and Licensed Professional Counselor, Alberta's extensive knowledge in the areas of Strategic Planning, Organizational Effectiveness, Business Development, and Upper Management & Executive Coaching, has earned her a reputation of excellence. Alberta holds professional memberships with SETA (Southeastern Employment & Training Association), CABL (Council for a Better Louisiana), BPW (Business Professional Women), LCA (Louisiana Counseling Association), LACE (Louisiana Association of Colleges and Employers), SHRM (Society of Human Resource Management), and DST (Delta Sigma Theta Sorority Inc.).

Alberta currently serves on several boards including: President of Christopher House Board, ULM Foundation Board, The Monroe Chamber of Commerce Board, The Living Well Foundation Board, and the United Way of North LA Board. She previously served on the University Health Conway Board and the Ouachita Business Alliance Board. Alberta is a supporter of Military men and women, a lover of innovative technology gadgets, different genres of music, theatre and the arts.

Program Description: Diversity and Inclusion is all around us but not clearly defined. It means different things to different people and organizations. However, the way individuals or organizations choose to approach Diversity and Inclusion can make a huge difference.

Most people have a strong desire to be included at their company, organization, or place of business. The old saying of "Diversity is like being invited to a party and Inclusion is being asked to dance" is a great description of the aforementioned. Diversity and Inclusion, approached with a sense of humility and a sincere desire to learn more about ourselves and others along with an implementation strategy is key. True Diversity and Inclusion Consciousness requires continual and fundamental change. Diversity and inclusion is simply, "the right thing to do". Imagine the possibilities of a work environment that is welcoming and supportive of different cultures, races, religion, disabilities, sexual orientations and social economic statuses.

Learning Objectives:

1. Common Barriers of Diversity and Inclusion.

2. Creating a Pipeline for Current and Diverse Talent.
 3. The Do's and Don'ts of Diversity and Inclusion.
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Program Title: Navigating Rough Waters with Your Patient: Overcoming Personality Conflicts

Presenter: Burton Ashworth, Ph.D.

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: Conflict management and resolution in patient care is stressful and often counter-productive. Conflicts may arise between patient and treatment provider, as well as staff members and/or family members. Conflicts, not handled appropriately, may escalate from a minor difference of opinion to major confrontations, possibly leading to litigation or violence.

Learning Objectives:

1. Define and describe interpersonal skills.
2. Discuss the etiology and development of conflict.
3. Describe and explore importance of emotional intelligence.
4. Discuss personality types and which may be aversive.
5. Summarize disseminated information.