

2023 Workshop Descriptions

Keynotes

Dr. Scott Floyd, Ph.D., LPC-S, LMFT

Faith, Emotions, and Emotional Regulation: What Did We Get Right and What are We Still Missing?

Keynote 1: My Wife is Having Lots of Emotions: Please Make Her Stop

Keynote 2: The Only Thing We Have to Fear is Fear Itself. Or is it?

Keynote 3: Guilty, Not Guilty, or Something More Complex?

Ethics

Dr. Rhonda Johnson, LPC-S, LMFT-S

Texas Ethics for LPC, LMFT, LSW

Banquet Speaker

Andrew Dealy, LPC

Making Sense of Emotions

Breakfast Workshop

The Executive Committee is diligently trying to obtain an approved Human Trafficking Workshop for our breakfast. TBD

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Supervision

Audra Dahl, MA, LPC-S & Panel “In College & Supervision, I wish I had learned . . . panel discussion #2”

This workshop is comprised of a panel forum consisting of variously credentialed and experienced professionals from the mental health field, including LPC Supervisors, LPC Associates, and LPCs. **New prepared questions and topics** as well as open forum questions will be addressed. The purpose of this workshop is two-fold. The purpose is to disseminate information that most counselors learn on the job but wish they had learned in college and/or supervision. It is to engage in open and forthright communication about a broad range of topics such as the pros and cons of being a counselor, areas of expertise, working in a church setting, and working with insurance in the mental health field, to name a few. Secondly, this workshop is intended for those who are just starting out in the counseling field as well as for supervisors wanting to understand the needs of their supervisees better.

Sharon Good, MA, LPC-S “Supervision: The Who, What, When, Where & How of Supervision”

Have you ever wondered why other supervisors have so many supervisees when you only have a few? What do you cover in the interviews with potential supervisees? Do you have parameters set for when you must be contacted outside of supervision time? Do you have a plan of action for supervision, or do you just let supervisees determine how your interactions go? Come be a part of this interactive workshop to help find the answers together.

Therapist Development

LaRonda Starling, Licensed Psychologist, LPC “Be Still: Spiritual Self-Care for the Helping Professional”

This workshop will include a presentation and discussion of self-care from a Christ-centered perspective. Using references from the Be Still: Spiritual Self-Care for Mental Health Professionals book, workshop participants will have the opportunity to obtain an overview of each chapter, which were each created to discuss the importance of being still and knowing God (Psalm 46:10). Research related to the importance of self-care from both a psychological and theological perspective will be presented using both biblical references and journal articles on self-care.

Chuck Romig, Ph.D., LMFT, & Joe Cook, Ph.D., LPC-S “Handling Values Conflicts: Integrating Counselor Values into the Counseling Process”

Identifying values conflicts and presenting a framework to evaluate and engage those conflicts for the benefit of the client, ethics, and counselor integrity.

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Relationship and Attachment

Bryan Snead LPC LMFT, Bethany Schaefer LPC “Co-Therapy with Couples”

Co-Therapy with Couples will introduce the idea of co-therapy between two individual clients and their individual therapists. This presentation will discuss the advantages, disadvantages, ethics, practicalities, and methodologies of co-therapy. Professionals will learn to spot potential therapeutic applications for co-therapy and how this special dynamic can be helpful to clients.

Matt Sessoms, LPC, LMFT “Interventions to Help Couples Pursue Healthy Sexual Communication”

This continuing education class will introduce participants to at least 3 (time allowing) different psychoeducation interventions to help clients speak more clearly about their sexual desires, perspectives, and even traumas or sexual hurts that influence the quality for their marital sexuality.

Spirituality

Matt Wenger LPC “Spiritual Attachment Wounds: How Trauma Changes our View of God”

The therapeutic community is growing to understand how trauma can lead to addiction. But does the type of trauma change the nature of the addiction or the treatment? By focusing in on Attachment Trauma and simplifying complex narratives we can bring insight to clients around how their addiction formed, how it is specifically damaging their relationships, and what successful interventions might be. These insights and interventions are not immediately obvious and can bring deep healing.

Jeff Logue, LPC “Religious Influence on Suicide”

The purpose of this workshop is to explore the impact religion has on suicidality and how a client’s degree of religiosity can serve as a protective factor against suicidal behaviors. To accurately assess for the risk of suicide, clinicians must not ignore the role of religion in relationship to suicidality. This workshop intentionally focuses on four dominant religions in the U.S.: Christianity, Islam, Hinduism, and Judaism. Participants learn the influence of religion on suicide, the importance of assessing religion, how religion protects against suicidal behaviors, and the risk factors associated with specific religions. Those benefiting from this workshop include mental health professionals, clergy, and lay counselors.

Bob Mullen LPC "Mental Health Counseling and the Local Church"

This presentation will share how Christian counselors can best partner with local churches and their pastors and ministers. Participants will explore issues facing local churches, trends in church leadership, the seminary training of pastors, and the nature of church life. The presentation includes opportunities for group discussion on ways churches and clinicians can create better connections and address mental health challenges. The presentation will conclude with suggestions on how Christian mental health counselors can positively impact the mental health of the local church.

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Specialized Clinical Focus

Stephanie Coker, LCSW “Moving from the Head to the Heart: Helping Clients Enter Stories of Heartache Using Psychodrama”

The Bible utilizes narratives as a route to transformation and stories often include rituals and symbolic actions that mark the transformation process. Trauma inhibits verbal processing and often clients need other means to express their experience and enter healing. This workshop provides an overview of Narrative Therapy, particularly the (Dan) Allender Method, and practical application of Psychodrama techniques to assist clients with entering stories of heartache. Participants will walk away with interventions they can use in private practice and other settings to engage the heart.

Nancy Thomas, LPC & Crystal Brashier, LPC – “Facilitating Healing Through a Faith Community: Multicultural Considerations for Mental Wellness”

There is a growing need to understand the complexities and nuances related to multicultural sensitivity in the mental health world. Presenters will share current research in multicultural counseling, their original research about multicultural needs, and practical strategies for engaging the faith community in a client’s healing journey. This strengths-based approach will draw upon what we know to be true about many BIPOC populations. They glean tremendous support from a faith community.

L. Ericka Zuno, LPC “Dissertation Findings: Paternal Experience Talking to their Teens about Sex”

Results of a phenomenological qualitative research design study exploring the experiences of fathers talking to their teens about sex will be presented. While there is scant research on fathers and sex communication with their teens, the research that exists illuminates the unique role fathers have in the sexual socialization of their teenage children and ultimately their sexual well-being. This workshop will explore what fathers reflect regarding their experiences with sex communication with their teens and the implications from those findings for those that work with teens and their families.