

WCA 2013 Conference Schedule with Presentation Abstracts and Bios

Exploring Wellness: Connecting Mind, Body, and Spirit!
October 3-5, 2013, Jackson, Wyoming (at Hotel Terra in Teton Village)



Wednesday – October 2, 2013

Board Meeting 4:00 pm – 5:00 pm
Pre-Conference/Conference Registration 5:00 pm – 7:00 pm

Thursday – October 3, 2013

Pre-Conference/Conference Registration 7:30 am – 8:30 am

Pre-Conference Keynote Speaker and Wellness Guru: Brian Luke Seaward, Ph.D. (6 CEs)

<http://www.brianlukeseaward.net/>



8:30 am – 10:00 am

10:00 am – 10:15 am

10:15 am – 11:45 am

11:45 am – 1:15 pm

1:15 pm – 2:45 pm

2:45 pm – 3:00 pm

3:00 pm – 4:30 pm

Session I: Letting Go of Stress (1.5 CEs)

Break

*Session II: Stand Like Mountain, Flow Like Water:
Health of the Human Spirit (1.5 CEs)*

Lunch (On Your Own)

*Session III: Walking in Balance: Strategies for Living a
Balanced Life, Part I (1.5 CEs)*

Break

*Session IV: Walking in Balance: Strategies for Living a
Balanced Life, Part II (1.5 CEs)*

Session I: Letting Go of Stress. Stress is a stranger to no one and an equal opportunity destroyer. It affects everyone! We are living in stressful times of rapid change. As a rule, people do not like change. During this part of the presentation we will discuss the parameters of stress, why the fight or flight response is considered antiquated, the relationship between stress and disease, and a holistic approach to stress management through a combination of effective coping strategies and relaxation techniques.

Session II: Stand Like Mountain, Flow Like Water: Health of the Human Spirit. Once described merely as wear and tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may bring feelings of panic and mayhem, but stress also provides the opportunity for spiritual growth—when we call upon our inner resources (faith, patience, humbleness, intuition, courage, humor and compassion) to dismantle life’s major roadblocks so that we may walk in balance on the human path. There is an ancient Chinese proverb that speaks to the nature of human existence, and underscores the importance of finding balance in our lives. It reads, “Stand like mountain, move like water.” To stand like a mountain means to feel strong and secure in the midst of change. To move like water means to go with the flow. In times such as these where change is ever present in the global culture, balance is necessary to stay grounded, centered, and connected.

Sessions III and IV: Walking in Balance: Strategies for Living a Balanced Life. Wellness can best be defined as “the integration, balance, and harmony of one’s mental, physical, emotional, and spiritual components of well-being,” with a special emphasis on the aspect of balance. It is a common belief that the reason why we, as individuals and the world population as a whole, are experiencing so many problems today is that we have lost our sense of balance; balance between work and home, freedom and responsibility, sensory stimulation and sensory overload, and ties between civilization and nature. The result is an imbalance within the core of our very Self. There is an ancient Native American expression that states that in order to find true happiness we must “Walk in balance.”

President's Reception, Social Hour, and Silent Auction!

Thursday, October 3, 2013 from 8:00 pm – 9:00 pm
Murie Foyer, Hotel Terra. More details to come.

*We are excited to bring back
WCA's social hour and silent auction event!
Should be fun. Come join us!*

Friday Morning – October 4, 2013

7:00 am – 8:00 am	<p><u>Special Early Morning Hands-on Session (1 CE)</u></p> <p><i>Accessing the Healing Power of Yoga in Your Everyday Life</i> Deb Perkins, MA Yoga is an ancient practice for connecting body and mind. Yoga can be unfamiliar for beginners: Do I have the right clothes for this? Am I crunchy enough for yoga? What in the world is Supta Baddha Konasana? In fact, the practice of yoga can provide many healing benefits and can be accessible to all of us, no matter our fitness level, age or experience. If you have ever wanted to experience yoga in a safe and very relaxed atmosphere, please join us for this introduction to the healing, restorative and energizing powers of yoga.</p>
7:00 am – 8:00 am	<p>Conference Registration</p>
8:00 am – 9:00 am	<p><u>Conference Welcome and Opening Keynote Address (1 CE)</u></p> <p><i>Staying Well Through Healthy Connections</i> Jane Warren, PhD, LMFT, LPC, LAT How do you stay well in your relationships, when your clients are struggling? Many, if not most, of the challenges that clients bring into counseling are about interpersonal relationships. Yet we ourselves can struggle with maintaining wellness in relationships. This presentation will help participants to look at themselves, identify perspectives of love, and how love can help or hurt. In addition, a healthy relationship model will be offered for participants to consider in managing their own relationships.</p>
9:00 am – 9:15 am	<p>Break</p>
9:15 am – 10:45 am	<p><u>Breakout Sessions (1.5 CEs)</u></p> <p>Acupuncture Detoxification, 5 Point Ear Acupuncture Protocol and History Wes Bertagnole, MS, LPC, NCC Acupuncture has been used for many years in drug treatment centers across America. Lincoln Recovery Center in New York City was one the first to use acupuncture for detoxification. Michael Smith MD, was the founder of both Lincoln Recovery Center and the 5 Point Ear Acupuncture Protocol. This treatment has not only been used successfully in drug recovery, but has also been proven effective in dealing with the aftermath of traumatic events and in stress reduction. This treatment introduces people to the concept of mindfulness as a way to improve their capacity for resilience and healing. Participants will also have the chance to experience a treatment.</p> <p><i>Knowledge is Power. Changes in the Ethical Codes: Updates, Awareness, and Justifications</i> Jane Warren, PhD, LMFT, LPC, LAT Not knowing the changes in a code is not a legal or professional reason for acting differently than the code requires. Codes change based on such factors as knowledge and research, cultural norms, changes in practices, and changes in science and technology. This presentation will provide an overview of ethical codes in counseling, an awareness of compassion in ethical decision making, an ethical decision-making model, and an overview of changes in the counseling codes. If the actual changes in the codes due for 2014 are not available at the time of this presentation, the focus will adapt accordingly.</p>

	<p><i>Teaching Tibetan Educators-in-Exile in India</i> Lou Farley, PhD Lou Farley has served the College for Higher Tibetan Studies in Sarah, India for the past 5 summers. He teaches child development and methods for integrating traditional Tibetan Buddhist values into modern classrooms to Tibetan teachers-in-exile. Lou has traveled through the Himalaya Range teaching in towns and villages throughout Northeastern India. Lou will share his adventures, learning opportunities and teaching experiences in this program.</p> <p><i>The Sound and the Fury: Using Music, Rhythm, and Other Sounds to Affect Change</i> Stephanie Keane, PhD, LAT, LPC Music, rhythm, and sound can be powerful in the change process. Learn ways to make counseling more engaging and experiential, using whatever creative means available – and with minimal equipment or materials. In this workshop, participants will learn how to create songs and other tonal interventions to engage clients in the change process.</p>
10:45 am – 11:00 am	Break
11:00am – 11:45 am	<p><u>Breakout Sessions (.75 CEs)</u> <i>Educating the Psyche, Soma, and Soul of Counseling Students in Clinical Practicum: Using Culture as a Backdrop for the Student Learning Experience</i> John Arman, PhD, LPC Counseling Faculty at Regis University has developed an educational approach called the Ignatian Pedagogical Paradigm (IPP) which works with Practicum students based upon their culture, spirituality, and their somatic sensations with their clients in the moment. It is an approach to clinical supervision that incorporates the whole student-personal values, thoughts, cultural experiences and biases, spiritual beliefs, and theoretical orientations. The IPP encourages Clinical Practicum students in counseling to incorporate their mind, bodies and spirits when working with clients in a clinical laboratory setting.</p> <p><i>Combining Personal and Professional Growth through International Experiences</i> Janet de Vries, MS, LPC, NCC, MCC There is a difference between preparing students to study abroad and doing it yourself. The presenter has recently returned from the Netherlands on a job shadow exchange. The presenter will share her experiences job shadowing a community college career counselor in the Netherlands. Competencies associated with international experiences include understanding cultural differences in the workplace, undertaking tasks that are unfamiliar/risky, and applying information in new or broader contexts.</p> <p><i>Counseling Ethics Education Experience: An Interpretive Case Study of the Counseling Student</i> Noor Syamilah Zakaria, PhD Counseling ethics education is paramount for counselor identity development. Counselor education training programs provide personal and professional preparation foundation for counseling students. Counselor educators have a core responsibility to prepare counseling students to understand and apply counseling ethics. Although our counseling profession recognizes the importance of counseling ethics education, there is a gap in research on the impact of counseling ethics education on counseling students. This presentation will disseminate five emergent themes on how the first year master’s level counseling students learn, understand, experience, and apply counseling ethics education to their evolving professional identity and work in the training program.</p> <p><i>Surviving Private Practice: A Review of Business and Wellness Factors</i> Beronica Salazar, MS, LCPC, ACADC; Brittany Dennis, MS.Ed, LPC (PA); Kristen Lister, M.Coun., LPC, NCC; and Lynn Bohecker, LMFT This is an opportunity for counselors-in-training and professionals to gain increase understanding about the different components connected with starting and sustaining a private practice. Participants will become familiar with the implications and process of marketing for long-term sustainability. There will be discussion about the impact of wellness in a private practice. This will include identifying ways of incorporating wellness practices that nourishes the spirit. This session will include lecture, discussions and experiential activities (individual/small group) to gain a better understanding of the material presented.</p>
11:45am – 1:00 pm	WCA Business Lunch and Awards Ceremony

Friday Afternoon - October 4, 2013

1:00 pm – 2:30 pm	<p>Breakout Sessions (1.5 CEs)</p> <p><i>Accentuating the Positive: Using Positive Psychology to Bolster Your Work and Your Life</i> Teresa Wallace, MS, LMFT, LPC This uplifting session will introduce several concepts from the realm of Positive Psychology, and demonstrate ways in which these can be used with clients and in self-care. Learn to identify strengths and resiliencies in yourself and others; explore the many forms of positivity found in daily life; collect ideas and activities that help clients (and you!) shift from merely eliminating what's wrong to elevating and <u>celebrating</u> what's right! Go beyond subjective happiness to discover the importance of meaning and engagement when seeking peace and contentment within your soul. Enjoy! Grow! Revel in creating the "meaningful life" for yourself and your clients!</p> <p><i>Personal Journey to Wellness</i> Andy Felton, EdS, PPC, ADS, Deb Perkins, MA, PPC, Carrie Ahls, PPC, and Paul Maddox, EdS, NCC, LPC This program highlights the importance of exploring personal experiences, developing a professional counselor identity, and its relation to wellness. Inspired by <i>Journeys to Professional Excellence: Lessons from Leading Counselor Educators and Practitioner</i> (Conyne & Bemak, 2005), facilitators will engage in a panel discussion and share their creative methods of exploring their professional development, identity, and how this impacts maintaining wellness. Participants will then have the opportunity to begin exploring their personal journey, establishing a professional identity, and making connections to their personal wellness.</p> <p><i>Introduction to Community Support Programs, Outreach Services to those with SPMI</i> Cheri Kreitzmann, MS, LPC Around the country organizations have implemented, and mandated in some states, Community Support Programs (CSP) also known as the PACT MODEL which is a model of treatment to include, multi-discipline team of professionals (counselor, substance abuse counselors, nurse, psychiatrist, vocational, peer specialists and occupational), long-term, comprehensive, community integrated, and individual consumer focused. Initially created in Madison, WI to transfer life time patients at Mendota Mental Health Center to the community. This model continues to have outstanding success in the areas of decreased hospitalizations, increase quality of life, and higher quality of care. Come learn more and we can work together on implementing this model in our Wyoming communities.</p> <p><i>Agents of Change: Practical Steps to Legislative Connection and Change in Wyoming, Part I</i> Jane Warren, PhD, LMFT, LPC, LAT As a counselor, how do you impact legislative changes on a state level? Do you have an idea that you think would be a great change in the law? Should juveniles be given life sentences with no possibility of parole? Is a Wyoming lottery in the best interests of your clients? Should a false call to 911 be considered an offense with a fine? Should a child being considered for emergency detention of mentally ill persons only be used if a parent or guardian consents to treatment? Should human trafficking be considered a criminal offense? Should parents be notified when a child receives a citation for violating a law? Should records to be released to the vulnerable adult, a guardian, a person authorized to make health care decisions for the vulnerable adult or to a personal representative if the vulnerable adult is deceased? Should Medicaid funding be reformed? During this last session many bills were passed that people would be surprised about---and many affect mental health work. Should more funding go to substance abuse treatment, law enforcement, or salaries for teachers? Might you ever run for political office? This presentation will provide an overview of the Wyoming Legislature including who is the legislature, how to run for office, session logistics, why and how bills become laws, recent bills of importance to counselors - or our clients, and how you can be and stay involved. Personal examples of ideas turned into bills in Wyoming will be shared by the presenter.</p>
2:30 pm – 2:45 pm	Break

2:45 pm – 3:45 pm	<p><u>Breakout Sessions (1 CE)</u></p> <p><i>A Framework for Working with Suicidal Clients</i> Beronica Salazar, MS, LCPC, ACADC; Brittany Dennis, MS. Ed, LPC (PA); Blaine Reily, LCPC; and Kristen Lister, M.Coun, LPC, NCC The session will provide an overview of the complexities related to working high risk clients' issues. Emphasis will be given to learning about suicide assessment and treatment strategies for assisting clients. Myths related to suicide will be reviewed. This session will include lecture, discussions and experiential activities (individual/small group) to gain a better understanding of the material presented.</p> <p><i>Agents of Change: Practical Steps to Legislative Connection and Change in Wyoming, Part II (a continuation of Part I from the previous hour)</i> Jane Warren, PhD, LMFT, LPC, LAT As a counselor, how do you impact legislative changes on a state level? Do you have an idea that you think would be a great change in the law? Should juveniles be given life sentences with no possibility of parole? Is a Wyoming lottery in the best interests of your clients? Should a false call to 911 be considered an offense with a fine? Should a child being considered for emergency detention of mentally ill persons only be used if a parent or guardian consents to treatment? Should human trafficking be considered a criminal offense? Should parents be notified when a child receives a citation for violating a law? Should records to be released to the vulnerable adult, a guardian, a person authorized to make health care decisions for the vulnerable adult or to a personal representative if the vulnerable adult is deceased? Should Medicaid funding be reformed? During this last session many bills were passed that people would be surprised about---and many affect mental health work. Should more funding go to substance abuse treatment, law enforcement, or salaries for teachers? Might you ever run for political office? This presentation will provide an overview of the Wyoming Legislature including who is the legislature, how to run for office, session logistics, why and how bills become laws, recent bills of importance to counselors - or our clients, and how you can be and stay involved. Personal examples of ideas turned into bills in Wyoming will be shared by the presenter.</p> <p><i>The Hoarder: Exploring other Dimensions in the Therapeutic World</i> Jennie Miller, PhD One way to keep ourselves from “burn out” is to explore different issues in the therapeutic world. Hoarding behaviors have recently become a television phenomenon, yet how much do we really know and understand about this dysfunctional behavior. This presentation will explore hoarding behaviors, assessments, diagnostic criteria/classifications, interventions/treatment models, training models for therapists, and open the discussion of why it has become a cultural fascination. Perhaps, this is a specialty you would like to incorporate in your practice, come find out.</p>
3:45 pm – 4:00 pm	Break
4:00 pm – 5:00 pm	Licensing Board Updates (1 CE)
5:00 pm – 5:15 pm	Break
5:15 pm – 6:30 pm	<p><u>Special Conference Presentation (1.25 CEs)</u></p> <p><i>Equine-Assisted Therapy</i> Beth Groves, MS, LPC Horses can invite insight to how individuals approach their jobs, other people, and the problem-solving techniques they use in their day to day lives. As part of this presentation, horses will be utilized as metaphors in communication among different populations and cultures. This presentation will consist of activities in which the volunteering participants will interact with horses, while others will observe the interactions brought forth by the exercise. Parallels will be explored with how people interact with the world around them. This can, in turn, enable the individuals and groups to realize the challenges that might arise and gain insight on different ways of handling situations in a more successful manner. It is quite often an "ah ha moment." This metaphoric use of animals promotes effective participation in building and strengthening family ties, creating positive student teacher relationships, and promoting healthy discussion in a non-threatening way. It can increase the awareness of individuals and groups to facilitate powerful positive break-throughs in communication as well as break down barriers that inhibit healthy growth in families and communities.</p>

Saturday Morning - October 5, 2013

7:30 am – 7:55 am	<p><u>Special Early Morning Session (.5 CEs)</u></p> <p><i>Brain Gym: Intentional Movement for your Personal and Professional Life</i> Rebecca Luhm, M.S.W., L.C.S.W Brain Gym uses twenty six physical movements that assist in improving focus, concentration, organizational skills, communication, and balance and coordination. Brain Gym also is helpful in reducing stress. Brain Gym exercises are for all ages and settings. Brain Gym also is helpful in reducing stress. Brain Gym can be used in a group or individually. Research is strong on the importance of movement in learning as well as lowering stress and improving brain function. Brain Gym is excellent for your personal and professional life!</p>
8:00 am – 9:15 am	<p><u>Breakout Sessions (1.25 CEs)</u></p> <p><i>100: Three People, One Department, One Hundred Lbs. Lost!</i> Nycole Courtney, MS, LPC, Jason Uitterdyk, MS, LPC, and Mitch Gerharter, MS, LPC This workshop has been designed as an informational/interactive presentation, relating the unique mental, physical and ultimately life changing experiences of three individuals, working in the same department, who have collectively lost 100lbs in the last year! Practices, philosophies, obstacles and successes will be shared in an effort to motivate and encourage anyone and everyone toward the pursuit and accomplishment of each person's individual goals and dreams.</p> <p><i>Beyond the Mind's Eye: Moving beyond Traditional Therapy Illustrated by Therapeutic Journeying</i> Stacie Dilts-Harryman, PhD, LPC, NCC, BCC How do you help a client move beyond the walls they keep running into day after day? One answer might be to consider utilizing alternative and complementary methods in a therapeutic mode. Analogous images and symbols experienced through shamanistic therapeutic journeying can open up a new world to clients, and this method will be the focus of how CAM's can effectively work in the therapy room.</p> <p><i>In Your Dreams! Let the Dreams of Your Life Create the Life of Your Dreams, Part I</i> Royce Fitts, D. Min., LMHP, LMFT Every night we make movies in our heads! Every night we make stories come alive and we experience the most outlandish of things: We fly! Or, we can't run from danger! Our teeth fall out! We fall and wake up before we hit the ground! We see storms or wars! We swim with dolphins or visit with lions and tigers and bears (oh my!) We converse with long-dead relatives. We solve problems. We write songs. We invent new tools. All these and more come alive in our night-time dreams. Learn projective dreamwork skills in this workshop through examples from volunteers' dreams (YOUR dreams) to explore the rich meanings of dreams for all of us. We will see how we can "borrow" someone else's dream and let that dream serve to give us new direction and insights for our life. We will see how we can use the dreams of our clients to assist our clients' to move to new levels of health and wholeness.</p>
9:15 am – 9:30 am	<p><u>Break</u></p>
9:30 am – 11:00 am	<p><u>Breakout Sessions (1.5 CEs)</u></p> <p><i>A Balanced Life: Personal, Work, and Sleep</i> Candise Leininger, MS, NCC, GCDF, LPC The equation for health and happiness is a balanced life. As counselors we often focus on only one third of this equation. Learn how to integrate assessing and treating career/academic satisfaction and restorative sleep along with one's personal life. This holistic approach includes centering work, technology assisted sleep enhancement, and career assessment. This workshop will focus on adolescent and adult populations. Community, school, college, and corrections counselors are welcome to attend.</p> <p><i>In Your Dreams! Let the Dreams of Your Life Create the Life of Your Dreams, Part II (a continuation of Part I from the previous hour)</i> Royce Fitts, D. Min., LMHP, LMFT Every night we make movies in our heads! Every night we make stories come alive and we experience the most outlandish of things: We fly! Or, we can't run from danger! Our teeth fall out! We fall and wake</p>

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When the Unthinkable Happens: Counselor Response to Campus Violence
Teresa Wallace, MS, LMFT, LPC, Wes Bertagnole, MS, LPC, NCC, and Janet deVries, MS, LPC, NCC, MCC

This roundtable forum will allow attendees to discuss the on-campus murder-suicide at Casper College with mental health professionals who responded to the tragedy. From a counseling perspective, what went well in the aftermath of this critical incident, and what could mental health providers have done more effectively? What lessons were learned from this experience, and how can that information be used by other Wyoming educational institutions? Join us for this open and informal conversation about addressing campus needs following tragic events.

11:00 am – 11:15 am

Break

11:15 am – 12:15 pm

Breakout Sessions (1 CE)

Presenting K-12 Classroom Guidance Activities: 12 Ready-Made Presentations for the Classroom
Louis Metz, EdS

The techniques of presenting guidance activities for grades K-12 become meaningful when you can relate the activities presented in class with students inner and outer worlds. The activity becomes meaningful to the students' lives because students develop a feeling of belonging as well as acquire feeling of personal well-being and a positive self-concept as they share their experiences with others in class. This presentation will use a classroom video presentation and guidance activity on bullying as an example. Participants will see and listen to the interaction of a regular class of students participating in an anti-bully guidance activity. Eleven other guidance activities with objectives, ready to use in the classroom during the school year 2013-2014 will also be presented. These guidance activities will be appropriate for grades K-12 because the objectives will match the needs of any student as their needs are address through personal sharing, sharing with partners and classroom sharing. The personal experiences and knowledge will complement the guidance activity being addressed and therefore the concept will be meaningful at any age level. Some of the guidance activities will include suicide, sexual harassment, responsibility, friendship and caring.

Safety in the Age of Social Media: Vital Information for Professionals and Their Clients
Stacie Dilts-Harryman, PhD, LPC, NCC, BCC, and Pamela RW Kandt

Does a client have to be addicted to social media to be at risk? In this day and age, more goes on that is associated with texts, emails, and other social media than is realized. Keep your clients and yourself safe by being informed of the risks, dangers, and little known facts regarding social media.

Self-Renewal: Passion in Counseling
Kristin Douglas, MA, LPC, NCC, BCB

What makes you tick as a counselor? What experiences did you have that helped bring you into this profession? What helps you grow and develop in your work as a counselor? How do you renew yourself and find ways to keep passionate about the work you do? Counseling is a powerful and amazing process – difficult at times, yet wonderfully rewarding at the same time! Come explore answers to these questions. Draw upon the wisdom and insights of your colleagues as together, we find ways to build and maintain passion in our work as counselors!



Presenter Information - Listed in Alphabetical Order

<p>Carrie Ahls</p>	<p>Presentation: <i>Personal Journey to Wellness</i></p> <p>Bio: Carrie Ahls is a second year doctoral student in the Counselor Education and Supervision program at the University of Wyoming. Originally from Texas, Carrie received her bachelor's and master's degrees from Ball State University in Muncie, IN. Carrie has experience working in community mental health and in the college counseling setting.</p>
<p>John Arman</p>	<p>Presentation: <i>Educating the Psyche, Soma, and Soul of Counseling Students in Clinical Practicum: Using Culture as a Backdrop for the Student Learning Experience</i></p> <p>Bio: John Arman has a bachelor's degree in Psychology from Bowling Green State University, a master's degree in Counseling Psychology from University of Colorado – Denver, and a PhD in Counselor Education from The University of New Mexico. He is a Licensed Professional Counselor in the state of Colorado and has worked in a variety of counseling settings including: inpatient & outpatient psychiatric, school counseling, clinical supervision, private practice, and education. In 1998 he took a position in counselor education at the University of Colorado. Since then he has remained in higher education and have maintained a private practice and clinical supervision practice. He has twelve refereed publications in the area of counseling as well as over 25 conference presentations. He is also a Governing Board member of the Colorado Counseling Association (CCA) and thoroughly enjoys his involvement with local and regional counselors.</p>
<p>Wes Bertagnole</p>	<p>Presentation: <i>Acupuncture Detoxification, 5 Point Ear Acupuncture Protocol and History When the Unthinkable Happens: Counselor Response to Campus Violence</i></p> <p>Bio: Wes Bertagnole is a Licensed Professional Counselor in the state of Wyoming has a master's degree in Counselor Education from University of Wyoming. Wes is a career counselor at Casper College. He has recently completed the National Acupuncture Detoxification Association (NADA) training and is now certified as an Auricular Detoxification Specialist (ADS).</p>
<p>Lynn Bohecker</p>	<p>Presentation: <i>Surviving Private Practice: A Review of Business and Wellness Factors</i></p> <p>Bio: Lynn is a Licensed Marriage and Family Therapist, a registered Supervisor and is listed on the Idaho Supreme Court's roster as a Child Custody Mediator. Lynn holds a Master's Degree in Marriage, Family, and Child Counseling from California State University Sacramento and a Bachelor's Degree in Psychology with a minor in Biology from the University of Wisconsin-Stout. Lynn is currently a doctoral student at Idaho State University in Counselor Education and Supervision. In addition, Lynn served as Clinical Supervisor for a community mental health program and as a Certified Mental Health Investigator for Civil Commitments for the Circuit Court in Oregon. She has taught Professional Counseling California State University Sacramento, Alliant International University, and is currently a graduate assistant at Idaho State University and an adjunct professor for Northwest Nazarene University.</p>
<p>Nycole Courtney</p>	<p>Presentation: <i>100! Three People, One Department, One Hundred Lbs. Lost!</i></p> <p>Bio: Nycole Courtney is a Licensed Professional Counselor and has a master's degree in Counselor Education from University of Wyoming and is also pursuing a doctoral degree in Adult Education from University of Wyoming. Working in higher education is not only Nycole's career, but passion. She has worked in higher education for about 10 years now and finds every day exciting! She loves working with students, staff, and faculty. Nycole is the mother of twin two year old girls and has a wonderful partner that makes a lot of things possible for her. Balancing work-life is a challenge she embraces daily, and continues to research for her dissertation. Nycole shares with us, "I love seeing the mundane of old things for me turn into new adventures and magical moments for my girls. I am passionate about health, self-awareness, and constantly making the impossible, possible."</p>
<p>Brittany Dennis</p>	<p>Presentations: <i>Surviving Private Practice: A Review of Business and Wellness Factors A Framework for Working with Suicidal Clients</i></p> <p>Bio: Brittany is currently a Doctoral Student at Idaho State University in the Counselor Education and Supervision Program focusing on clinical mental health and a specialty in school counseling. Brittany has worked within the public education sector for 10 years in Pennsylvania focusing on developing healthy children and families. Brittany is certified as an Educational Specialist II(K-6) and a Licensed Professional Counselor (PA). Brittany obtained her Master's in Community Counseling from Duquesne University and received and an endorsement in School Counseling from Slippery Rock University</p>

	(PA). Brittany is currently employed and on educational leave from her position as a school counselor within an inner city school outside of the city of Pittsburgh. Clinically Brittany has worked as an in-home therapist and an outpatient counselor within multiple settings.
Janet de Vries	<p>Presentations: <i>Combining Personal and Professional Growth through International Experiences</i> <i>When the Unthinkable Happens: Counselor Response to Campus Violence</i></p> <p>Bio: Janet de Vries is a Licensed Professional Counselor, a National Certified Counselor, and a Master Career Counselor. Janet has a master's degree in Counseling from University of Wyoming and is presently the Director of Career Services at Casper College. She has traveled to ten countries. In her position at Casper College, she meets with college students prior to their traveling abroad to discuss getting the most out of their study abroad experiences. She hosted a Dutch career counselor for two weeks in October and recently returned from the Netherlands doing a career job shadow exchange.</p>
Stacie Dilts-Harryman	<p>Presentations: <i>Beyond the Mind's Eye: Moving beyond Traditional Therapy Illustrated by Therapeutic Journeying</i> <i>Safety in the Age of Social Media: Vital Information for Professionals and Their Clients</i></p> <p>Bio: Dr. Stacie Dilts-Harryman has a PhD in Human Services specializing in Counseling from Capella University and has two master's degrees as well – one in Education and one in Counseling, both from Chadron State College. Stacie is a Licensed Professional Counselor specializing in Psycho-Spiritual Counseling and a National Certified Counselor. She is also a Board Certified Coach specializing as a Core Alignment/Spiritual Transformation Life Coach She is the founding member of Defining Moments Integrative Counseling & Coaching Center located in Casper, Wyoming. Stacie's counseling style incorporates a variety of holistic modalities such as hypnotherapy, creative interpretive therapy, therapeutic journeying, and energy therapy into her sessions, while her focus in coaching is to assist individuals in redirecting their energy to reach their highest potential. She's an accomplished public speaker, returning yearly as a featured presenter at the Wyoming Women's Expo and a frequent speaker at the Wyoming Counseling Association Conference. She also speaks at conferences and meetings throughout the United States on various mental health issues such as bullying, spirituality and mental health, mind pictures, and reaching potentiality. Additionally, she hosted a bi-monthly television show on mental health and the mind/body connection and was editor and writer for a natural health magazine. Her article on workplace bullying has been used in various office trainings throughout the U.S. She is currently working on two studies, one on Creative Interpretive Therapy and the other on spiritualism and personality development. See Stacie's website for more information: http://definingmomentsinc.net/</p>
Kristin Douglas	<p>Presentation: <i>Self-Renewal: Passion in Counseling</i></p> <p>Bio: Kristin Douglas is the Director of Counseling and ADA Services at Gillette College and this year's President of the Wyoming Counseling Association. She has a master's degree in Music as well as a Master's degree in Counseling Psychology and Counselor Education. She is presently working on her Doctoral Degree in Counselor Education at University of Wyoming. She has experience in agency, private practice, and college counseling settings. She has taught for the last twelve years as adjunct faculty for several different colleges - teaching various subjects from stress management and interpersonal communication, to private music instruction, general psychology, and counselor education courses.</p>
Lou Farley	<p>Presentation: <i>Teaching Tibetan Educators-in-Exile in India</i></p> <p>Bio: Lou Farley has a PhD in Counselor Education and Supervision from the University of Wyoming in 2000. He has worked as a middle school counselor in Glenrock, Wyoming, a child and family therapist at Southeast Wyoming Mental Health Center in Laramie and, since 1991, has served the Laramie community as a counselor in private practice. Lou has spent years studying with Native American and Peruvian shamans learning indigenous means of supporting people's mental and spiritual health. Lou has studied eastern thought since he was 18 years old and values his Tibetan Buddhist teachers, within the U.S. and India, very highly.</p>
Andy Felton	<p>Presentation: <i>Journey to Personal Wellness</i></p> <p>Bio: Andy Felton is a second year doctoral student in the Counselor Education and Supervision program at the University of Wyoming. Andy received his EdS in Community Counseling at James Madison University. After graduating, Andy practiced outpatient and In-home based family counseling for several years before returning to school.</p>

<p>Royce Fitts</p>	<p>Presentation: <i>In Your Dreams! Let the Dreams of Your Life Create the Life of Your Dreams</i></p> <p>Bio: Dr. Royce Fitts is certified in Projective Dream Work through the Marin Institute for Projective Dream Work of Fairfield, California. He holds a Doctor of Ministry in individual, couples and family psychotherapy from Christian Theological Seminary, Indianapolis, IN. He is licensed in Wyoming, Nebraska, and Indiana as a Marriage and Family Therapist. He is a Clinical Member of The American Association for Marriage and Family Therapy and a Fellow in the American Association of Pastoral Counselors. Learn more about Dr. Fitts by checking out his website at: www.drffitts.com</p>
<p>Beth Groves</p>	<p>Presentation: <i>Equine-Assisted Therapy</i></p> <p>Bio: Beth Groves has a master’s degree in Counseling Psychology and is a Licensed Professional Counselor. She is also EAGALA certified. Beth has worked with children for over thirty years and has been a professional horse specialist for over forty years. Beth states regarding her passion for working with horses, “I have been working with horses since I was 8 years old and started riding as far back as my memories take me. My passion and respect for horses has brought me through my education and taught me how to really live congruently. Through the use of horses I have found ways to help others. I have used horses as a metaphor in addictions, family counseling, corporate business, and in schools with peers and students.”</p>
<p>Mitch Gearharter</p>	<p>Presentation: <i>100! Three People, One Department, One Hundred Lbs. Lost!</i></p> <p>Bio: Mitch Gearharter has a master’s degree in counselor education from the University of Wyoming. He is a Licensed Professional Counselor and works with college students at Laramie County Community College at the Albany County location in Laramie, Wyoming.</p>
<p>Stephanie Keane</p>	<p>Presentation: <i>The Sounds and the Fury: Using Music, Rhythm, and Other Sounds to Effect Change</i></p> <p>Bio: Stephanie Keane is a Licensed Professional Counselor and a Licensed Addictions Therapist. Stephanie has a PhD in Counselor Education and Supervision from University of Wyoming and has a background in neuroscience and brain behavior relationships (neuropsychological testing). She is certified in EMDR and also is an internationally certified practitioner of Colorpuncture and Energy Emission Analysis. She has worked in a variety of settings and with a variety of clients over the years including with children and adolescents as well as with the sex offender and correctional substance abuse populations. Stephanie has also taught courses for University of Wyoming, Casper College, Western Wyoming Community College, and for Appalachian State University in North Carolina. She is presently a Clinical Programs Specialist at Youth Emergency Services, Inc. in Gillette, WY. Stephanie’s creative endeavors include songwriting, poetry, play writing, novels, and comedy.</p>
<p>Pamela RW Kandt</p>	<p>Presentation: <i>Safety in the Age of Social Media: Vital Information for Professionals and Their Clients</i></p> <p>Bio: Pamela RW Kandt is a chaplain & pastoral care provider in Central & Northwestern Wyoming, specializing in trauma, grief and spiritual direction. She is a community educator who has served as a crisis first responder with local law enforcement and as a mentor with at-risk youth. Pamela is the co-convenor of the Episcopal Women’s Caucus, a social & political advocacy group working on global Women’s issues (especially violence against women), as well an active advocate for LGBT & Marriage Equality Rights in Wyoming and the U.S. She is the former director of the Wyoming AIDS Project. Pamela is married to a secondary education teacher who works at-risk youth in the regional juvenile detention center. She’s also passionate about social media, technology and 21st century communications.</p>
<p>Cheri Kreitzmann</p>	<p>Presentation: <i>Introduction to Community Support Programs, Outreach Services to those with SPMI</i></p> <p>Bio: Cheri Kreitzmann is a Licensed Professional Counselor and has a bachelor’s and master’s degree in rehabilitation counseling. Cheri has worked for 8 years providing direct services to individuals with SPMI and has been in private practice for 10 years. Cheri and recently joined Positive Progressions LLC working in the PACT (Park County Assertive Treatment) Program and the patient mental health and substance dependency program.</p>
<p>Candise Leininger</p>	<p>Presentation: <i>A Balanced Life: Personal, Work, and Sleep</i></p> <p>Bio: Candise Leininger is a Licensed Professional Counselor and a Global Career Development Facilitator who recently was named the new Director of Psychological Health for the Wyoming Army National Guard in Cheyenne after working for the Wyoming Department of Education. Before that, her</p>

	<p>and her husband had a private practice in Casper for years. Candise has also taught as an Adjunct Instructor at Casper College in the Addictionology Department, and has done contract work for Three Trails EAP, Mercer House, Wyoming Recover, Climb Wyoming, and University of Phoenix. She received her Master of Science in Counselor Education from University of Wyoming. She has presented on the topics of Career Guidance, Trauma Reprocessing, Body Image, Group Career Counseling, and Technology-Assisted Therapy.</p>
Kristen Lister	<p>Presentations: <i>Surviving Private Practice: A Review of Business and Wellness Factors</i> <i>A Framework for Working with Suicidal Clients</i></p> <p>Bio: Kristen obtained her Master's in Counseling with an emphasis in Mental Health Counseling from Idaho State University. She is a licensed professional counselor who will be starting her doctoral studies in counselor education at Idaho State this fall. Over the past two years she has worked as a counselor providing mental health and career counseling to college students. Other previous work experiences include providing counseling services to adolescents in the probation system and adults in community mental health settings. Her professional areas of interest include group work, scholarship, mentorship, multicultural issues and creativity in counseling.</p>
Rebecca Luhm	<p>Presentation: <i>Brain Gym</i></p> <p>Bio: Rebecca Luhm is a Licensed Clinical Social Worker and has a master's degree in Social Work from the University of Denver and a master's degree in Education with a School Counseling Endorsement from Montana State University. Rebecca has worked for four years with the Division of Child and Family Services as a Child Protection Worker and twenty three years as a school counselor in elementary and middle school. She is currently a school counselor at two elementary schools in Worland, WY and is a licensed Brain Gym instructor.</p>
Paul Maddox	<p>Presentation: <i>Journey to Personal Wellness</i></p> <p>Bio: Paul Maddox is a second year doctoral student in the Counselor Education and Supervision program at the University of Wyoming. Prior to moving to Wyoming, Paul lived in Missouri where he received a bachelor's degree from Missouri State University as well as a master's and education specialist's degrees from Southeast Missouri State University. Having worked as a counselor in school and community mental health settings, Paul holds certification in Missouri as a Professional School Counselor and is also a Licensed Professional Counselor (LPC) in Missouri and Wyoming.</p>
Louis Metz	<p>Presentation: <i>Presenting K-12 Classroom Guidance Activities: 12 Ready-Made Presentations for the Classroom</i></p> <p>Bio: Louis Metz has a master's in Counseling Education, K-12 from Emporia Kansas State College and an EdS in Counseling Education, K-12 from Emporia State University. He has completed educational credits equivalent to a doctorate degree in Wyoming. Louis has completed forty-three years of work in education, twenty-one years in Kansas Public Schools, five years teaching seventh and eighth grade math and science, coaching football, basketball and track. This year is his twenty-third year as guidance counselor at Glenrock Intermediate/Middle School in Glenrock, Wyoming. He has served as a counselor representative and a member of KNEA, KSCA, WEA and WCA. He also served nine years in U.S Army National Guard, Sgt. E-5, 1st of the 127 Field Artillery. Louis has taught parenting classes, approximately 1500 classroom guidance activities, 150,000 individual and small group counseling sessions and 8000 parent's consultations as measured by his counselor's log. He developed and teach a career text of Investing in Stock Market, Goal Setting and Career Exploration based on career research of interest, skills and academic interest. He is am the advisor for the Stock Market Game in which GMS won the state or placed first or second in the Middle School competitions twelve of the sixteen years. Louis is excited to share his years of experience with school counselors looking for classroom educational and guidance activities.</p>
Jennie Miller	<p>Presentation: <i>The Hoarder: Exploring other Dimensions in the Therapeutic World</i></p> <p>Bio: Dr. Jennie Miller has a PhD in Mental Health Counseling from Oregon State University. She has done scholarly work, academic endeavors, and been a therapeutic practitioner in many different settings. Most recently, she is a consultant to the Wyoming Meth Project. She currently does private consulting as well as pursuing her own creative endeavors in art and writing.</p>
Deb Perkins	<p>Presentations: <i>Accessing the Healing Power of Yoga in Your Everyday Life</i> <i>Journey to Personal Wellness</i></p> <p>Bio: Deb Perkins is a second year doctoral student in the Counselor Education and Supervision program</p>

	<p>at the University of Wyoming. Deb earned her bachelor's degree in Anthropology from Texas Tech University in Lubbock, TX. in 1992. Twenty years later, she earned a master's degree in Community Mental Health Counseling from Adams State University, Alamosa, CO. In the twenty years she was not in school, Deb served in the Peace Corps, taught elementary school and was a stay-at-home, home-schooling mom to her 3 young sons.</p>
Blaine Reilly	<p>Presentation: <i>A Framework for Working with Suicidal Clients</i></p> <p>Bio: Blaine Reilly, LCPC has been licensed in the state of Idaho since July 2007. He has primarily worked in outpatient clinic settings and has worked with a variety of clients and issues. He is currently a first year Doctoral Student at Idaho State University.</p>
Beronica Salazar	<p>Presentations: <i>Surviving Private Practice: A Review of Business and Wellness Factors</i> <i>A Framework for Working with Suicidal Clients</i></p> <p>Bio: Beronica is a doctoral student in Counselor Education and Counseling at Idaho State University. She is a Licensed Clinical Professional Counselor in the state of Idaho, a Nationally Certified Counselor, and an Advanced Certified Drug Alcohol Counselor (also in Idaho). She is an approved supervisor in the State of Idaho. Beronica received her master's degree in Marriage & Family from Northwest Nazarene University. She is trained and experienced in working with individuals, couples and families with clinical and relational issues. She has worked in both private and public mental health settings. She has also served as an Adjunct Professor at Northwest Nazarene University.</p>
Brian Luke Seaward	<p>Keynote Speaker – Thursday, Pre-Conference Event</p> <p>Presentations: <i>Letting Go of Stress</i> <i>Stand Like Mountain, Flow Like Water: Health of the Human Spirit</i> <i>Walking in Balance: Strategies for Living a Balanced Life</i></p> <p>Bio: Brian Luke Seaward has a PhD in Health Psychology with a special emphasis in Psychophysiology from the University of Maryland. He is a renowned and respected international expert in the fields of stress management, mind-body-spirit healing and health promotion. Additionally, he is an award-winning author, photographer, teacher, celebrated film director/producer and much sought after inspirational speaker. His mission, as expressed through his legacy of acclaimed books and public appearances, is to make this a better world in which to live by having each of us reach our highest potential. With an ear for truth, an eye for beauty and a mind for wisdom, the wisdom of Brian Luke Seaward can be found quoted in PBS specials, the Chicago Tribune, The Huffington Post, college graduation speeches, medical seminars, boardroom meetings, church sermons, and keynote addresses all over the world. He is respected throughout the international community as an accomplished teacher, consultant, motivational speaker, author, visionary, and mentor. Currently, he serves as the executive director of the Paramount Wellness Institute in Boulder, Colorado. Former Good Morning America host, Joan Lunden says, “Dr. Seaward’s words have touched my life profoundly and helped me to find grace and dignity, the patience and compassion needed to navigate my ever-changing course. They have helped me understand that it is the way I choose to see the world that I will create the world I see.” It’s been said several times that Brian Luke Seaward looks like James Taylor, dresses like Indiana Jones, and writes like Mark Twain. In the role of traveler, visionary, mystic, healer and mentor, “Luke” has created a legacy in the field of wellness and health promotion for all to share. Luke can be contacted at www.Brianlukeseaward.net</p>
Jason Uitterdyk	<p>Presentation: <i>100! Three People, One Department, One Hundred Lbs. Lost!</i></p> <p>Bio: Jason Uitterdyk has a master's degree in counselor education from the University of Wyoming. He is a Licensed Professional Counselor and works with college students at Laramie County Community College at the Albany County location in Laramie, Wyoming.</p>
Teresa Wallace	<p>Presentations: <i>Accentuating the Positive: Using Positive Psychology to Bolster Your Work and Your Life</i> <i>When the Unthinkable Happens: Counselor Response to Campus Violence</i></p> <p>Bio: Teresa Wallace has a bachelor's degree in Psychology from Purdue University and a master's in Marriage and Family Therapy from Kansas State University. She is a Licensed Professional Counselor as well as a Licensed Marriage and Family Therapist. She is Presently the Director of Counseling at Casper College. She is “insanely happily married” for 22 years with three amazing “kiddos” – all teenagers right now. In her spare time she likes to read, dance, and participate in Casper's community theatre.</p>

<p>Jane Warren</p>	<p>Keynote Speaker – Friday, Opening Address and Presentations throughout the Day Presentations: <i>Staying Well Through Healthy Connections</i> <i>Knowledge is Power. Changes in the Ethical Codes: Updates, Awareness, and Justifications</i> <i>Practical Steps to Legislative Connections and Change in Wyoming</i></p> <p>Bio: Jane Warren is full-time faculty with the University of Wyoming Counselor Education program. She is licensed in Wyoming as a Professional Counselor (LPC), a Marriage and Family (LMFT) therapist, and an Addictions Therapist (LAT). She has a PhD in Counselor Education and has worked as a counselor in the community mental health/addictions/family area for twenty-five years. Before becoming full-time faculty, she served eight years in the Wyoming State Legislature, thus having seen the negative impact of stigma on mental health and addictions policies. Her current research focus is experiential education, particularly in addictions, ethics, and understanding the internal dynamics of domestic violence. Jane will offer several presentations at the conference that address the topics of wellness, ethics, and advocacy.</p>
<p>Noor Syamilah Zakaria</p>	<p>Presentation: <i>Counseling Ethics Education Experience: An Interpretive Case Study of the Counseling Student</i></p> <p>Bio: Noor Syamilah Zakaria is a counselor educator at the Department of Counselor Education and Counseling Psychology, Faculty of Educational Studies, Universiti Putra Malaysia. She is a registered counselor and a certified counseling practitioner in Malaysia since 2002. She recently graduated with a PhD in Counselor Education and Supervision from the University of Wyoming and is on post-doctorate leave at the Department of Professional Studies-Counselor Education, College of Education, University of Wyoming. Her primary research area is in counselor education and supervision, with her current research focus is on counseling ethics education.</p>

A Note about Continuing Education Hours...

Every attempt has been made to make sure our presenters meet the qualifications for continuing education requirements for licensure renewal in the State of Wyoming by the Wyoming Mental Health Professions Licensing Board. Please note that the certification of attendance received for attending workshops at the Wyoming Counseling Association conference does not guarantee acceptance for continuing education hours for state certification or licensure. It is up to conference participants to determine continuing education eligibility.

Conference Location and Hotel Information...

WCA will be held at the beautiful Hotel Terra in Teton Village (Just outside of Jackson). Address: 3335 West Village Drive, Teton Village, WY 83025. Phone: (800) 631-6281 or (307) 739-4000 Website: <http://hotelterrajacksonhole.com/> To reserve a room at Hotel Terra, please call them directly at one of their numbers above, or book directly through their website. We have a block of standard rooms set aside for conference participants at a special discounted rate of \$109/night. Mention you are with the Wyoming Counseling Association Conference when reserving your room by phone, or enter the group code: 10NOWQ when booking a room through their website (on their reservations page). Rooms are available while they last.

Conference Registration Information...

To register for the Wyoming Counseling Association Conference, please complete and send in the registration form found on the Wyoming Counseling Association Website: <http://www.wyoca.org/>

