

WCA 2013 Conference Schedule

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	Session I: Letting Go of Stress (1.5 CEs)
10:00 am – 10:15 am	Break
10:15 am – 11:45 am	Session II: Stand Like Mountain, Flow Like Water: Health of the Human Spirit (1.5 CEs)
11:45 am – 1:15 pm	Lunch (On Your Own)
1:15 pm – 2:45 pm	Session III: Walking in Balance: Strategies for Living a Balanced Life, Part I (1.5 CEs)
2:45 pm – 3:00 pm	Break
3:00 pm – 4:30 pm	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</p>
7:00 am – 8:00 am	Conference Registration
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</p>
9:00 am – 9:15 am	Break
9:15 am – 10:45 am	<p><u>Breakout Sessions (1.5 CEs)</u></p> <p><i>Acupuncture Detoxification, 5 Point Ear Acupuncture Protocol and History</i> Wes Bertagnole, MS, LPC, NCC</p> <p><i>Knowledge is Power. Changes in the Ethical Codes: Updates, Awareness, and Justifications</i> Jane Warren, PhD, LMFT, LPC, LAT</p> <p><i>Teaching Tibetan Educators-in-Exile in India</i> Lou Farley, PhD</p> <p><i>The Sound and the Fury: Using Music, Rhythm, and Other Sounds to Effect Change</i> Stephanie Keane, PhD, LAT, LPC</p>
10:45 am – 11:00 am	Break
11:00am – 11:45 am	<p><u>Breakout Sessions (.75 CEs)</u></p> <p><i>Combining Personal and Professional Growth through International Experiences</i> Janet deVries, MS, LPC, NCC, MCC</p> <p><i>Counseling Ethics Education Experience: An Interpretive Case Study of the Counseling Student</i> Noor Syamilah Zakaria, PhD</p> <p><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</p> <p><i>Surviving Private Practice: A Review of Business and Wellness Factors</i> Beronica Salazar, MS, LCPC, ACADC</p>
11:45am – 1:00 pm	WCA Business Lunch and Awards Ceremony

Friday Afternoon – October 4, 2013

1:00 pm – 2:30 pm	<p><u>Breakout Sessions (1.5 CEs)</u> <i>Accentuating the Positive: Using Positive Psychology to Bolster Your Work and Your Life</i> Teresa Wallace, MS, LMFT, LPC</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</p> <p><i>Introduction to Community Support Programs, Outreach Services to those with SPMI</i> Cheri Kreitzmann, MS, LPC</p> <p><i>Practical Steps to Legislative Connection and Change in Wyoming, Part I</i> Jane Warren, PhD, LMFT, LPC, LAT</p>
2:30 pm – 2:45 pm	Break
2:45 pm – 3:45 pm	<p><u>Breakout Sessions (1 CEs)</u> <i>A Framework for Working with Suicidal Clients</i> Beronica Salazar, MS, LCPC, ACADC</p> <p><i>Practical Steps to Legislative Connection and Change in Wyoming, Part II</i> Jane Warren, PhD, LMFT, LPC, LAT</p> <p><i>The Hoarder: Exploring other Dimensions in the Therapeutic World</i> Jennie Miller, PhD</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> <i>Equine-Assisted Therapy</i> Beth Groves, MS, LPC</p>

Saturday Morning – October 5, 2013

8:00 am – 9:15 am	<p><u>Breakout Sessions (1.25 CEs)</u> <i>100: Three People, One Department, One Hundred Lbs. Lost!</i> Nycole Courtney, MS, LPC, Jason Uitterdyk, MS, LPC, and Mitch Gerharter, MS, LPC</p> <p><i>Beyond the Mind's Eye: Moving beyond Traditional Therapy Illustrated by Therapeutic Journeying</i> Stacie Dilts-Harryman, PhD, LPC, NCC, BCC</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</p>
9:15 am – 9:30 am	Break
9:30 am – 11:00 am	<p><u>Breakout Sessions (1.5 CEs)</u> <i>A Balanced Life: Personal, Work, and Sleep</i> Candise Leininger, MS, NCC, GCDF, LPC</p> <p><i>In Your Dreams! Let the Dreams of Your Life Create the Life of Your Dreams, Part II</i> Royce Fitts, D. Min., LMHP, LMFT</p> <p><i>When the Unthinkable Happens: Counselor Response to Campus Violence</i> Teresa Wallace, MS, LMFT, LPC, Wes Bertagnole, MS, LPC, NCC, and Janet deVries, MS, LPC, NCC, MCC</p>
11:00 am – 11:15 am	Break
11:15 am – 12:15 pm	<p><u>Breakout Sessions (1CE)</u> <i>Presenting K-12 Classroom Guidance Activities: 12 Ready-Made Presentations for the Classroom</i> Louis Metz, EdS</p> <p><i>Safety in the Age of Social Media: Vital Information for Professionals and Their Clients</i> Stacie Dilts-Harryman, PhD, LPC, NCC, BCC, and Pamela Reamer Williams</p> <p><i>Self-Renewal: Passion in Counseling</i> Kristin Douglas, MA, LPC, NCC, BCB</p>