

2024 South Dakota Counseling Association Schedule

*All items subject to change

Thursday April 25th		
8am	Registration Open	
9am to 4pm	SDSCA Preconference **Optional W/Fee	Lunch from 12 to 1 on own
9am to 4:30pm	SDMHCA Preconference ***Optional W/Fee	Lunch from 12 to 1:30 on own
4:30pm to 5:30pm	Bylaws/Chapters/Moderator Meetings	Contact Sadie Hanson, SDCA Executive Director for Time
4:30pm to 6:30pm	Spearfish Falls Hike	Optional Easy to Moderate Hike (25 min drive there/back & 45-60 min guided hike)
5pm to 6:15pm	University Receptions/Social	**More information to follow
6:45pm to 8:30pm	Welcome/Opening Keynote	Larry Brendtro, PhD., LP
8:30pm to 11	SDCA Social	Eliza Blue for Entertainment Karaoke

Friday April 26th		
7:30am	Registration Opens	
8:00am to 8:15am	Opening Remarks/Sponsorship Recognition	Rachael Anderson SDCA President

8:15am to 9:45am	Keynote Address	Larry Brendtro, PhD, LP
9:45am to 10:15am	Break/Book Signing with	Larry Brendtro, PhD, LP
10:15am to 11:45pm	Session I	90 minutes
11:45am to 1pm	Luncheons	SDSCA & SDMHCA
1:15pm to 2:15pm	Session II	60 minutes
2:15pm to 2:30pm	Break	
2:30pm to 4:00pm	Session III	90 minutes
4:00pm to 5:00pm	Session IV	60 minutes
5:00pm to 6:00pm	Chapter/Meetings/Bylaws	**If needed
6:30pm	President's Reception and Social	
7:00pm	SDCA Awards Banquet & Graduate Student Scholarship Fundraiser	DJ Entertainment Begins until 11pm

Saturday April 27th		
8:30am to 12:30pm	Ethics Presentation	
9:00am to 10:00am	Session V	60 minutes
10:15am to 11:15am	Session IV	60 minutes

Breakout Session Information

****Friday**

Breakout Session I (90 Mins)

- ***Counseling and Working with Indigenous People***
 - Counseling and Working with Indigenous People offers an understanding of Indigenous people, culture, mental health needs, considerations, and therapeutic practices. This training is provided by an enrolled member of the Oglala Lakota Tribe, who is a counselor and counselor educator.
- ***Counselor Self Care, we need to take care of ourselves more than ever***
 - Therapist are more important and valuable to our society then ever before. This session will look at the affect of lack of self care and develop a plan for better self care.
- ***Poetry Therapy: Writing for Emotional Wellbeing***
 - Discover how writing and poetry can be a tool to heal the mind and heart. This session is designed for a wide range of counselors, from school counselors to those in mental health counseling settings. Participants will explore the power of brief writing and how it can help our clients reframe their personal experiences.
- ***Finding Your 'She-ro': Counseling Women to Conquer the Career Jungle***
 - COVID brought to light many issues women experience with working. This presentation intended to put these issues in the context of career and mental health counseling.
- ***Beyond Individual Therapy: Improving Therapy Outcomes Through Collaboration with Caregivers and Educators***
 - This presentation will focus on intervention at the systemic level to help provide guidance for mental health professionals who need assistance in the work with parents and/or teachers that accompanies work with children in a therapeutic setting. This will cover the topic of thoroughly involving parents/caregivers in the assessment and treatment planning process, strategies for involving parents in therapy ongoing, conversations to have with parents/caregivers to help guide the therapeutic process from the start (which differs depending upon the age of the client), and connecting with educators for assessment and intervention/support. This presentation will provide a brief introduction to Mental Health Consultation within classroom/group care settings, conducting classroom observations, and understanding perspectives of parents/caregivers and teachers that can create barriers to progress in the therapeutic process. A portion of this presentation will focus on ethics, professionalism and HIPAA to assist mental health professionals in understanding that collaboration must comply with federal and state law, and

should be done in a way that supports the child and family in their treatment, versus using collaboration for gossip. Cultural considerations will also be addressed.

- ***Understanding Body Language with the Client***
 - Non-verbal cues/language is where about 90% of all communication is expressed. Better understanding the depth and variety of non-verbal cues/language helps better understand what the client wants to be heard on and creates deeper emotional movement. This program will demonstrate a few techniques to help better observe the clients non-verbal messages.
- ***Standing Strong - Providing Counseling When Your World Is Crashing Down***
 - Being a professional counselor does not isolate us from our own personal life experiences. So what happens when a crisis strikes in the midst of providing mental health services for others? This program will take a look at the ethics and real-life realities of personally navigating grief, crisis, change, and loss while professionally guiding our clients at the same time.

Breakout Session II (60 Mins)

- ***Lakota Circles of Hope***
 - Lakota Circles of Hope is a 2nd-8th grade curriculum that empowers students to have a safe and healthy lifestyle using Lakota values. This curriculum was developed to enhance awareness and appreciation of Lakota values and traditions to live a healthy life and to be a good relative.
- ***Learning to Hear Through the Silence: Communicating and Working with Child Victims of Sexual Abuse***
 - Counselors serve a vital role on the Multidisciplinary Team by helping children process experiences of abuse. Counselors may become involved on the team before or after a disclosure is made. It takes a team approach to provide support through the process that a child goes through after they make a disclosure. This presentation will cover the dynamics of the Multidisciplinary Team approach. Attendees will gain understanding of the process of disclosure as it pertains to the investigative process.
- ***Moving from Bystander to Upstander***
 - Sometimes we are the unwitting Source of a microaggression. Sometimes we are the Recipient. And sometimes we are the Bystander. This workshop provides guidance for how to move from Bystander to Upstander, and serve as an advocate to reduce harm when a microaggression has occurred. It also offers a framework for growth and restoration of relationships whether we are the Source, Recipient, or Bystander of a microaggression.
- ***Supervision Approaches and Experiences***
 - This presentation for supervisors will provide a safe and comfortable space to discuss approaches to supervision, ethical resources and information, and sharing of experiences. The goal of this presentation includes increasing their

self-awareness of their views and style with supervision and what intentions they have in taking this role.

- ***Addressing Those Scars: Case Examples from a Trauma-Informed School Counseling Program***
 - This 50-minute education session is designed to provide valuable insights into understanding and addressing trauma in elementary and middle school children. Attendees will gain a deeper understanding of trauma's impact on young students and how a trauma-informed school counseling program can make a significant difference in their lives. The session will include real case examples to illustrate the practical application of trauma-informed care.
- ***Our Story of Fostering Resilience: Collaborative Approaches to Social and Emotional Supports for Middle School Students***
 - This presentation is about how we developed a multi-tiered system of social and emotional supports for our middle school students. Our system has reduced discipline referrals and suspensions by 85% in 3 years. You will see how we built SEL school wide and build crucial partnerships to support all our students.

Breakout Session III (90 Mins)

- ***Seasons of Change - Supporting & Empowering Our Clients Through the Unknown***
 - Although change is a natural part of life, it can also be a catalyst for emotional distress, mal-adaptive coping patterns, grief, and struggle. So how do we approach changes and transitions with our clients in a way that honors the challenges, yet leads to resilience and growth? This program will define multiple types of change and the stressors and strengths that come with each type, along with opportunities for personal reflection, a creative activity, and multiple resources to support clients through adjustments and transitions.
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- ***Retrospective Fatality Analysis: A Tool for Supporting Suicide Loss Survivors and Suicide Prevention***
 - This presentation explores the use of Retrospective Fatality Analysis (RFA) and its roles in suicide research, prevention, and helping survivors understand the reasons behind a loved one's death. We will explain how RFA and talking about a suicide death helps survivors make meaning of a loss by understanding life events, relationships, and the sociocultural context of suicide. Finally, we will describe the impact of meaning-making on the well-being of loss survivors,

specifically how RFA helps people reconstruct a loved one's life and engage other people and communities in conversations about suicide and suicide prevention.

- ***Mental Health/Wellness in Law Enforcement***
 - Mental Health and Wellness for First Responders is becoming an interest for mental health professionals as to how to go about contacting, discussing, and developing services for their local law enforcement agency. Each of the presenters have experienced the challenge and value of providing those services and will be sharing ideas and encouragements for the session participants. The Rapid City Police Department and the Pennington County Sheriff's Office are former recipients of the 2019 Special Contributions Award from the SDCA. Representatives from both departments will be in attendance.
- ***Poverty 101***
 - Discover how living in the crisis of poverty changes the brain and body and psychological and systemic interventions to improve outcomes for this population.
- ***Creating True Boundaries***
 - Understanding, creating and following through with true boundaries is difficult for most people because we were not taught true boundaries as a child. This program will go through the process and obstacles of creating true boundaries and give a platform to help teach clients the process and value of true boundaries.
- ***Cultural Considerations***
 - To provide specific, in-depth information and skill development for both new and experienced staff to develop a better understanding of Native driven, victim-centered content and establish the importance of building and nurturing peer partnerships between Native and non-Native service providers.
- ***Perinatal Mood Disorders - practical tips for working with postpartum clients***
 - Perinatal mood and anxiety disorders (PMADS) are among the most common mental health issues among women and birthing people. This session will provide counselors with information about clinical presentation, treatment needs and interventions for PMADS.

Breakout Session IV (60 Mins)

- ***Web-Based Intervention in the Counseling Field: An Innovative Approach***
 - This program will discuss web-based interventions, their possibilities, and their effectiveness. The presenters will share with the participants a web-based platform they created and used to decrease the test anxiety of college students.
- ***988 & Crisis Services- For everyone, everywhere, every time.***
 - Help is just three numbers away. Crisis Services, including 988 are vital components of effective mental health care statewide. This presentation will provide an overview and updates on the impact of 988, previously the National Suicide Prevention Lifeline. 988 continues to be a services for those in

emotional or substance use crisis. Participants in this session will also learn about the crisis care continuum in SD including Mobile Crisis Response and the implementation of Appropriate Regional Facilities.

- ***What is your next Purpose in LIfe: Retirement or ReFirement?***
 - Dear God, My prayer for 2025 is for fat bank account and a thin body. Please don't mix these up like last year. Amen! I'm Not Old! I woke up, I lifted my arms, I moved my knees, I turned my neck....'CrrrrrrrrrrrrrrraaaaaaaaaaaaaaaccccK!' I came to a conclusion: I am not old, I am crispy! Are you hoping for a retirement of a fat bank account and a thin body? Will you be crispy or fired up/refired? We will review the research on "The Four Pillars of the New Retirement" and engage with Carol Ryff's research on purposeful engagement, healthy aging, and the brain by completing her Psychological well-bring scale. Suggestions for reirement will be offered.
- ***Counseling and Therapeutic Interventions for Individuals with an Intellectual Disability***
 - Implementing treatment goals, interventions, and counseling strategies for individuals with intellectual disabilities requires commitment, persistence, and creativity. This session will include a review of research-based programs and practical interventions, a discussion on current strategies as described by veteran counselors in the field, and allow time for sharing resources.
- ***Building a Better You***
 - Building resiliency to be a better you is about moving beyond the trauma. With an understanding of how trauma impacts the brain we can understand how to offer opportunities to build resilience throughout development. When a community works together to implement protective factors for children to thrive, we are creating stronger communities.
- ***Strengthening working alliances in supervision partnerships with ACES best practices***
 - Counselors-in-training, university supervisors, site supervisors, and practicing counselors have an interdependent relationship. We rely on each other to enhance our profession and create greater career fulfillment that leads to better client care. This presentation is for all parties involved in supervision experience including supervisees, supervisors, and university faculty. Presenters will review supervision models and theories, discuss ACES best practices in clinical supervision and guide participants in identifying tailored strategies to engage in strong supervisory working alliances.

****Saturday**

Breakout Ethics: 8:30 to 12:30 Advanced Topics in Ethics

Breakout Session V (1.0 Contact hour)

- ***Two Brains are Better than One: School Counselor and Administrator Collaboration***
 - The relationship between administrators and school counselors is integral to helping students succeed. The goal of this session is to support administrators and their school counselors in continuous engagement and relationship development. You will leave this session with practical strategies and resources to use when partnering with your school administrators.

Breakout Session VI (1.0 Contact hour)

- ***Empathy Across Borders: Together for Trauma-Informed Care of Refugee and Immigrant Youth***
 - This 50-minute education session is designed to provide valuable insights into understanding and addressing the unique needs of young refugees and immigrant students. By sharing best practices and real-life case examples, this proposal offers practical insights into the implementation of trauma-informed care, focusing on the healing and integration of these youth. It demonstrates that by working together, we can create a nurturing, inclusive environment that fosters resilience, emotional healing, and academic success, ensuring that refugee and immigrant students can embark on a path of hope and opportunity as they navigate the challenges they face across borders.
- ***Creativity in School, Family and Community Partnerships***
 - This presentation will provide documented and evidence-based practices that will help empower schools to grow in partnership with families and their community. There will be a short presentation on the importance of these partnerships then open dialogue about creativity and how to utilize it in growing these partnerships.