

## 2019 SDCA Conference Breakout Sessions

**\*\* This is not a full list. Sessions will continue to be added as speakers confirm\*\***

(Setting indicates if it is applicable to School settings, Mental Health settings, or Both)

### **Power and Privilege: Unpacking the Real Issues in Counseling**

**Presenter:** Sara H. Crosby, MSW, CSW-PIP Self-Employed & Mark Blackburn Dean of Students, Director of the Office of Diversity and Inclusivity at Augustana University

**Minutes:** 90

This course seeks to help individuals learn about the educational benefits of engaging diverse initiatives in organizations and institutions. This course will expose participants to more vivid viewpoints and positions that serve to enhance cognitive complexity; increase cultural knowledge and understanding while enhancing leadership abilities. Power & Privilege, Unpacking the Real Issues in Counseling will encourage a keen understanding of the power dynamic in education or in private or agency settings, which creates inequitable environments. At the end of this course, participants will have a foundational understanding of:

- How to challenge your own biases and reality.
- How to facilitate and participate in difficult dialogues about power and privilege in the school, classroom or agency
- The developmental strategies for overcoming institutional racism and the power dynamic that creates inequality
- Engaging the practical application of theoretical frameworks in today's work environment.

Setting: Both

### **Sowing the Seeds of Positive Peer Relations: Small Group Counseling for Girls and Boys**

**Presenter:** Tali Paulson, MS, PK School Counselor in the Sioux Falls Catholic Schools & Morgan Robey, MS, PK School Counselor in the Sioux Falls Catholic Schools

**Minutes:** 60

Competitiveness, gossip, cognitive distortions, passive and aggressive behavior, and lack of empathy can stifle positive peer relations. In the interest of helping students cultivate their friendship skills, we will examine several small group curriculum options to strengthen students' peer relationships, allowing their interactions with one another to bloom. Small group counseling is an effective way to reach multiple students to improve skills in the area of personal/social development and allows for positive peer modeling, skill education, and a safe space to practice positive social interaction. Attendees will learn about separate boys and girls groups that were implemented at school -- what worked and what didn't. Through the sharing of hands-on activities, ideas, and useful curriculum, attendees will walk away with fun ways to assist students in forming positive and supportive relationships with peers. Attendees will also leave with strategies for collecting data from the group to examine its effectiveness, as well as handouts and examples to aid in the organization of facilitating small groups in general.

Setting: School

**It's Time to Focus on Meaning & Purpose in Life: 8 Sessions in Expressive Art Therapy & Logotherapy**

**Presenter:** Denise Curtis, MA, LPC , Doctoral student in Counselor Education & Supervision at USD, Graduate Assistantship at USD Student Counseling Center

**Minutes:** Pending- 60 or 90

We live in a time where self-transcendence is a necessary measure for the continuity of the values of our country as well as our own. There seems to be a current climate of “what’s the point?” It is this existential void that is causing so much pathology in many people today (Frankl, 1955, 1959 & 1969). Individuals, young and old, will benefit if they stop and “water” their inner wisdom and take a good look at “growing” their understanding of their own unique life’s purpose. Even in the worst of life’s trials and tribulations, there is always a lesson to learn and something in that experience that points our way into the direction we were intended to go. This may be a perfect time in our history to bring back Logotherapy’s Existential Analysis, a meaning-centered therapy. While Viktor Frankl wrote his famous “Man’s Search for Meaning” while he was a prisoner during the Holocaust, it certainly can apply to the emptiness and suffering of our current times. His argument that it is in the search for meaning in one’s life and in the living for something outside of our own problems that gives us fulfillment and happiness. Whether it be for one’s family, creative work or a cause, to have something beyond ourselves and our own problems can assist a person and even a society to overcome their mental and emotional struggles. Having unique meaning in one’s life gives a person a reason to feel motivated.

The program’s goals are to educate workshop participants on an 8-session format in contemporary Logotherapy that they can use in clinical or high school counseling settings (Dezelic, 2014). A case study will also be utilized so the participants will get an idea of the application of the 8 sessions. The goals of therapy are to assist a client in self-transcendence and in finding unique meaning and purpose in their own lives. A brief PowerPoint to introduce the topic to the audience, handouts and an experiential activity will be included in the presentation.

Setting: Both

**Between the Blades of Grass: Helping Staff and Students through Grief and Loss**

**Presenter:** Ashley Seeklander, MA, K-8 School Counselor at Groton Area School District & Sheila Anderson, MA, K-12 School Counselor at Britton-Hecla School District

**Minutes:** 60

Grief, loss, death, and dying can be difficult topics to address in any counseling setting; school or mental health agency. However, by looking through the blades of grass we can understand that grief and loss can also provide a habitat of growth. This presentation will look at the cultural responses, personal reactions, resources, and interventions available in a grief and loss situation.

Setting: School

### **Finding a Home: Helping Students Bond to School**

**Presenter:** Sara Holmberg, MS, Rutland School District

**Minutes:** 60

As School Counselors, it is our job to help foster success in all our students in a number of areas. Sometimes this can be overwhelming when we are trying to provide services to every student in our building. Implementing the House System in the Rutland School District has helped all students (K-12) build a sense of school community and bonding to school. It aims to build leadership opportunities for students of all ages and encourage community and camaraderie. It also allows teachers and staff members the opportunity to connect with student they would not regularly interact with.

Setting: School

### **Confidentiality or Privilege – Which Is It?**

**Presenter:** Scott Swier, Swier Law Firm, Prof. LLC

**Minutes:** 60

Many counselors in South Dakota's schools may not understand the difference between Privilege and Confidentiality. Because Privilege and Confidentiality are so fundamentally different, it is easy to get these two important topics confused.

Setting: School

### **Cultivating a Community of Practice: Supporting Counselors in their Work with Dual Credit Students**

**Presenter:** Jessica Lewis, M.S, MS., NCC., Student Affairs Counseling and Communication Studies; Academic Advising, South Dakota State University

**Minutes:** 60

Dual-credit/concurrent enrollment provides high school students a chance to develop roots in postsecondary education. However, the program's growing numbers mean increased responsibility for some counselors. For these high achieving students and their counselors, college course selection, enrollment, and completion can be a challenging journey. These emerging adults benefit from a post-secondary experience supported by a confident school counselor - one informed by policy, equipped with the right tools, and supported by his/her colleagues. This *round table* is intended to provide support to school counselors who work with dual credit programs, to avoid thorny issues, to cultivate a community of practice, and to help these professionals and their students flourish in higher education!

Setting: School

### **Intersectionality: We're More Than What Meets the Eye**

**Presenter:** Kristine Ramsay-Seaner, PhD, NCC, SDSU

**Minutes:** 60

This interactive and reflective session will encourage attendees to think of themselves as intersectional beings. Since the publication of the Multicultural Counseling Competencies in 1992, counseling has placed an increased emphasis on the importance of multiculturalism. Yet, as a field there is a tendency to continue to focus on racial differences as the primary source of diversity. The primary goal of this session is for attendees to consider the multiple ways that an individual may be diverse and how those identities may interact.

Setting: Both

### **Virtual Sandtray: Feasibility and Strategies for Use in Counseling Settings**

**Presenter:** Staci Born, EdD, LMFT, RPT-S & Christin Carotta, PhD, SDSU

**Minutes:** 60 or 90 Pending

There's an app for that! The virtual sandtray is an innovative counseling tool delivered via an iPad application. This presentation will share preliminary research results of utilizing the virtual sandtray in a school counseling setting. Strengths, challenges, and strategies of using the virtual sandtray will be discussed. Additionally, a demonstration of the application will be provided.

Setting: School

### **Creative Interventions for Clinical & School Counselors**

**Presenter:** Dr. Karyl Meister, Ph.D. in Counselor Education, Assistant Professor of Counselor Education at Northern State University & Ashley Geist-Cusick, MS, Ed in Clinical Mental Health Counseling, Northern State University Counseling Center

**Minutes:** 90

Help your clients, students, and even yourself to access emotions and deeply held thoughts and feelings through creative arts activities. Join professor and counselor, Dr. Karyl Meister and Ashley Geist - Cusick as they explain and lead artistic projects that can be used therapeutically. Projects may be done in individual or group settings and are adaptable for a variety of age groups and settings. This fun and interactive presentation will provide a wealth of activity ideas as well as time for individual self-care and creativity! Both mental health and school counselors alike will benefit from this fun and interactive program.

Setting: Both

### **Lakota Circles of Hope**

**Presenter:** Staci Eagle Elk, Lakota Circles of Hope Program Manager

**Minutes:** 60

Lakota Circles of Hope is an innovative culturally specific prevention curriculum that teaches students how to use Lakota culture and traditional values to deal more

effectively with risky behaviors. The curriculum is intended to foster a positive Lakota identity and enhance students' understanding and appreciation of Lakota culture.

Setting: Both

### **#MemeThis: Strategies to Help Improve Adolescent Self-Esteem in the Age of Social Media**

**Presenter:** Dr. Staci Born, EdD, LMFT, RPT-S, Assistant Professor, SDSU

**Minutes:** 60

Do your adolescent clients use social media and struggle with their self-esteem and sense of self? Look no further, #MemeThis: Strategies to Help Improve Adolescent Self-Esteem in the Age of Social Media can give you the knowledge and skills you need to help your therapeutic work with adolescents. The presenter, a Generation Z millennial, brings first-hand knowledge about social media usage and will give unique insight based on her experience on how the emerging youth uses social media. Additionally, participants will have the opportunity to practice innovative techniques and acquire resources to take back to the office.

Setting: Both

### **Increasing Children's Self-Control: Living in a Techworld**

**Presenter:** Jessica Danielson PhD, LPC, NCC, Assistant Professor at Northern State University

**Minutes:** 60

Ninety-five percent of children, below the age of nine, have access to smart phones and forty-two percent have their own tablet (Common Sense Media, 2017). As technology continues to increase, researchers are exploring the impacts. In this session, findings of an original study that examined the effects of technology on self-control in children will be presented. In addition, implications for counselors working with children will be discussed.

Setting: Both

### **It Takes More Than a Major: Equipping Students to Succeed in College & Beyond**

**Presenter:** Dr. Ahmet Can, PhD in Counselor Education and Supervision, School and Clinical Mental Health Counselor, Department Chair at NSU, Assistant Professor of Counseling in the Millicent Atkins School of Education; Britt Lorenz – MS in Education with an emphasis in Leadership for Education Director of Career Services at NSU, & Ashley Geist-Cusick, MS, Ed. in Clinical Mental Health Counseling, NSU Counseling Services

**Minutes:** 90

Choosing and attending a college are only part of the equation for student success in higher education. Join Dr. Ahmet Can, counselor educator at Northern State University and mental health counselor along with Britt Lorenz, Director of Career Services at NSU along with Ashley Geist-Cusick, mental health counselor and NSU Career Services staff member, as they provide tips, tools, and knowledge to help prepare in-coming college students to succeed academically, vocationally, and emotionally in a university setting.

Both School Counselors and Mental Health Counselors alike will benefit from this unique and energetic presentation.

Setting: School

### **Get Hexa-flexible! A working Introduction to Acceptance and Commitment Therapy Processes**

**Presenter:** Anna Leisa Sauser MS, LPC North Carolina and South Dakota, ACT Carolinas Steering Committee Founding Member, Online ACT Learning Peer Group Founder/Facilitator, Leadership and Career Development Manager (Corporate), Private Practice Professional Coach

**Minutes:** 90

Acceptance and Commitment Therapy helps clients engage deeply in the present moment and understand how their individual values are rudders for meaningful daily action. ACT encourages clients (and all of us) to build lives around a foundation of values and value-based actions, rather than building a life around symptom management alone. With roots in Relational-Frame Theory and age-old contemplative practices, learning ACT can be a bit mind-bending for both counselors and clients, and it takes some practice to incorporate the six core processes (the Hexaflex) of Acceptance and Commitment Therapy. Come, learn and practice alongside presenter Anna Leisa Sauser, MS, LPC. Attendees will engage personally with the core processes and will work in guided small-group activities. Like ACT in general, this program will be experiential rather than didactic. If you're new to ACT, you'll leave with a new paradigm with which to play.

Setting: Both

### **Recognizing Co-Occurring Mental Health and Physical Diagnoses**

**Presenter:** Donna Aldridge, MA, LPC, QMHP, Member of International Association of Trauma Professionals (IATP), Dakota Counseling Institute

**Minutes:** 90

Mental health practitioners often see clients with co-occurring mental health and physical issues. The DSM-5 includes diagnostic criteria for mental health problems as a result of medical issues, but most of us are not trained in medicine, and our ability to recognize such issues is limited. This presentation cannot make anyone an expert in co-occurring diagnoses, but it will provide insight into clarifying these diagnoses and lay a foundation for common treatment problems.

Setting: Both

### **Yoga for Mental Health and Wellness**

**Presenter:** Amy Reyes, MS, Ed, RYT200, School Counselor, Yankton High School

**Minutes:** 60

This session will introduce participants to basic yoga philosophy followed by a gentle vinyasa yoga class. This presentation ties into the conference theme of "The Grass is Greener Where You Water It" by reminding participants that in order to take care of

others, we must first take care of ourselves. Participants will experience a combination of asana (poses) and beathwork (pranayama), which will help conference attendees start their day in a calm and mindful manner. The session will end with a guided meditation.

Setting: Both

### **The Amygdala Connection: Healing Attachment when Trauma & Prenatal Exposure Collide**

**Presenter:** Nora Boesem, MSW, Catholic Social Services

**Minutes:** 90

Trauma informed care is never more important than when there is both prenatal alcohol/meth exposure and a history of childhood trauma. Being able to recognize and assess for the presence of both can lead to amazing outcomes during the course of treatment. Throughout the program brain based research and practical solutions will be offered. The content will focus on human development, and how by understanding where the brain has been functioning, you as a practitioner can meet your client's unique needs.

Setting: MH

### **Embodied Learning: A Body Centered Approach to Psychotherapy**

**Presenter:** Daniel Burow, EdD, Psychologist, CEO of Changing Behavioral Health an Adult and Geriatric Behavioral Health Service, CEO of Sioux Falls Hypnosis

**Minutes:** 90

Therapy shouldn't be a conversation. The rules of conversation are designed to expedite the flow of information between people...not within people. Therapists should help people turn inward and start to level about what they experience. To be honest with themselves and then honest with others. Body Centered Psychotherapy starts with the idea that most of your attitudes, values, beliefs and behaviors are not under conscious control. We believe them to be, but research continues to show us that we are wrong. Much of what we consider to be personality and identity are actually patterns or strategies that our nervous system uses to adapt to the world we live in. Because these patterns/strategies are largely unconscious they are best seen and understood in our bodies and our somatic experience.

Body Centered Psychotherapy is an experiential process of exploring our present moment bodily experience as means of growth, maturity and change. Problems, what we often call symptoms, are simply patterns and/or strategies in our nervous system that have become rigid and resistant to change. For reasons such as security or belonging we continue to utilize strategies and neurological patterns even when the result is profoundly negative for us.

By focusing on the movement, posture, tension and somatic experiences we can help our clients to change limiting patterns and/or move through limiting emotions in a way that allows them to learn, change and become more mature. This process of change is

built on the primary emotional experiences that underlie all of our learning, growth and maturity.

Setting: MH

### **Gender Loving Care: An Introduction to Gender Health for Counselors**

**Presenter:** Anne Dilenschneider, PhD, LPC-MH, QMHP, Private practice

**Minutes:** 90

Sex, sexuality, sexual preference, gender, gender identity, gender expression, and gender norms are often confused in our discourse with each other and with our clients. It is essential for counselors to understand the differences among these terms, and become comfortable with them, if we are going to support the gender health of all our clients. This presentation will provide an introduction to gender health and the basics of counseling transgender, gender non-conforming, and intersex persons.

Setting: Both

### **We Reap What We Sow: Hiawatha Indian Insane Asylum (Canton, SD) and Intergenerational Trauma**

**Presenter:** Anne Dilenschneider, PhD, LPC-MH, QMHP, Private practice

**Minutes:** 90

From 1902-1933, the Hiawatha Indian Insane Asylum was the linchpin of federal Indian policy; it was the “solution to the Indian problem.” Native Americans who misbehaved in boarding schools, alienated reservation agents, engaged in traditional practices, or suffered from combat-related “shell shock” were sent to this federal asylum in Canton, SD. The asylum and its legacy of diagnostic abuse, dependence, and death are part of the intergenerational trauma that affects both Native and non-Native persons throughout the U.S. – trauma that directly affects all South Dakotans.

Setting: Both

### **Neuroscience, Trauma, and Serving Survivors Where They Are**

**Presenter:** Donna Aldridge, MA, LPC, QMHP, Member of International Association of Trauma Professionals (IATP), Dakota Counseling Institute

**Minutes:** 90

The past 5-10 years have seen an explosion of practical neuroscience findings that have changed our approach to trauma and trauma therapies. That important neuroscience is presented in simple, relatable, and unforgettable terms with pictures, stories, and examples. Then we will move beyond the science to the therapy room and the classroom with easy to use techniques to literally change the structure of the brain. You won't want to miss this fast-paced, dynamic, and ultimately useful information.

Setting: Both

### **Transitioning to Adulthood: Using Dungeon and Dragons to Teach Life Skills**

**Presenter:** Jessica Danielson, PhD, LPC, NCC, Assistant Professor at NSU & Danielle Johnson, BA, Master's Clinical Mental Health Counseling Student at NSU

**Minutes:** 60

This session will introduce a creative group counseling format, based on the role-playing game Dungeon and Dragons, for adolescents and young adults transitioning into adulthood. The focus of the group is to increase life skills such as decision-making and problem-solving skills. Presenters will provide a brief overview of creativity in counseling, outline Dungeons and Dragons as a group counseling intervention, discuss implementation and possible adaptations, and demonstrate a group session.

Setting: Both

## **SATURDAY**

### **Experience and Maturity: An Experiential Prospective on Counselor Training and Supervision**

**Presenter:** Daniel Burow, EdD, Psychologist, CEO of Changing Behavioral Health an Adult and Geriatric Behavioral Health Service, CEO of Sioux Falls Hypnosis

#### **4 CEs for Ethics and Supervision**

All human beings have one or maybe two primary emotional needs that organize most of their thinking feeling and behavior. This need is so strong that we build our lives around it. Our behavior, the patterned and stable way we engage the world, is designed to ensure that our need is met. Any time our need is not met, or we cannot organize the world in a way that helps us meet it, we experience stress. The degree of stress we experience is directly correlated to the effectiveness of our coping mechanisms.

Counselors are just human beings with a cool job. Each of us has one primary need, maybe two, that we have organized our lives around. Our choice to become a counselor is usually just another way to meet this need. To most effectively supervise or train a counselor, particularly if they are having a problem, you need to understand what they need and what are they trying to prove in the world.

This workshop will teach you the skills you need to work with counselors who are struggling with some aspect of their lives. Maybe they wish to be more effective or possibly they are having a recurring negative experience with some aspect of the work. You will learn to better understand the core needs of other people and then to help them focus on problematic patterns of experience. You will learn to help people to surrender into negative experiences and then determine what new experiences they will need to help them mature and grow. You will learn to engineer experiences that allow another person to have transformational learning and achieve their goals, whatever they may be.



