



**2008 Annual Conference**  
**“Celebrating Diversity through Creativity in Counseling”**  
**September 5-6, 2008**  
**Wartburg College**  
**Waverly, IA**



Keynote Speaker: Dr. Samuel T. Gladding

Wake Forest University

Ethics Workshop: Dr. Vilia Tarvydas

University of Iowa

## SCHEDULE OF EVENTS

### **FRIDAY                    September 5<sup>th</sup>, 2008**

8:00- 9:00 AM            Registration in Saemann Student Center

9:00-12:15 PM           Keynote Presentation

***Creativity in Counseling*** (McCaskey Lyceum Auditorium)

*Dr. Samuel Gladding, Wake Forest University*

12:15- 1:30 PM           Lunch (*St Elizabeth Room*)

Annual Meeting (*Heritage Room*)

1:30-3:00 PM            Breakout Sessions

***ADVENTURE-BASED COUNSELING: Bringing Enthusiasm to Your Therapy Groups*** (Heritage Room)

*Jim Wilwerding, M.Div., MA, LMHC, CADC, NCC*

***Children and Trauma: Effects on the Brain and Actions for Caregivers*** (McCoy East Room)

*Kelly Wagner, M.S., LMHC*

3:00-3:15 PM            Break

3:15-4:45 PM            Breakout Sessions

***Positively Psychological: How to Help your Clients Become Happier*** (McCoy East Room)

*Paul Conditt, Psy.D.*

***Animal and Nature Assisted Therapy*** (Heritage Room)

*Linda Nebbe, Ph.D, LMHC*

4:45PM                    Dinner on your own

### **SATURDAY                    September 6<sup>th</sup>, 2008**

8:30-12:30                Poster Sessions (outside McCaskey Lyceum)

9:00-12:15 PM            Ethics Workshop (McCaskey Lyceum Auditorium)

***Lessons to be Learned: Evolution of Ethical Practice & the ACA Code of Ethics*** (McCaskey Lyceum Auditorium)

*Vilia M. Tarvydas, Ph.D., LMHC, CRC*

## Our Presenters

### **KEYNOTE SPEAKER: DR. SAMUEL T. GLADDING**



Dr. Samuel T. Gladding comes to us from Winston-Salem, NC, where he is the chair and a professor in the counselor education program at Wake Forest University. He has degrees from Wake Forest University, Yale, and received his Ph.D. from University of North Carolina at Greensboro. He was the Director of Children's Services at the Rockingham County (North Carolina) Mental Health Center for five years before going into the academic world. Dr. Gladding's previous academic appointments include: the University of Alabama at Birmingham and Fairfield University in Connecticut. In 1999, he was cited as being in the top 1% of authors in the profession of counseling. Some of his most recent books are: *Becoming a Counselor: The Light, the Bright, and the Serious* (2002), *The Counseling Dictionary* (2001), *Counseling: A Comprehensive Profession* (4th ed.) (2000), *Group Work: A Counseling Specialty* (3rd ed.) (1999), *The Creative Arts in Counseling* (2nd ed.) (1998), and *Family Therapy: History, Theory, & Process* (3rd ed.) (2002). Dr. Gladding's leadership in the field of counseling includes service as president of the Association for Counselor Education and Supervision (ACES), president of the Association for Specialists in Group Work (ASGW), president of Chi Sigma Iota (international academic and professional counseling honor society). IMHCA is extremely pleased to have Dr. Gladding share his expertise and open our conference celebrating creativity in counseling.

### **ETHICS WORKSHOP PRESENTER: DR. VILIA TARVYDAS**

Dr. Vilia Tarvydas has published extensively on ethics, and ethical obligations counselors owe their clients including advocacy. Her scholarly works and national and international presentations have concentrated on the areas of ethics, ethical decision-making, and professional standards. Her most recent co-authored textbook (2007) is *Counseling Ethics and Decision Making* that is in its 3<sup>rd</sup> edition. She teaches graduate level courses on ethics and professional issues at the University of Iowa (UI) at both the Master's and doctoral level. She has chaired or involved in drafting four major codes of ethics [ACA, Commission on Rehabilitation Counselor Certification (CRCC) and a center for independent living (CIL)] that have considered the issues and responsibilities of advocacy]. Over 30 years of experience in rehabilitation counseling and ethics prepared her to lead an outreach team of doctoral students that co-created of the CIL code of ethics in collaboration with the staff of the CIL that is grounded in the practice of advocacy. Dr. Tarvydas also has chaired the committee that developed Code of Ethics for Professional Rehabilitation Counselors in 1987, was involved in its 2001 revision, and chaired its 2008 revision by CRCC. She is a past member of the ACA Ethics Committee and Ethics Code Revision Taskforce that wrote the 2005 revision of the ACA Code. She has chaired several ethics committees in medical facilities and the CRCC Ethics Committee. Most recently, she was Chair of the Iowa State Board of Behavioral Science Examiners and Chair of its Disciplinary Committee for 9 years ending in May, 2008. Her extensive experience in ethics adjudications for ACA, CRCC, American Occupational Therapy Association and the Iowa state licensure board have provided ample opportunity to observe and consider the problems involved in operationalizing good ethical practices.



## **Breakout Sessions 1:30-3:00PM**

### **ADVENTURE-BASED COUNSELING: Bringing Enthusiasm to Your Therapy Groups (Knights Room)**

**Jim Wilwerding, M.Div., MA, LMHC, CADC, NCC**

Adventure-based counseling is a mixture of experiential learning, outdoor education and group counseling (Gillis, H.L. & Simpson, C.A. (1994) When clients experience a group activity which shares a common theme with their recovery process, they are allowed and encouraged to share reflections upon their experience, draw insights about themselves or others and apply their learning to changing their behaviors, the recovery process can be accelerated. (Gillis & Simpson, 1994) The use of the "Full Value Contract" in adventure-based group exercises allows for a greater level of buy-in on the part of the participants. Proper and intentional selection, design and sequencing of the activities (a.k.a. "the game") and the effective use of metaphor support this buy-in to encourage a greater level of personal insight on the part of the participant as well as development of a positive process for the group as a whole. Through the "challenge by choice" model, emotional and physical safety is maintained. This is paramount to effective adventure-based counseling.

In this "hands on" workshop, the participant will have had the opportunity to:

- Understand of the theory and philosophy of adventure-based counseling
- Understand the components, leadership concerns, sequencing of activities and effective use of processing in developing an adventure-based group
- Understand "Full Value Contract," "Challenge by Choice" and the use of metaphor to apply adventure-based counseling to various group settings
- Compile, through experience and discussion, some resources for application and development of adventure-based counseling elements in his/her own local setting regardless of budget

**Presenter:** Jim Wilwerding is a Licensed Mental Health Counselor (IA) and Certified Alcohol and Drug Counselor. His background includes pastoral and youth ministry work for approximately 12 years. Much of that time he was director of the St. Thomas More Center for All Seasons in Panora, IA where he directed 12 weeks of youth camp each summer and provided retreat and church leadership training throughout the school year. He has obtained a Master's of Divinity degree from the University of St. Thomas (MN) and a master's degree in Mental Health Counseling from the University of Northern Iowa. His counseling experience includes work at the Area Substance Abuse Council, Cornerstone Recovery, (where he was allowed the opportunity to develop an adventure-based therapy program) and LifeWorks, Inc. He currently is in private practice at New Heights Counseling Resources, Inc. in Des Moines and is an adjunct faculty member at Des Moines Area Community College in the Psychology and Human Services Departments. He is a member of the American Counseling Association, the Association for Specialists in Group Work, the American Mental Health Counselors Association and the Iowa Mental Health Counselors Association.

### ***Children and Trauma: Effects on the Brain and Actions for Caregivers***

*(McCoy East & West Rooms)*

**Kelly Wagner, MS, LMHC.**

This presentation explores the effects trauma has on the brains of children. The presenter will share actions all "caregivers" can utilize in working with members of this population. Workshop objectives include:

1. Statistics and information about children and trauma
2. Observe and discuss the effects of childhood trauma on the human brain (brief video)
3. How to identify and respond to trauma in children of various age groups (birth to 5 yrs, 6 yrs to adolescence)
4. Discussion of actions caregivers can take after a significant life event trauma

**Presenter:** Kelly Wagner has worked at the Mercy Child Advocacy Center in Sioux City, IA for seven years and has counseled many children who have been abused or otherwise traumatized. She also coordinates the "Light A Child's Life" program which is an education/prevention of child abuse program that includes: parenting classes, children's groups and community education.

## Breakout Sessions 3:15-4:45PM



### **Positively Psychological: How to Help your Clients Become Happier**

(McCoy East & West Rooms)

**Paul Conditt, Psy.D.**

Positive psychology “studies the strengths and virtues that enable individuals and communities to thrive.” - Compton, William C, (2005), Introduction to Positive Psychology. Dr. Conditt's workshop will provide a brief history of the evolution of positive psychology. He will also discuss how positive psychology taps into the four main levels of client motivation. Participants will learn about concepts including: the Purpose-Centered (not Purpose-driven) Life, integration vs. balance,

and recognizing and utilizing character strengths. Participants will be provided with a variety of examples in which positive psychology can be successfully applied in different therapeutic relationships: including counseling, coaching, and in consultation work. This is designed to be an interactive workshop.

**Presenter:** Dr. Paul Conditt is a Licensed Psychologist. He obtained his PsyD from Fuller Theological Seminary in Pasadena, CA, and maintains a successful private practice in Cedar Falls, IA. Dr. Conditt and his staff offer traditional therapeutic and assessment services for individuals of all ages, groups, and families. He also oversees several children's groups specializing in addressing issues resulting from ADHD, social anxiety, developmental delays, as well as an increasing network of young clients who face challenges related to autistic spectrum qualities. Both Dr. Paul and his wife Dr. Kristine Conditt also offer coaching and consulting services. All the therapists at Conditt Psychological Services approach their clients from a strengths based perspective and utilize the general principles of positive psychology in their practices.

### **Animal and Nature Assisted Therapy: Exciting and Practical Applications for Counselors**

(Knights Room)

**Linda Nebbe, PhD**

This presentation will focus on the practical applications of animal assisted therapy (AAT) for private practice or school counselors. AAT is an excellent, exciting adjunct therapy applicable for all types of clients and settings. Attendees will learn the history and rationale behind AAT, as well as various modes of application for practice. Practical logistics such as diagnosis, liability, risk management and third party pay will also be addressed.

**Presenter:** Dr. Linda Nebbe obtained her PhD in Education and Counseling from Iowa State University. She is currently an assistant professor in the Counseling program at the University of Northern Iowa. She is a licensed mental health practitioner. She has also been an Assistant Professor at Drake University in the Counseling Education program. Wildlife Rehabilitation and Animal Assisted Therapy/Activities are her passion and part of Dr. Nebbe's life style. Her home has offered a haven for a multitude of animals and children (foster) through the years. She also is a licensed wildlife rehabilitator and yearly takes in many orphaned or injured wild animals. She has been on the founding board of the Iowa Wildlife Rehabilitator's Association and is a past president. Dr. Nebbe has also helped organize a non-profit group of local volunteers that help with rehabilitation, the Black Hawk Wildlife Rehabilitation Project. In addition, over 20 years ago she helped to organize P.E.T. P.A.L.S., a local Animal Assisted Activities/Therapy program that is affiliated with the Cedar



Bend Humane Society, serving as both coordinator and advisor. Animals are also incorporated into her profession as therapist when appropriate. She frequently does educational presentations and speeches on Animal Assisted Activities/Therapy, wildlife rehabilitation, the environment, and human behavior and issues. Dr. Nebbe also authored the book *Nature as a Guide*, which details the application of animals, plants, and nature in counseling, therapy, and education.



**Saturday, September 6 Ethics Workshop**  
(McCaskey Lyceum Auditorium)

*Lessons to be Learned: Evolution of Ethical Practice & the ACA Code of Ethics*

Vilia M. Tarvydas, Ph.D., LMHC, CRC

Ph: (319) 335-5275; FAX: 335-5291

E-mail: vilia-tarvydas@uiowa.edu

September 6, 2008

9 a.m. – 12:15 p.m.

Wartburg College

Waverly, IA

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Today the practice of counseling demands that counselors take seriously their responsibility to know and apply the most current ethical standards in the profession they must use ethical practice that avoid poor outcomes for their clients and potential ethical grievance actions against themselves.

The first portion of this workshop will highlight changes embodied in the new 2005 American Counseling Association's Code of Ethics. The trends and evolution of ethical practices in the counseling profession will be highlighted as the major types of changes in this Code will be reviewed. National trends in ethical disciplinary and liability actions in the therapeutic professions will also be discussed. Two activities will be utilized to highlight particularly important ideas presented in the material.

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**WORKSHOP OUTLINE**

- I. Introductions and Overview of Workshop
- II. The 2005 ACA Code of Ethics: What's In It For Me?
  - A. Evidence for Revision of the Code of Ethics & the Code Revision Process
  - B. Overview of 2005 Code of Ethics
  - C. Underlying Ethical Principles and Ethical Decision Making Skills
  - D. Highlights of Changes in the Code
- III. Final Comments, Observations and Evaluation

**IMHCA** is the only organization dedicated exclusively to meeting the professional needs of mental health counselors in Iowa. Its sole purpose is to promote the profession of mental health counseling and the needs of our clients.

