

Program Descriptions for the 2009 Conference on April 30 and May 1, 2009
Merle Hay Road Holiday Inn
Des Moines

Thursday, April 30

Breakout Session #1A

Title: Mental Health Consultation in Early Childhood Education Programs

Presenters: Anne McCullough Kelly, MA and Dorothy Lifka, LISW

Goals/Objectives:

- Develop basic understanding of early childhood mental health.
- Know when to refer, what referrals are appropriate, and when to refer.
- Increase knowledge of specific areas of mental health including autism spectrum and ADHD.
- Increase knowledge of parents/guardians' mental health needs.
- Learn simple strategies adult caregivers can implement to meet children's mental health needs.
- Learn simple strategies adult caregivers can use to remain calm and focused when responding to children's challenging behaviors.

Presentation Description:

The presenters will review various definitions of mental health and the components contributing to the make-up of early childhood mental health (biology/temperament/relationships/attachments, environment/culture, and life events/situations). The presenters will assist participants in exploring what mentally healthy children look like (the spectrum of normal behavior) and then how to identify red flags. Then participants will learn specific facts regarding how autism spectrum behaviors and attention-deficit disorder may or may not present in children ages birth to five. The presenters will review strategies that can be implemented in early childhood education programs to address challenging behaviors. The presentation will end with addressing adult mental health and teach some simple strategies adults can practice to maintain their mental health when working with challenging children.

Breakout Session 1B and 2B

Title: Clinical Supervision: Models and Methods

Presenter: Darcie Davis-Gage, Ph.D., LMHC, LPC

Goals:

- Provide an overview of clinical supervision theory and models
- Increase understanding of counselor development and how it relates to clinical supervision
- Teach various supervision techniques and tools

Presentation Description: Clinical supervision is a growing specialty area within counseling and is of utmost importance as it assist in preparing the next generation of counselors. This presentation will provide a brief overview of various theories and models of supervision, a review of the counselor development and how it relates to choosing the appropriate supervision techniques. The presenter will provide numerous examples of techniques, examples of helpful assessment tools, and review the elements of supervision plans and contracts. The presentation will be interactive, applicable to various clinical settings, and handouts will be provided.

Breakout Session 1C

Title: Suicide: the final decision. How to address the #2 leading cause of death for all Iowans 15-40.

Presenter: Dale Chell, M.S., Youth Suicide Prevention Coordinator, IDPH

Goals: In this workshop, participants will learn:

- suicide death rate in Iowa across the lifespan
- common myths about suicide and suicide attempters
- warning signs of suicide
- various suicide prevention programs and strategies
- how universal mental health screening can help identify youth who are “under the radar”
- resources for survivors of suicide in Iowa (those who have lost loved ones to suicide)

Presentation Description: Learn about the myths and warning signs of suicide, the populations most at risk, prevention strategies, youth screening programs in Iowa, and resources for survivors of suicide (those who have lost loved ones) and resources available for further study.

Breakout Session 2A

Title: Working with Difficult Group Members: Skills and Techniques for Leaders

Presenter: Dr. Ed Jacobs, Ph. D.

Presentation Description: This workshop will focus on working with the negative member, the disruptive member, the non-volunteer member, and many other kinds of negative members. Leadership skills and common mistakes in working with difficult members will be reviewed. Much of the workshop will be demonstrations.

Breakout Session 2C

Title: What Are Children Trying to Tell Us: Assessing the Function of Their Behavior

(authored by L. Fox and M. Duda at the Center on the Social and Emotional Foundations of Early Learning)

Presenters: Katelyn Griner, MS, NCC and Audrey Giese, MA, NCC

Objectives/Goals:

- Define forms and function of communication and identify the behavioral mechanisms that contribute to viewing challenging behavior as communicative, per the perspective of Positive Behavior Supports.
- Identify methods that may be used to determine the function of challenging behavior.
- Use interview and observation data to determine the communicative function of challenging behavior and develop behavior hypotheses.
- Review creative techniques to teach children new skills in order to meet needs while avoiding challenging behavior.

Program Description: This workshop will provide participants with the information needed to understand the purpose of challenging behavior. We will discuss how challenging behavior occurs and is maintained through environmental factors and a method for analyzing challenging behavior as it occurs within natural contexts that may be used to identify the purpose of challenging behavior. Participants will learn how to use multiple sources of data to determine the function of challenging behavior, and creative techniques for addressing challenging behavior.

Breakout Session 3A.

Title: Crisis Counseling: What to do in all Kinds of Situations

Presenter: Dr. Ed Jacobs, Ph. D.

Goals:

- Provide information about crisis counseling, how it is different from other kinds of counseling
- To show how to deal with many different kinds of crisis

Program Description: We will go over important skills and techniques for dealing with crisis. We'll discuss when to think for the client, how to deal with phone crisis and school crisis. We will do many demonstrations followed by discussion.

Breakout Session 3B.

Title: "Dialectical Behavior Therapy - The Woodward Resource Center Model"

Presenters: *Susan Smith, MS, LMHC; Cynthia Gronert-Sparrow, MS, LMHC; Jim Prickett, MS, Ph.D., LMHC; Jan Munson, MA*

Goals/Objectives:

Dialectical behavior therapy is at the leading edge of the "new wave" of behavior therapies that emphasize utilizing the principles of behavior change in treatment. While originally designed, by Marsha Linehan, for the treatment of suicidal/parasuicidal women, DBT has been found to be empirically effective with a variety of populations, in a variety of settings. The presentation will provide an overview of Woodward Resource Center's model of Dialectical Behavior Therapy (DBT), including adaptations incorporated to accommodate individuals within a residential setting whom meet diagnostic criteria for co-occurring diagnoses.

1. Participants will be able to discuss the Bio-Social Theory of DBT.
2. Participants will be able to discuss the DBT 4 Skills Modules: Mindfulness, Interpersonal, Distress Tolerance, and Emotion Regulation .
3. Participants will be able to discuss diary cards.
4. Participants will be able to discuss behavior chain analysis.
5. Participants will be able to discuss what validation is and what validation is not.

Presentation Description:

An increasing number of individuals with mental retardation are being identified as having a Personality Disorder Diagnosis. This is an extremely difficult condition to effectively treat and the need for effective treatment proportionately increases as the number of such individuals increase. Effective treatments and treatment programs are almost non-existent in the State of Iowa, let alone within state of community services for individuals with mental retardation.

Dialectical Behavior Therapy (DBT) stands out as the treatment of choice and represents the contemporary standard of care in the professional literature. DBT offers an evidence-based, compassionate, and cohesive approach to addressing the behavioral excesses and deficits that are typical of these clients. Therefore, Woodward Resource Center recently supported a team of clinicians to attend intensive DBT training in San Bernardino, CA, from Behavioral Tech, which is the company of DBT founder, Marsha Linehan.

Breakout Session 3C.

Title: Access to Recovery - Iowa

Presenters: *Kevin Gabbert, LISW, ACADC and Michelle Tilotta, IDPH*

Program Goals: For many individuals working a program of recovery from substance abuse, barriers have existed that have created difficulties in achieving their goals. The focus of this presentation is to inform attendees of the resources available to them, their agencies, and the clients they serve, through involvement with ATR.

Presentation Description: Access to Recovery – Iowa (ATR) is a three year grant awarded to IDPH by SAMHSA in October 2007. ATR is a presidential initiative that allows individuals to purchase services and supports linked to their recovery from substance abuse using an electronic voucher system. ATR emphasizes client choice and increases the array of available community and faith-based services, supports, and providers. The information would be presented through use of PowerPoint, provided handouts, and question generated discussion.

Breakout Session 4A

Title - ADVENTURE-BASED COUNSELING: Bringing Enthusiasm to Your Therapy Groups

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

Goals/Objectives:

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

Presentation Description: Adventure-based counseling is a mixture of experiential learning, outdoor education and group counseling (Gillis, H.L. & Simpson, C.A. (1994) Working with substance abusing adolescents through Project Adventure. *Addictions Looseleaf Notebook*. Aspen, CO: Love Publishing Co.). As such, it lends itself very well to application within group therapy. When clients experience an activity which shares a common theme with their recovery process, 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.

Breakout Session 4B

Title: Licensure Changes for LMHC's and LMFT's

Presenters: Judy Manning, State of Iowa Behavioral Science Licensure Board; Darcie Davis-Gage, Ph.D., LMHC, LPC

Goals/Objectives: Participants will become familiar with changes in the licensure process and rules.

Presentation Description: Judy Manning, from the State of Iowa Behavioral Science Licensure Board and Darcie Davis-Gage, Board Member for the Behavioral Science Licensure Board will explain about recent licensure changes for LMHC's and LMFT's.

Breakout Session 4C

Title: Behavioral Consultation for People with Intellectual/Developmental Disabilities and Co-occurring Mental Illness

Presenters: *John J. Pokrzywinski, MA, BCBA, Brooke Lovelace, M.S., and Michael J. Davis, Ph.D. Psychologist*

Goals/Objectives:

1. Participants will become aware of opportunities for consultation through Money Follows the Person and Road to Community.
2. Participants will be able to discuss assumptions about and characteristics of positive behavior support.
3. Participants will be able to state the components of a behavioral consultation plan.

Presentation Description: Opportunities available for behavioral consultation through Money Follows the Person and Road to Community for persons with co-occurring intellectual/developmental disabilities and mental illness or severe behavior problems will be described. Participants will review the processes and procedures for behavioral consultation delivered from a Positive Behavior Support perspective. Principles of Positive Behavior Support will be described and applied to the behavioral consultation model. The behavioral consultation model is a triadic model in which the consultant and service provider work together to assess an individual, develop a treatment approach, ensure accurate implementation, and track effect.

Friday May 1

Title: Kick It Up a Notch: How to Use Theories and Creative Techniques to Make Sessions More Interesting and Meaningful

Presenter: *Ed Jacobs, PhD and other co-presenter*

Goals/Objectives:

1. Get counselors to think more creatively.
2. Get counselors to use more than "talk/listen" counseling; that is, be more multi-sensory.
3. Get counselors excited about how to use counseling theories in creative ways.
4. Get counselors excited about their counseling by giving them many unique tools.
5. To provide ideas that they have never seen before.

Presentation Description:

Presenters will show new and different creative ways to have more impact with your clients. They will show how to use theories with multisensory techniques such as the use of chairs, props, writing, and movement. Much of the workshop will consist of demonstrations, mini lecture, and group discussions. Also, many role plays and live examples will be presented. You will learn techniques that you will be able to use immediately. Focus will be on how to help participants "kick it up a notch" in order to have more impact. Time will be allotted for questions and case consultation.

The techniques and methods are based upon Dr. Jacob's two books on Impact Therapy (Creative Counseling Techniques and Impact Therapy). The major tenets of Impact Counseling – the RCFE map (Rapport, Contract, Focus, and Funnel) and the depth chart will be discussed in great detail. The five T's of Impact Counseling will be presented (Thinking, Timing, Theory, Training, and Teaching).

About Dr. Jacobs:

Dr. Ed Jacobs is a professor in the Counseling, Counseling Psychology, and Rehabilitation Department at West Virginia University. He received his MA in psychology from the University of Texas at Austin and his Ph.D. in counselor education from Florida State University. Professional publications include 25 articles in books and journals as well as three books on counseling techniques: Impact Therapy, Creative Counseling Techniques: An Illustrated Guide, and Group Counseling: Strategies and Skills which is now in its fourth edition. Dr. Jacobs is the founder and director of Impact Therapy Associates. He is a nationally certified counselor and a licensed professional counselor in West Virginia and has been in private practice for over 20 years. Each year, he presents throughout the United States, Canada, and Europe over 40 workshops on Impact Therapy and group counseling for agencies, school districts, and organizations. He also presents professional development workshops for the American Counseling Association. Dr. Jacobs is known for his practical, down-to-earth style in both his presentations and his books. For variety, he teaches summer courses at different universities throughout the country. He also conducts summer training institutes on Impact Therapy. Dr. Jacobs has been recognized for his outstanding contribution to the group counseling field by being selected as Fellow in the Association for Specialists in Group Work. He is a member of the Association for Counselor Education and Supervision and the International Association of Marriage and Family Counselors, all divisions of the American Counseling Association.