

## 2012 Annual Iowa Mental Health Counselor's Association Conference:

### Program Descriptions

#### **Thursday:**

#### **Morning Presentations:**

##### **1A:** Ethics

Presenters: Wade Leuwerke

Biography:

Content Description

Learning Objectives.

#### **Afternoon Breakout Sessions:**

##### **2A:** College Counseling: Trends and Best Practices

Presenter: Molly Wertz MA, LMHC, NCC

Biography: Molly Wertz is a Licensed Mental Health Counselor and National Certified Counselor. She graduated with her Master's Degree in Mental Health Counseling in 2005, and has been licensed since 2007. She has worked for Wartburg College Counseling Services, in Waverly, Iowa, since 2006. Prior to working at Wartburg College, she gained experience working in residential settings, as well as a day treatment program for at risk youth. She is a member of the American Counseling Association and the American College Counseling Association.

Course Description: According to the American College Health Association, 10% of college students have been diagnosed with depression, 86% have felt overwhelmed by all they had to do, and 45% have thought things were hopeless. College students are facing new and different challenges than ever before, and with a gradual shift in the acceptance of utilizing counseling services, college counseling centers are seeing record numbers. What does this mean for counselors? Because college counselors work where their clients eat, sleep, socialize and study, they can face unique challenges. This session will provide an in depth look into the mental health counselor's role on a college campus.

Goals:

- Understand trends in college counseling
- Learn benefits and challenges of working in a college counseling center
- Learn best practices for treating the college client
- Leave the session with a few helpful tools/resources

**2B:** Private Practice

Presenters: Susan Hoppenworth

Biography:

Course Description:

Goals/Objectives:

**2C:** Creative Ways to Sustain Counselor Wellness and Prevent Burnout (3hrs)

Presenter: Carol Hinman, Ph.D., LMHC, CCMHC, RPT-S

Biography: Carol Hinman received her Ph.D. in Counseling Psychology from Walden University in 2002 and her master's degree from the University of Georgia in 1988 in Counseling and Human development Services. She has 20 years experience providing counseling services to children/adolescents and families. Her areas of expertise include play therapy, child development, and trauma response. She considers herself a lifelong learner with emphasis on educating others, through formal and informal means. Specifically, she has 3 years experience teaching in a graduate-level counseling program. Carol also has three years experience as head on Institutional Review Board.

Course Description/Goals: The primary goal of this program is to help participants each develop an Individualized Wellness Plan. This will be accomplished by providing participants with a form to be completed during the program including areas to identify 1) Risks to wellness in the participants' daily professional practice, 2) Risks to wellness in the participant's daily life, 3) A planned, regular time when the participant will take stock of their wellness, 4) Key supportive relationships, 5) Activities to enhance creativity, 6) Activities to enhance thinking, 7) Activities to increase optimism, 8) Activities to increase meaning, and 9) Activities to self-nurture. Drawing on play and activity therapy techniques, participants will be guided through a process of learning and practicing wellness activities that participants can then opt to include in their wellness plan. During this process, information will be shared from the counselor wellness literature to provide the most up to date and beneficial information for participants to include in their individualized wellness plans. Information will primarily come from the Special edition (2007, Vol. 46) of the *Journal of Humanistic Counseling, Education, and Development* focused on counselor wellness. Additionally, information from research on counselor wellness will inform program activities and information (Habesleben, 2006; Harrison & Westwood, 2009;

Myers & Sweeney, 2008; Shapiro, Brown, & Biegel, 2007). Finally, the Iowa Department of Public Health's Professional Licensure Impaired Practitioner program will be briefly reviewed.

### **3A:** Courtroom Testimony

Presenter: Cory McClure

Course Description: Many mental health professionals feel apprehensive upon receiving a subpoena to testify in court regarding a client. This break out session will give you a greater understanding of how to prepare for courtroom testimony, common questions you may be asked, helpful ways to respond to questions, and interviewing techniques used by attorneys to elicit further information from you or to discredit you. Through this session, mental health professionals should be better prepared to testify in the courtroom.

Goal: Mental Health Professionals will gain an improved ability to prepare for and testify in court.

Objectives:

1. Gain an understanding of what is expected from mental health professionals testifying in court
2. Improve competence in preparing for and responding to questions while on the witness stand

### **3B:**

Presenter: Dr. Weston Edwards, PhD.

Biography:

Course Description:

Goals/Objectives:

**3C:** Creative Ways to Sustain Counselor Wellness and Prevent Burnout Continued (3hrs)

### **Friday Keynote:**

**Title:**The Overlap of Mental Health, Drugs, Sex and the Internet: Resources for an Integrated Treatment Approach

Presenter: Dr. Weston Edwards, PhD.

Biography: Dr. Weston Edwards, PhD, is the Clinical Director at PRISM Behavioral Health, a outpatient mental health program and sexual health program affiliated with PRIDE Institute, a culturally specific substance treatment program for LGBT individuals. Weston Edwards completed his PHD from the University of Minnesota focusing his research in sexual health. He

has 20 years experience working with clients in the overlap of sexuality, mental health and chemical health. He has written three workbooks for clients to help facilitate personal transformation in the area of sexuality. In addition to his training in psychology, Dr. Edwards has graduate training and experience in Spirituality, Life Coaching, and Business/Leadership.

Course Description: What does a counselor do when a client arrives presenting with chemical dependency, mental health, substance use issues and surfs the internet as a relapse trigger leading to a spiral of shame and increasing out of control behaviors?

This interactive workshop will address the Overlap of Mental Health, Drugs, Sex and the Internet. Research demonstrates the relationship between sexual health concerns, chemical health and mental health. The workshop will provide a model to conceptualize and treat the overlap to help providers who work with clients move forward in sexually healthy ways and maintain long-term mental health and chemical health. A cognitive based treatment model in treating this overlap will be reviewed as a complement to a 12-step model of treating chemical addiction. Concepts from the Stages of Change Model, Motivational Interviewing, and Vgotsky's Zone of Proximal Development are integrated into the workshop.

Goals/Objectives:

This 6-hour workshop will review in depth the Overlap of Mental Health, Drugs, Sex and the Internet. By the end of the session, the participant will be able to:

- a) Recognize the overlap of the areas.
- b) Apply strategies to address this overlap.
- c) Apply an integrated approach to the four areas.

This workshop will review the concept of sexual health. By the end of the session, the participant will be able to:

- a) Recognize the components of sexual health
- b) Understand the Professional's role in fostering sexual health.
- c) Have a conceptual understanding of sexual wellness as it relates to recovery.

This workshop will help increase the comfort and skill level talking about sexuality topics. By the end of the session, the participant will be able to:

- a) Recognize subject areas where they feel comfortable talking about sex.
- b) Recognize subject areas where they feel uncomfortable talking about sex.
- c) Identify strategies to refer employees to appropriate levels of intervention

This workshop will describe two expressions of typical sexual behavior problems.

- a) Understand the language of Internet-mediated sexual behavior and recognize the linkage between Internet behaviors and substance use disorders.
- b) Recognize and conceptualize the overlap between sexual compulsivity and substance use.
- c) Recognize and conceptualize Internet sexual compulsivity, including assessment, "diagnosis," and treatment concerns.

This workshop will introduce the professional to the behavioral treatment approach for sexual compulsivity and Internet sexual compulsivity. By the end of the session, the participant will be able to:

- a) Identify the basic components of the Treatment Model.
- b) Identify strategies they can use to identify resources for support and treatment for the client.