

# 2025

A vibrant, multi-colored graphic of a city skyline, likely Nashville, is positioned behind the text. The skyline is rendered in various colors including red, orange, yellow, green, blue, and purple. The entire graphic is surrounded by a dynamic splash of paint or ink in the same color palette, creating a sense of energy and movement.

**COUNSELING AND  
THERAPY SUMMIT**

**June 13-14, 2025 • Trevecca Nazarene University  
333 MURFREESBORO PIKE, NASHVILLE, TN 37210**

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# PRESIDENT'S WELCOME

Welcome TLPCA Members and Guests,

It's a pleasure to welcome you to this year's TLPCA Summer Summit! As President-Elect of this incredible organization, I'm honored to stand alongside you—our dedicated counselors and mental health professionals—as we gather once again for connection, learning, and inspiration.

This year, we are especially honored to welcome leadership from the Counseling Compact to the TLPCA Summer Summit. Their leadership has promoted the profession's journey toward greater mobility, accessibility, and collaboration across state lines. The Compact represents one of the most important advancements in counseling regulation in recent decades—offering a streamlined path for licensed professionals to practice in multiple states, increase access to care, and meet the evolving needs of diverse populations. Their presentations will not only address the logistical framework of the Compact, but also its broader implications for counselor practice and client care.

At the heart of TLPCA's mission are our core pillars: to unite, train, and advocate. These are not just ideals—they are actions. I encourage you throughout this summit to reflect on how you can contribute to this mission beyond the summit. Whether it's through mentoring, advocacy efforts, or simply encouraging a colleague, every step we take strengthens our profession.

I'm deeply thankful for each presenter, volunteer, and attendee who makes this event possible. The expertise and passion present here are remarkable, and I look forward to all we will learn and build together.

Let's make this summit a time of insight, renewal, and momentum for the year ahead.

Warmly,

**William Feck, Ed.S., LPC/MHSP, NCC**

**President, TLPCA**



# SUMMIT AT A GLANCE

## Friday, June 13

<b>8am - 8:30am</b>	Registration & Breakfast; Exhibitor Setup (optional)
<b>9am - 12pm</b>	Pre-Conference #1 (Supervision); Pre-Conference #2 (Trauma); Pre-Conference #3 (Documentation/Treatment Planning)
<b>12pm - 1pm</b>	Lunch
<b>1:30pm - 4:30pm</b>	Pre-Conference #4 (Ethics); Pre-Conference #5 (Wellness); Pre-Conference #6 (Suicide Assessment/Intervention)

## Saturday, June 14

<b>7:30am - 8am</b>	Registration & Breakfast; Exhibitor Setup
<b>8am - 8:15am</b>	Welcome and Introductions
<b>8:15am - 9:15am</b>	Keynote
<b>9:15am - 9:45am</b>	Break - Visit Sponsors, Exhibitors, & Student Posters
<b>9:45am - 10:45am</b>	Session 1/Roundtables
<b>11am - 12pm</b>	Session 2
<b>12:15pm - 1:30pm</b>	Business & Awards Luncheon
<b>1:30pm - 1:55pm</b>	Regional Meetings
<b>2pm - 3pm</b>	Session 3
<b>3:15pm - 4:15pm</b>	Session 4
<b>4:30pm - 5:30pm</b>	Session 5



# SCHEDULE

FRIDAY, JUNE 13, 2025

<b>8am - 8:30am</b>	Breakfast/Registration; Exhibitor Setup		
<b>Room</b>	Boone Center	Quick Lecture Hall	Wakefield Auditorium
<b>9am - 12pm</b>	<b>Ethical, Efficient, Effective: A Modern Approach to Clinical Documentation</b> Christine Finnegan	<b>Religious Trauma Recovery: Supporting Clients in Healing Religious Trauma</b> Anna Trout Perry	<b>Evaluation and Risk Management in Supervision Client Safety</b> Susan Lahey Christina Cummings Christian Williams Autumn Woodard Joy Conklin Karen Jimenez
<b>12pm - 1pm</b>	Lunch - Boone Convocation Center		
<b>Room</b>	Boone Center	Quick Lecture Hall	Wakefield Auditorium
<b>1:30 - 4:30pm</b>	<b>Ethical Implications for Counselors and Counselor Supervisors Working in Multidisciplinary Settings</b> Mark Loftis Tony Michael Paige Seymour	<b>Well, Well, Wellness, What Do We Have Here?: Sustainable Well-Being Strategies for the Change Makers &amp; Disruptors in Professional Counseling</b> Dr. PaQuita Pullen	<b>Suicide Assessment and Intervention Across the Life Course</b> Jordan Westcott Jennifer Moralejo Amanda Green

# SESSION SCHEDULE

SATURDAY, JUNE 14, 2025

2025 Counseling and Therapy Summit – Session Schedule					
	Session 1	Session 2	Session 3	Session 4	Session 5
	9:45 to 10:45 AM	11:00 AM – 12:00 PM	2:00 – 3:00 PM	3:15 – 4:15 PM	4:30 – 5:30 PM
Boone Center	<b>Roundtables</b> (See below for titles)		Kali Connection Therapy: Creating Somatic Safety and Empowerment in Uncertain Times <b>Mara Giovanni</b>	<i>Navigating the Ethical Quagmire of Multiple Relationships and Boundary Extensions with Clients</i> <b>Sarah Bracey</b>	<i>Rhythms of Renewal: A Drum Circle for Counselor Replenishment and Connection</i> <b>Vanessa Davis</b>
Room 102/104	<i>Beyond "Checking the Box:" Effective and Creative Strategies for Utilizing the Suicide Safety Plan</i> <b>Nathan Harris</b>	<i>Let's Talk About Death: What Death, Dying, and Bereavement Teach us About Life and Living?</i> <b>Carla Archuleta</b>		<b>THE THRIVE INTERVENTION:</b> <i>Reorienting suicide treatment around story, meaning, recovery, &amp; a relentless pursuit</i> <b>Jacob Henry Adam Graham Jennifer Lockman</b>	<i>Beyond the Code: Ethical Counseling in a Multicultural and Social Justice Framework</i> <b>Marisa White</b>
Room 106/108	<i>A Standard for Helping Your Practice Assess Suicidal Clients</i> <b>Michael Christian</b>	<i>Body Dysmorphic Disorder (BDD): Identifying an Often- Overlooked Concern</i> <b>Benjamin Craft Amy Mariaskin</b>	<i>Why Can't I be the Main Character? The Depictions of Eating Disorders in Films from 2000-2020</i> <b>Jermeckia Sandefer</b>	<i>Digital Detox for Families: Reclaiming Connection in a Hyperconnected World</i> <b>Paul G. Helton</b>	<i>Eating Disorders 101: Core Skills and Competencies for Treating Disordered Eating</i> <b>Caroline Whitaker</b>
Room 109	<i>Economic Realities in the Counseling Field: Implications of Data from Current and Former Counseling Students</i> <b>Frankie Fachilla</b>	<i>Creating a Self-Care Strategy for Early Career Counselors</i> <b>Julie Barnes April Lamoreaux</b>	<i>Redefining Parenthood: Navigating Identity Development in the Perinatal Period</i> <b>Sara Rader</b>	<i>Supervision of College Interns: Effective Tools and Skills to Make the Most of Student and Supervisor Growth</i> <b>Tori Rokicki</b>	<i>Rural Isolation and Its Mental Health Impact: Effective Counseling Strategies for Change</i> <b>Paige Seymour</b>
Room 110	<i>The Counseling Compact, The Time Is Near</i> <b>Greg Searls</b>	<i>Licensure Q &amp; A</i> <b>Kim Speakman Candyce Wilson Katherine Trawick</b>	<i>Legislative Update</i> <b>Heather Meshell Clay Harris April Lamoreaux</b>	<i>The Counseling Compact, The Time Is Near (repeat session)</i> <b>Greg Searls</b>	
Room 111	<i>Adoption Soup: Exploring the Complex Needs of the Adoption Triad</i> <b>Stacey Buford</b>	<i>From Provider to Patient: An Inside Look at Mental Health Treatment</i> <b>Amber Chaney</b>	<i>Parent Abuse: The Best Hidden Family Secret</i> <b>Jeremy Henderson- Teelucksingh</b>	<i>What Do Counseling Clients Want? Messages From the White Board</i> <b>Suzanne Grannis</b>	<i>Becoming a Board-Certified Telemental Health Provider</i> <b>Peter Wilson Lauren Groves</b>
Room 113	<i>Rewiring the Past, Restoring the Present: The Role of Lifespan Integration in Treating Trauma and Dissociation</i> <b>Stephanie Davis</b>	<i>The Hidden Burden: Understanding the Impact of Parental Incarceration on Children Through an IFS Lens</i> <b>Jasmine Reynolds</b>	<i>Autistic Masking in Adults: The What, Why &amp; How</i> <b>Chris Quarto</b>	<i>Autism, ADHD, and Sexual Compulsivity</i> <b>Ray White</b>	<i>Adult ADHD: Exploring Current Considerations for Diagnosis and Treatments</i> <b>Mason Hale Katie Blair Ellie Heerema Andrew Newton Dot Perkins Jillian Royster</b>

# SESSION SCHEDULE

SATURDAY, JUNE 14, 2025

	Session 1	Session 2	Session 3	Session 4	Session 5
	9:45 to 10:45 AM	11:00 AM – 12:00 PM	2:00 – 3:00 PM	3:15 – 4:15 PM	4:30 – 5:30 PM
Room 114		<i>Conceptualizing an Emerging Domain of Client Wellness: Social Media/Technology Health</i> <b>Shelly Erdman</b> <b>Ben Nelson</b>	<i>Streamlining Clinical Notes: Evaluating AI, Traditional Methods, and Ethical Standards</i> <b>Lisa Long</b> <b>Shelly Erdman</b>	<i>I Still Love Being a Counselor: The 5 Essential Truths in Maintaining Your Passion for Counseling Life Long</i> <b>Donald Harvey</b>	
Room 115	<i>Supporting Transgender, Non-Binary, and Gender Expansive Clients in a Hostile Sociopolitical Landscape</i> <b>Mickey White</b> <b>Jordan Westcott</b>	<i>Enhancing Relationship Engagement during Trauma Reprocessing: A Two-Pronged Approach to PTSD Treatment</i> <b>William Feck</b> <b>Cameron Harman</b>	<i>Beyond the Behavior: Understanding the Function of Non-Suicidal Self-Injury</i> <b>Dakota Lawrence</b>	<i>BPD or C-PTSD? Understanding the Overlap and Key Differences</i> <b>Dakota Lawrence</b>	<i>Jump Start Your Brain: Emotional Regulation Activities for Youth</i> <b>Jeff Devine</b>
Quick Lecture Hall	<i>Human Centered Design and Systems Thinking in Clinical and Program Supervision</i> <b>Tiffany Lindsey</b>	<i>Homicidal Threat Assessment Training for LPCs</i> <b>Rob Moore</b> <b>Clay Harris</b>		<i>Scope it Out! Improving Compliance and Ethical Adherence by Clarifying Counselor Scope of Practice</i> <b>Jenny French</b>	<i>Spiritual Abuse: Implications for Mental Health Counseling</i> <b>Andrea Mills</b> <b>Laura Enciso</b> <b>Hunter Braden</b> <b>Enchantice Laws</b>
Greathouse, Room 211	<i>Rewired to Rest: Healing Trauma Through Cultural Humility and Nervous System Regulation</i> <b>Yunetta Smith</b>	<i>Therapeutic Connectedness: Using Evidence-Based De-escalation for Your Most Challenging Clients</i> <b>Carletta Smelcer</b> <b>Bethany Powers</b>	<i>Using the Family Art Assessment to Creatively Engage Children and their Caregivers in Family Sessions</i> <b>Kasie Lee</b> <b>Kelly Diehl</b> <b>Abbey Wyatt</b> <b>Andrew Thompson</b>		
Greathouse, Room 212	<i>Getting Unstuck: Discovering Rumination Focused ERP</i> <b>Jeff Devine</b>	<i>Taking the Stress out of Documentation</i> <b>Aimee Isenberg</b>	<i>Impression Management in Psychotherapy: How to Use Yourself as an Effective Therapeutic Tool</i> <b>Francesca Giordano</b>	<i>Strategies for Connecting and Engaging Adolescents and College Students</i> <b>James Sapp</b>	

Roundtables 9:45 to 10:45 AM - Boone Center		
Session 1	<i>Counseling in a Non-democratic Society and Its Impact on the Counseling Profession</i>	<b>Nicoletta Montgomery</b>
Session 2	<i>The Practical Implications of the Dual Process Model of Coping with Bereavement in Mental Health Care Settings</i>	<b>Mason Hale; John Kennedy; Danielle Peters</b>
Session 3	<i>Acceptance &amp; Commitment Therapy for Anxiety Disorders 101</i>	<b>Benjamin Craft; Chris Pursell</b>
Session 4	<i>Health-Medical Challenges and Grief: Group EMDR Therapy for Patients and Caregivers</i>	<b>Carla Archuletta</b>
Session 5	<i>When Good Intentions Backfire: Navigating Ethics and Professional Risks of Counselor Advocacy</i>	<b>Marisa White</b>

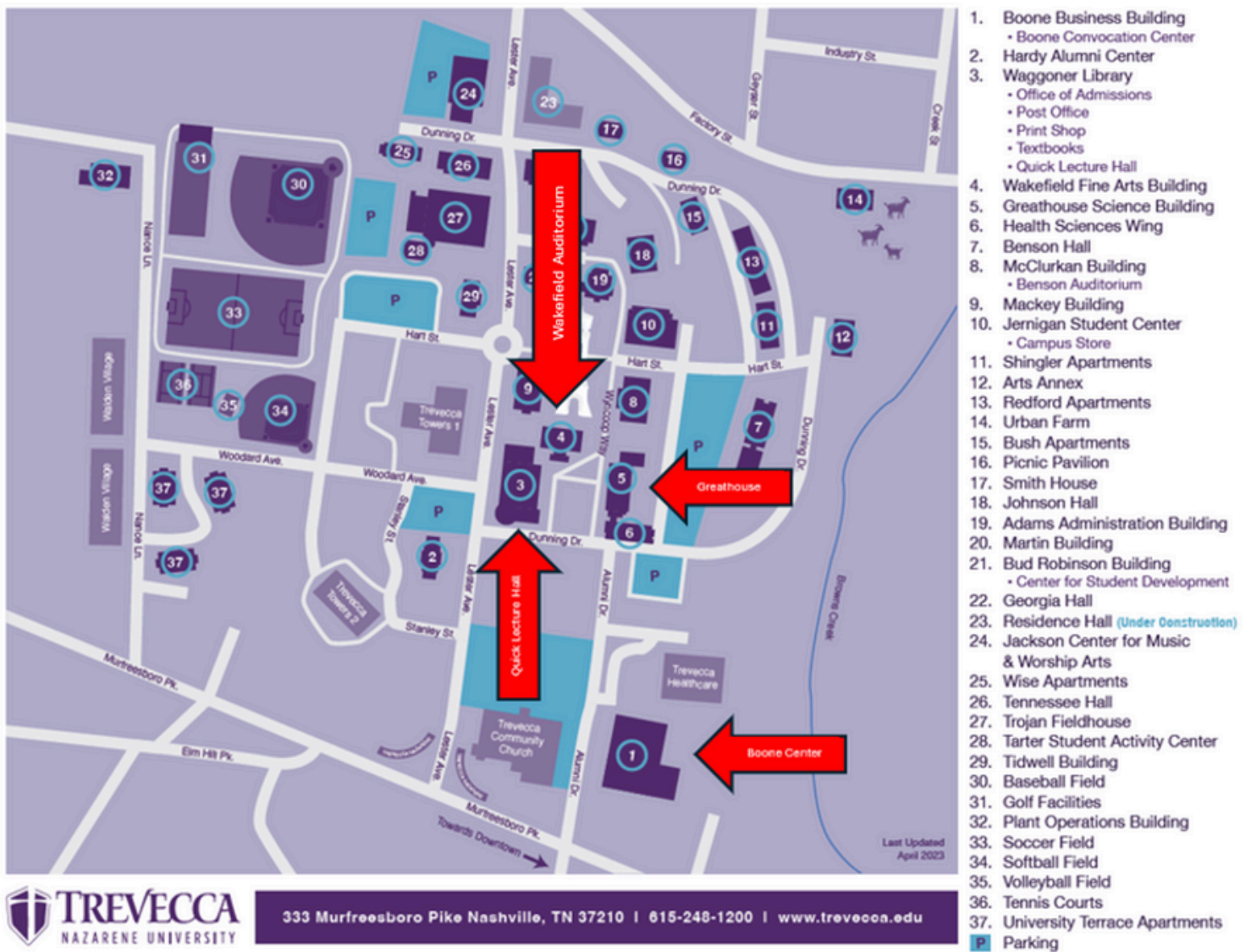
# CAMPUS MAP

## The Summit will be held in the following spaces:

1. Boone Center
2. Quick Lecture Hall
3. Greathouse (Rooms 211 & 212)

Please see map below for directions.

**Please note:** Golf carts will be available for transportation between spaces.



# GOLF CARTS

**Catch a ride with one of our volunteers! Golf cart transportation will be available—just meet us outside the Boone Center.**





# 2025 Counseling and Therapy Summit Etiquette

Attending a conference requires a certain level of professionalism and etiquette to make the most of the experience and leave a positive impression. Here are some key points on conference etiquette and/or helpful tips for the 2025 TLPCA Counseling and Therapy Summit.

## During the Summit:

**1. Try to arrive early** to check in, collect your badge, and find your way around the venue.

**2. As you network**, be sure to visit the sponsor and exhibitor table. Consider the networking process:

- **Introduce Yourself:** Approach new people, introduce yourself politely, and exchange business cards.
- **Listen Actively:** Show genuine interest in conversations. Listen more than you speak and avoid interrupting.
- **Be Respectful:** Respect personal space and avoid monopolizing someone's time.

## 3. Sessions and Workshops:

- **Be Punctual:** Arrive on time for sessions and workshops. Late arrivals can be disruptive.
- **Engage Actively:** Participate in discussions, ask questions, and contribute thoughtfully.
- **Respect Speakers:** Turn off or silence your mobile phone and avoid side conversations during presentations.

## 4. Meals and Breaks:

- **Join Others:** Use meals and breaks as opportunities to network. Join others at tables and introduce yourself.
- **Be Considerate:** Be respectful of luncheon etiquette. For example, do not talk during awards and/or speeches.

## 5. Professional Etiquette

- **Be Courteous:** Treat everyone with respect, from fellow attendees to conference staff. (See TLPCA's Safety and Inclusion Statement)
- **Stay Engaged:** Avoid using your phone or laptop for non-conference activities during sessions.
- **Respect Privacy:** Ask permission before taking photos of individuals or presentations.

By adhering to these guidelines, you can ensure that you make a positive impression, gain valuable knowledge, and build meaningful professional relationships at the conference.

# 2025 TLPCA Counseling and Therapy Summit Safety and Inclusion Statement

TLPCA strives to create a culture that values diversity and promotes equality for all. We want each participant to have a productive professional experience and feel empowered to contribute their best in the pursuit of continuing education and networking.

All people are welcome at the 2025 TLPCA Counseling and Therapy Summit BUT NOT all behavior. TLPCA is committed to providing a respectful and inclusive environment where everyone is treated with dignity and respect. Discrimination based on race, ethnicity, gender, sexual orientation, religion, disability, age, or any other characteristic will not be tolerated. Any violation of these standards will result in appropriate action, up to and including removal from the Summit. If removal from the Summit is the resulting action, Summit registration will be forfeited. We encourage all members of our community to report any incidents of inappropriate behavior, discrimination, harassment, or retaliation to:

[report@TLPCA.net](mailto:report@TLPCA.net)

We are committed to investigating all complaints promptly and taking appropriate remedial action to address and prevent further discrimination or harassment.



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# TLPCA LEADERSHIP

## CURRENT LEADERSHIP



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**President**



William Feck  
**President-Elect**



PaQuita Pullen  
**Past President**



Robin Lee  
**Executive Director**



Hunter Cook  
**Treasurer**



Stephanie Evans  
**Secretary**



Ann White  
**Executive Regional  
Representative Chair**

## Our Committee Chairs

### Bylaws

Dr. Nathan West, **Chair**

### Ethics

Dr. Mark Loftis, **Chair**

### Professional Development

Alvin Bonds, **Chair**

### Social Media

Maghan Eversmith, **Chair**

### Equity, Diversity, Inclusion + Belonging (EDI+B)

Ben Roberts, **Co-Chair**  
Brianna Velazquez, **Co-Chair**

### Membership

Katlyn Hansen, **Chair**

### Public Policy

Clay Harris, **Co-Chair**  
April Lamoreaux, **Co-Chair**

# TLPCA LEADERSHIP

## **Executive Regional Representative Chair**

Ann White

## **Student Representative**

Katlyn Hansen

### **East Tennessee**

#### **Southeast**

Melanie Berg  
Rebecca Stein  
Yohunnah Woods-Moton

#### **East**

Megan McCarter Cates  
Nancy Truett  
Nathan West

#### **Upper East**

Hunter Cook  
Kendra Cook

### **Middle Tennessee**

#### **Upper Middle**

Jessica Wilson

#### **South**

Brandon Antoskow  
Stephanie Grissom

#### **Upper Cumberland**

Ben Higgins  
Ravi Patel

#### **Middle**

Aaliyah Mathis  
Tozia Ware

#### **South Central**

Anne Marie Hall  
Maya Hughes  
Rosalind Seay

### **West Tennessee**

#### **West Central**

Jenny French  
Kimberly Hendrix

#### **West**

Christina Burns  
Tristan McKenzie

#### **Northwest**

Amber Freeman  
Kimberly Hendrix

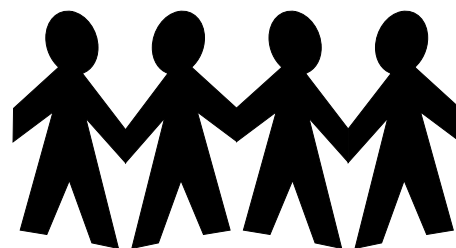


# TLPCA LEADERSHIP



Please gather after the  
Business and Awards  
Luncheon on Saturday to  
meet your representative  
to the board and other  
counselors in your region.

**Together, we're  
stronger!**



# TLPCA LEADERSHIP

## STUDENT REPRESENTATIVES

### **Austin Peay State University**

Keilee Daubon  
Alexandra Estrada-Marin  
Brandon Morris

### **Belmont University**

Cory Bishop

### **Carson-Newman**

Jessica Dutkosky

### **East Tennessee State University**

Alex Rathert

### **Johnson University**

Leah Clark

### **Lipscomb University**

Cecilia Contreras  
Christi Johnson

### **Middle Tennessee State University**

Kit Donovan  
Maria Makary

### **Milligan University**

Kinley Cox

### **Southern Adventist University**

Veronica Sanchez

### **Tennessee Tech University**

Frida Amoretti  
Brooklyn Meadows

### **Trevecca Nazarene University**

Logan Deitrick

### **University of Tennessee at Martin**

Victoria Delaney

# THANK YOU TO OUR SPONSORS!

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## Venue



**Trevecca Nazarene University**

## Luncheon



**TN Voices**

## Keynote



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- |  |  |
|--|--|
| • Fully or temp-licensed in Tennessee                      | • Experience with children, adolescents, and/or adults |
| • A positive philosophy of client care                     | • Certification/experience in Evidence-Based Treatment |
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- In-house, full-service billing department
- Administrative support team for scheduling, billing, and client service



# PRE-CONFERENCE SESSIONS

## Evaluation and Risk Management in Supervision

Presented by Susan Lahey, Christina Cummings, Christian Williams, Autumn Woodard, Joy Conklin, and Karen Jimenez.

This session offers a comprehensive overview of effective clinical supervision, emphasizing risk management, evaluation strategies, and gatekeeping responsibilities. Participants will gain practical tools to reduce liability, promote ethical and culturally responsive relationships, and enhance supervision through openness, flexibility, and cultural humility. The training will cover current evaluation methods, reciprocal feedback, and the use of assessment tools to support supervisee development and inform remediation decisions, making it valuable for both new and experienced supervisors.

### Objectives:

#### Participants will:

- **Be able to understand risk management strategies for reducing liability for supervisors and supervisees.**
- **Be able to establish strategies to improve supervisory relationships including developing openness, flexibility, and cultural humility to assist with successful evaluation.**
- **Learn current methods of evaluation including the how, what, where, when strategies. The participants will also learn about reciprocal evaluation from supervisee to supervisor.**
- **Gain knowledge of gatekeeping and remediation procedures using methods of evaluation to inform decision making.**



**Susan Lahey, PhD** is the Director of Graduate Counseling Trevecca Nazarene University. Dr. Lahey has also trained supervisors for many years through the TLPCA and AAMFT organizations. She is a licensed marital and family therapist with a private practice. Dr. Lahey is committed to the mentoring and development of counselors, supervisors, and educators. Dr. Lahey's research interests involve, but are not limited to, clinical supervision, counselor educator training, marital crisis, family cohesion, and leadership skills.

**Christian Williams** is a Licensed Professional Counselor (temp). He currently works at MTSU Counseling Services, providing support for the college student population. Christian is also a Ph. D student at Trevecca Nazarene University with a focus on expanding research on underrepresented populations in academic and mental health settings.



**Autumn Woodard, LMFT**, is a school-based therapist in Nashville, Tennessee, with a passion for working with children and families. She earned her Master's in Marriage and Family Therapy from Trevecca Nazarene University in 2019 and has since focused her work on creating safe, supportive environments where young people and their caregivers can grow together.

**Joy Conklin, MMFT**, is an Associate Counselor at Connection Therapy Group in Nashville, Tennessee. She earned her Master's in Marriage and Family Therapy from Trevecca Nazarene University and is currently pursuing a doctorate at Trevecca in Counseling and Education. Joy is passionate about helping individuals, couples, and families heal from trauma, navigate life transitions, and believe in the possibility of change.



**Karen Jimenez** is a Marriage and Family Therapist (temp) and Ph.D. candidate in Clinical Counseling and Supervision at Trevecca Nazarene University. She is dedicated to culturally responsive care and expanding mental health access for the Hispanic/Latinx community. By offering therapy in Spanish, Karen bridges language and cultural gaps in treatment. Her work centers on advocacy, culturally informed education, and bilingual support to promote holistic wellness for individuals, couples, and families.

**Christina Cummings** is a PhD student at Trevecca Nazarene University and currently serves as a group home therapist for Youth Villages. Her background is in psychology as well as clinical counseling. Christina is passionate about helping others, committed to continuous learning and growth, and dedicated to advocating for those whose voices often go unheard.



# PRE-CONFERENCE SESSIONS

## Religious Trauma Recovery: Supporting Clients in Healing Religious Trauma in a Counseling Context

Presented by Anna Trout Perry

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From deconstruction to deprogramming, the impact of Religious Trauma can create significant challenges for clients across contexts. In this training, Anna Trout Perry, LPC/MHSP will unpack the varying degrees of severity of Religious Trauma experienced by clients, explore best practices in assessing severity of client's symptoms, and provide resources and treatment considerations for effectively working with clients with experiences across the Religious Trauma Continuum. Anna's diverse experience in working with clients in Religious Trauma Recovery provides a unique, compassionate perspective to this challenging issue. This training will provide a compassionate, safe space for counselors to learn and process: leaving participants feeling better equipped to navigate working with Religious Trauma in the counseling space.

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### Objectives:

- **Define the varying degrees of severity of Religious Trauma using the Religious Trauma Continuum, developed by Anna Trout Perry**
- **Explore the impact of Adverse of Religious Experiences (AREs) through the lens of clients' intersecting identities**
- **Reflect upon the influence of counselors' religious beliefs and experiences on the therapeutic relationship**
- **Identify best practices and treatment considerations for supporting clients with experiences of Religious Trauma**

**Anna Trout Perry, LPC/MHSP** brings a fresh perspective to the field of Religious Trauma Recovery after 10+ years of experience in researching the impact of Adverse Religious Experiences (ARE's) on the minds, bodies, and souls of survivors. The driving force of her research is rooted in her own lived experiences in fundamentalist, high-control religious contexts. After a career in public education, Anna entered the field of counseling to enhance her capacity to support vulnerable populations in Religious Trauma Recovery. Upon completing her M.S. in Clinical Mental Health Counseling at the University of Tennessee, Knoxville in 2022, she completed her Level 1 Internal Family Systems (IFS) Training in NYC. Anna has found an integration of IFS and somatic, body-based approaches to be remarkably effective in supporting clients' trauma integration. Beyond her cherished work with individual clients in her solo private practice, she also enjoys providing consultation and training for other clinicians seeking evidence-based treatments for this challenging presenting concern.



# PRE-CONFERENCE SESSIONS

## Ethical, Efficient, Effective: A Modern Approach to Clinical Documentation

Presented by Christine Finnegan

Clinical documentation is more than just a requirement—it's a tool that can enhance clinical care, improve client outcomes, and support clinician well-being. Yet, for many professionals, it feels like a constant source of stress, confusion, and even shame. Whether you're a new clinician struggling to translate what you learned in grad school into real-world documentation or a seasoned professional feeling overwhelmed and disconnected from the process, this workshop is for you. This workshop offers a comprehensive, practical approach to documentation that prioritizes clarity, consistency, and ethical integrity. We will explore strategies to help you establish documentation habits that feel manageable and effective, while also addressing the emotional roadblocks that often accompany note-taking.

Through a detailed, step-by-step walkthrough, we will deeply explore the lifespan of an individual adult client from intake to discharge, including: **Informed Consent Paperwork, Intake Note, Progress Notes, Contact Notes, and Discharge Notes.**

Live demonstrations will be provided using our preferred EHR, Jane App, to showcase practical strategies for streamlining the documentation process and improving your workflow. Additionally, we will discuss the evolving role of artificial intelligence in documentation—what it can do to support your practice, its ethical limitations, and how to use it responsibly. Whether you're looking to build confidence from the ground up or redefine your relationship with documentation for the better, this workshop will leave you feeling empowered with practical tools, insights, and the clarity you need to move forward with confidence.

### Objectives:

- **Apply a comprehensive documentation process for individual adult clients, including informed consent paperwork, intake notes, progress notes, contact notes, and discharge notes.**
- **Implement practical, efficient strategies for streamlining documentation within the Jane App, enhancing both compliance and clinical relevance.**
- **Develop sustainable documentation habits that support consistency, reduce stress, and improve overall workflow.**
- **Address emotional roadblocks related to documentation, such as shame, overwhelm, and avoidance, to cultivate a healthier relationship with the process.**
- **Evaluate the role of artificial intelligence in documentation, including ethical considerations, appropriate uses, and practical limitations.**



**Christine Finnegan, LPC-MHSP**, Founder and Clinical Director of Replenish Counseling, is a licensed counselor and the founder of Replenish Counseling, serving women, men, teens, couples, and families. With over 15 years of experience, Christine is passionate about helping clinicians build documentation systems that feel ethical, efficient, and purposeful.

Christine's love for teaching has guided her throughout her career. She has served as an Adjunct Professor at Belmont University, teaching Music Therapy classes, and has supervised master's-level counseling students through Replenish Counseling since its founding in 2017, empowering them to build confidence and competence in clinical practice. She enjoys providing practical strategies to help clinicians overcome documentation overwhelm and build habits that support their clinical care goals.

She began her career in 2010 as a Music Therapist in inpatient psychiatry and earned her master's in Clinical Mental Health from Trevecca Nazarene University in 2016. Christine has developed and launched programs across various settings, including a Women's Mental Health IOP, a treatment mall curriculum for geriatric and adult populations, and music therapy in the ICU and Sarah Cannon Cancer Hospital. In each setting, she emphasized building systems for documenting and measuring progress while protecting client privacy.

# PRE-CONFERENCE SESSIONS

## Ethical Implications for Counselors and Counselor Supervisors Working in Multidisciplinary Setting

Presented by Mark Loftis, Tony Michael, and Paige Seymour

As mental health services increasingly take place within multidisciplinary teams, counselors and counselor supervisors face complex ethical challenges that require careful navigation of professional boundaries, confidentiality, informed consent, and interprofessional collaboration. This interactive presentation will explore the implications of the ACA Code of Ethics in multidisciplinary contexts, emphasizing the unique responsibilities of counselors and supervisors.

### Objectives:

- **Identify and Interpret Relevant ACA Ethical Standards:** Participants will be able to identify and interpret key ACA Code of Ethics standards (e.g., confidentiality, informed consent, and boundaries of competence) that are particularly relevant when working in multidisciplinary teams, and analyze how these standards apply in diverse collaborative settings.
- **Examine Ethical Dilemmas and Decision-Making Models:** Participants will examine common ethical dilemmas faced by counselors and supervisors in multidisciplinary environments and apply ethical decision-making models to case scenarios involving conflicting professional standards or responsibilities.
- **Develop Strategies for Ethical Collaboration and Supervision:** Participants will develop practical strategies for maintaining ethical integrity while engaging in interprofessional collaboration and supervision, including effective communication, role clarification, and advocacy for ethical practices across disciplines.



**Dr. Mark A. Loftis** is a Full Professor and Clinical Mental Health Program Coordinator at Tennessee Technological University, with over 30 years of experience in higher education and clinical counseling. A licensed professional counselor, senior psychological examiner, and licensed alcohol and drug abuse counselor, his expertise includes mental health counseling, clinical supervision, and program development. Dr. Loftis has served on multiple state boards, including the Tennessee Board of Examiners in Psychology and the Board for Licensed Alcohol and Drug Abuse Counselors, which he currently chairs. His research focuses on suicide prevention, adverse childhood experiences, and substance use disorders, with numerous peer reviewed publications and funded grant projects. A frequent presenter at national and regional conferences, he has delivered lectures and training sessions on mental health, ethics, and substance abuse prevention. Dedicated to community mental health, he collaborates with organizations to expand access to care and professional development of counselors.

**Dr. Tony Michael** is a Full Professor of Counseling and Psychology at Tennessee Technological University and Program Coordinator for the PhD in Counseling and Supervision. A Licensed Professional Counselor/Mental Health Service Provider (LPC/MHSP), Qualified Supervisor, Registered Play Therapist Supervisor (RPT-S), and Approved Clinical Supervisor (ACS), he brings over 20 years of clinical experience across diverse settings. An active scholar, Dr. Michael has authored 24 publications, including 15 peer-reviewed journal articles and 9 book chapters, and has delivered 71 presentations at international, national, and regional conferences. He has mentored numerous student researchers, chaired doctoral dissertations, and contributed to advancing counseling education and practice.



**Paige Seymour** is an LPC-MHSP and Ph.D. student at Tennessee Technological University and has experience in treating mental health issues with diverse populations. She is President of the Board of Directors for Power of Putnam anti-drug coalition and is actively involved in addressing substance use issues within her local community.



# PRE-CONFERENCE SESSIONS

## **Well, Well, Wellness, What Do We Have Here?: Sustainable Well-Being Strategies for the Change Makers & Disruptors in Professional Counseling**

Presented by PaQuita Pullen

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You're out here challenging systems, holding space, and shaking things up — but who's checking in on you? This workshop is a real-talk, no-fluff space for counseling professionals who are tired of performative self-care and ready for wellness that actually sticks. Together, we'll name the burnout, unpack the barriers, and build personalized, sustainable strategies that support your purpose without sacrificing your peace. Expect reflection, connection, and a whole lot of permission to take up space in your own well-being journey. Let's get well — for real.

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### **Objectives:**

- **Identify personal signs of stress, compassion fatigue, and burnout specific to the counseling profession.**
- **Integrate evidence-based wellness practices into their personal and professional lives to enhance endurance and vitality.**
- **Create a personalized wellness action plan aligned with their values, needs, and therapeutic roles.**

**Dr. PaQuita R. Pullen, LPC-MHSP/S, NCC, RYT** is an innovative and quick thinker who uses her expertise and skills to better benefit others and the implementation of key wellness processes. Dr. P, as she is affectionately known, is an award winning mental health professional with over a decade of experience. She is creative in all endeavours and has a natural ability to see many different ways of getting things done. Dr. P's zone of genius lies in empowering individuals to get busy living and leading authentic lives. She has a keen ability to speak truth and tailors her words of wisdom to help individuals move from stuck to start on their wellness journey.





# PRE-CONFERENCE SESSIONS

## Suicide Assessment and Intervention Across the Life Course

Presented by Jordan Westcott, Jennifer Moralejo, and Amanda Green

Suicide is a leading cause of death in the United States, with outsized risk presenting at specific points in the lifespan. Counselors are responsible for noticing, assessing, and intervening when their clients are at risk of suicide. However, more attention is needed to recognizing unique presentations of suicide risk at different life stages, as well as how to adapt your practice to meet clients where they are developmentally when intervening for suicide. In this session, you will learn about risk factors and warning signs for suicide across the life course, best practices in suicide assessment at different developmental stages, and prevention and intervention practices you can use with your clients.

### Objectives:

- Identify one or more risk factors for suicide in clients at different developmental stages.
- Utilize one or more strategies for suicide assessment at different developmental stages.
- Utilize one or more intervention to reduce suicide risk.

**Jordan Westcott, Ph.D., MCC**, is an Assistant Professor of Counselor Education at the University of Tennessee, Knoxville. Her research focuses on ensuring that all people have access to high-quality culturally responsive mental health services. Her clinical experience was primarily in crisis intervention settings, and much of her scholarship has focused on suicide prevention and intervention approaches for older adults. She has twenty peer-reviewed publications and more than 40 peer-reviewed international, national, and regional conference presentations.



**Jennifer Moralejo, Ph.D., LPC/MHSP(S)**, is a Clinical Assistant Professor of Counselor Education and Clinical Director of the Counselor Training Clinic at the University of Tennessee, Knoxville. Her interest and focus are related to crisis and trauma, counselor training and development, and clinical supervision. She has been a practicing clinician for 15 years and has worked in a variety of settings mostly focusing on crisis intervention and working with populations like at-risk youth, victims of violence and IPV, and supervising counselors-in-training.

**Amanda Green, LPC-T, NCC**, is a clinical mental health counselor based in Knoxville, Tennessee. She has worked extensively in crisis settings with individuals experiencing thoughts of suicide and survivors of sexual and domestic violence. She has also engaged in direct client advocacy and community outreach focused on mental health education and violence prevention. In her private practice, she primarily supports individuals who have experienced trauma and members of the LGBTQ+ community.

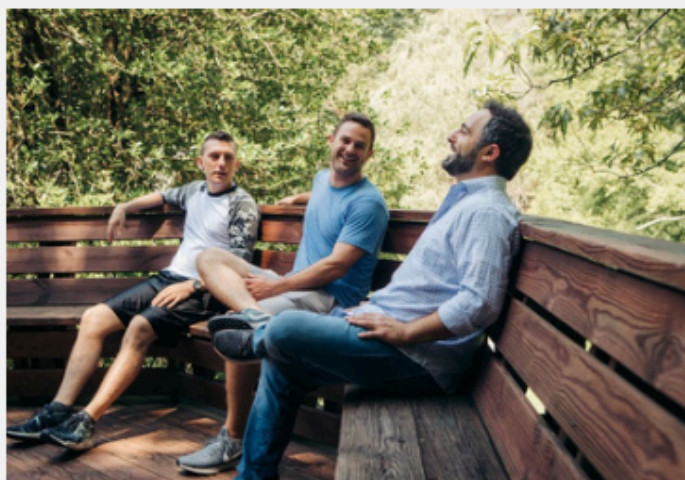




**INTEGRATIVE  
LIFE CENTER**



Integrative Life Center is a small, privately owned treatment center dually licensed to treat men and women, 18-years and older, struggling with primary **mental health disorders, substance use disorders, eating disorders and intimacy disorders.**



## **OUR PROGRAMS**

Women's Residential Program

Men's Residential Program

Intensive Outpatient Program (IOP)

Partial Hospitalization Program (PHP)



# 2025 STUDENT POSTER PRESENTERS

**Stefanie Byrd**

**Tennessee Technological University**

*Integrating Resilience Theory and  
Trauma-Informed Care: A New Direction  
for Career Counseling Education*

**Isha Chaney**

**Tennessee Technological University**

*Supporting Caregivers of Children and  
Adolescents with ASD Level 1: A Group  
Counseling Approach*

**Kit Donovan**

**Middle Tennessee State University**

*Narrative Therapy as a Culturally Inclusive  
Approach: Restoring Identity and Agency  
Across Diverse Communities*

**Will Fulton**

**University of North Georgia**

*Understanding the Need for Adoption  
Competent Counseling*

**Cameron Harman**

**Middle Tennessee State University**

*Creation of the Multiplatform Online  
Trolling Assessment (MOTA)*

**Liz Hodder**

**Trevecca Nazarene University**

*The Brain Thinks, The Heart Feels:  
Balancing Mind and Body for Optimal  
Practice*

**Richard Mutua Kilonzo**

**East Tennessee State University**

*Enhancing Mental Health Services  
through Strategic Planning*

**Samantha Kitchenman**

**Trevecca Nazarene University**

*Image-Based Sexual Abuse*

**Brandon Morris**

**Austin Peay State University**

*The War That Follows: Raising Awareness  
of Moral Injury in Veterans*

**Bailey Perry**

**Austin Peay State University**

*Mental Health Services and College  
Student Success: A Post-Covid-19 World*

**Britney Taylor**

**Belmont University**

*From Awareness to Action: Addressing  
Parallel Process in Supervision Across  
Cultural Identities*

**Margaux Seitz**

**Charleston Southern University**

*Integrating Insight and Intervention:  
Counselor Expertise in CRT Within a  
Collaborative Care Framework*

# SPECIAL THANKS TO OUR VOLUNTEERS!

**Belmont University**

Kimberly Dillard

**Liberty University**

Laura Fullbright

**Lipscomb University**

Dana Gilreath

Tara Lake

Laura Magliochetti

Taylor Miller

Preston Moore III

Luna Wang

Madison Wright

**Middle Tennessee State  
University**

Tayler Butner

Kit Donovan

Mandy Fite

Robin Gwaro

Vincent Harris

Hiba Jahangir

Maria Makary

Dakota Thompson

Sachaye Walker

**Student Intern Volunteer**

Lili Near

**Trevecca Nazarene University**

Amy Anderson

Joy Conklin

Matt Conklin

Katherine Corban

Tabetha Dirla

Amy Glennon

Elizabeth Hodder

Marian Malek

Mattie McGehee

Talitha Melton

Russ Tiller

Kate Trotter

Brett Vargason

Kevin Wilson

**University of Tennessee  
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Lauren Brasfield

Victoria Delaney

Ashely Dooley

**Walden University**

Melanie Stafford

Carlotte Walker



# THANK YOU TO OUR KEYNOTE SPONSOR!

## LifeStance Health



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lead healthier, more fulfilling  
lives by improving access to  
trusted, affordable, and  
personalized mental healthcare.**

# WELCOME TO OUR KEYNOTE SPEAKER

## Greg Searls

Greg Searls is the Executive Director of the Counseling Compact Commission. He is a licensed funeral service practitioner in Wyoming, beginning his regulatory career in 2010 when appointed by the Governor to the Board of Funeral Service Practitioners. In 2016, he transitioned to an Executive Director role within the Wyoming Professional Licensing Board office.



Throughout his tenure, Greg has served as the Executive Director for various boards, including the Mental Health Professions Licensing Board, Board of Registration in Podiatry, Board of Midwifery, Board of Examiners in Speech-Language Pathology and Audiology, Board of Hearing Aid Specialists, Board of Athletic Trainers, and Board of Occupational Therapy. During his leadership, Wyoming enacted statutes to join the ASLP-IC, Occupational Therapy Compact, and Counseling Compact. He initially served as the ex-officio representative to the Counseling Compact Commission for AASCB until Wyoming joined the compact, at which point he was appointed commissioner.

Greg holds a bachelor's degree in Mortuary Science and a certificate in Gerontology from Gannon University, as well as an Associate's Degree in Specialized Funeral Service Technology from the Pittsburgh Institute of Mortuary Science. He co-authored the article "Counseling and the Interstate Compact: Navigating Ethical Practice Across State Lines," published in *The Professional Counselor* in the fall of 2023.

# KEYNOTE PRESENTATION

## The Counseling Compact: The Time is Near

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The Counseling Compact is a groundbreaking initiative that enables Licensed Professional Counselors (LPCs) to practice in member states by obtaining a privilege to practice. This discussion provides an in-depth exploration of the Counseling Compact, including its purpose and operation.

Participants will gain a comprehensive understanding of: eligibility requirements for LPCs seeking Compact privileges, the step-by-step application process for the Counseling Compact, when and how Compact privileges will be issued, and ethical considerations counselors should evaluate before applying, such as jurisdictional responsibilities, client confidentiality across state lines, and adherence to state-specific regulations.

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### **Objectives:**

#### **Participants will be able to:**

- Describe the requirements to participate in the compact and how to apply for privileges.
- Identify which states are members of the Counseling Compact.
- Explain ethical considerations for practicing across state lines under the privilege to practice.

“

We believe in **transforming**  
the system through  
**collaboration...**  
understanding that  
**better together** is  
better for families.

RIKKI HARRIS

*CEO, TN Voices*





# ROUNDTABLES

9:45-10:45 AM **BOONE CENTER**

## **#1: Counseling in a Non-democratic Society and Its Impact on the Counseling Profession**

Presented by Nicoletta Montgomery

### **Overview:**

Under the current Trump administration several changes are being made to our institutions of care. Some changes can provide professional challenges and ethical dilemmas. As a result of these changes we as mental health professions must learn to maneuver the changes in order to provide the best care for our clients. This means that we must stay up-to-date with the changes. This roundtable discussion will aid clinicians on how to provide the best care during changing times. Also, we will discuss self advocating.

### **Content Areas:**

- Professional Issues

## **#2: The Practical Implications of the Dual Process Model of Coping with Bereavement in Mental Health Care Settings**

Presented by Mason Hale, John Kennedy, and Danielle Peters

### **Overview:**

This presentation will examine the initial development of the Dual Process Model of Coping with Bereavement (DPM; Stoebe; Schut, 1999) and update adjustments to the DPM through 2024. The development of the DPM extends and integrates the existing phases espoused by John Bowlby (1980) and task model conceptualized by James William Worden (1991). The DPM conceptualizes two processes of coping labeled Loss-Oriented and Restoration-Oriented that individuals oscillate between while coping with bereavement. The practical implications of the DPM will be explored for those serving bereaved individuals and families in mental health care settings.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development

## **#3: Acceptance & Commitment Therapy for Anxiety Disorders 101**

Presented by Benjamin Craft and Chris Pursell

### **Overview:**

This presentation will give a basic overview of anxiety disorders, specifically noting generalized anxiety disorder, social anxiety, phobias, and panic disorder. Then a basic broad-strokes understanding of Acceptance & Commitment Therapy (ACT) will be presented in the context of these disorders. Participants will then be given ACT-based tools, concepts, and metaphors through experiential work and discussion that they will be able to take with them and use in their clinical practice when treating anxiety disorders and related issues.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Assessment

# ROUNDTABLES

9:45-10:45 AM **BOONE CENTER**

## **#4: Health-Medical Challenges and Grief: Group EMDR Therapy for Patients and Caregivers**

Presented by Carla Archuletta

### **Overview:**

Clinicians can provide support to clients, patients, their families, and caregivers who are grappling with health-related challenges and the subsequent grief that arises from a diagnosis and beyond. Group EMDR therapy can be instrumental in reducing the impact of acute and chronic traumatic stress and psychological symptoms, enabling these individuals and families to effectively manage the ongoing difficulties associated with medical treatment regimens, lifestyle adjustments, social-emotional challenges, primary and secondary losses related to grief, and ultimately fostering overall resilience.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Group Dynamics and Counseling
- Trauma

## **#5: When Good Intentions Backfire: Navigating Ethics and Professional Risks of Counselor Advocacy**

Presented by Marisa White

### **Overview:**

This session examines the complex challenges counselors face when advocacy efforts conflict with institutional policies, professional relationships, or personal safety. We explore real-world cases where counselor advocacy led to unexpected professional consequences, and discuss strategies for effective advocacy while maintaining professional and personal security. Through interactive dialogue, participants learn to balance their ethical obligation to advocate for clients with practical considerations for self-preservation. Special attention is given to preparing new counselors for the realities of systemic resistance to change and developing sustainable advocacy approaches.

### **Content Areas:**

- Ethics
- Professional Issues

**Since opening in 2005, our mission has been to offer excellent, accessible, and affordable mental and emotional healthcare services in support of a transformational impact on communities.**

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- Addiction
- Anxiety
- Attachment
- Behavioral issues
- Body image
- Child abuse
- Depression
- Divorce adjustment
- Domestic violence
- Eating disorders
- Family therapy
- Grief and loss
- Marital crisis
- Parenting
- Pre-marital counseling
- PTSD
- Relationship issues
- Sexual abuse

We also provide specialized therapeutic services such as:

- Emotionally Focused Therapy
- Brainspotting
- Experiential Therapy
- Acceptance Commitment Therapy
- Psycho-educational work
- Cognitive Behavioral Techniques
- Music Therapy
- EMDR
- Play Therapy
- Trust-Based Relationship Interventions
- Trauma Focused Cognitive Behavioral Therapy
- Group Therapy
- Neurofeedback Therapy
- Animal-assisted Psychotherapy
- Parent Child Interaction Therapy
- Theraplay
- Gottman Method
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**info@therefugecenter.org 615.591.5262**

# SESSION 1

9:45-10:45 AM

## Breakout Sessions

Beyond "Checking the Box:" Effective and Creative Strategies for Utilizing the Suicide Safety Plan

A Standard for Helping Your Practice Assess Suicidal Clients

Economic Realities in the Counseling Field: Implications of Data from Current and Former Counseling Students

The Counseling Compact, The Time Is Near

Adoption Soup: Exploring the Complex Needs of the Adoption Triad

Rewiring the Past, Restoring the Present: The Role of Lifespan Integration in Treating Trauma and Dissociation

Supporting Transgender, Non- Binary, and Gender Expansive Clients in a Hostile Sociopolitical Landscape

Human Centered Design and Systems Thinking in Clinical and Program Supervision

Rewired to Rest: Healing Trauma Through Cultural Humility and Nervous System Regulation

Getting Unstuck: Discovering Rumination Focused ERP



PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Beyond "Checking the Box:" Effective and Creative Strategies for Utilizing  
the Suicide Safety Plan**

Presented by Nathan Harris

**Room 102/104****Overview:**

Best practice for working with suicidal clients is to have an active safety plan. Yet some may view this practice as "checking the box" for the sake of liability. This workshop will equip participants with strategies to orient the clinician and clients' views of safety planning as an invaluable tool for client stability and growth.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Trauma
- Suicide Assessment/Intervention

**A Standard for Helping Your Practice Assess Suicidal Clients**

Presented by Michael Christian

**Room 106/108****Overview:**

Suicide is death caused by injuring oneself with the intent to die. Between 2000 and 2022, suicide rates increased approximately 36%. Suicide was responsible for almost 50,000 deaths in 2022, which is about one death every 11 minutes. This workshop will offer a standard that your practice can use to assess suicidal clients. Participants will develop a functional knowledge of the Immediate Action Protocol (IAP), learn how to screen clients, ask the right questions, and know when and how to make a referral for further evaluation. You will leave with a form to develop referral resources.

**Content Areas:**

- Suicide Assessment/Intervention

**Economic Realities in the Counseling Field: Implications of Data from  
Current and Former Counseling Students**

Presented by Frankie Fachilla

**Room 109****Overview:**

The decision to become a counselor comes with a substantial investment in education (master's degree or higher) and a commitment to complete an unpaid internship for nine months or more, along with potentially low paid work and further investment into supervision before full licensure is obtained. This presentation will share data from current and former counseling students about their economic realities. Implications for the counseling field will be discussed, along with the need for advocacy for counseling students and new counselors getting started in the field.

**Content Areas:**

- Research and Program Evaluation
- Wellness
- Systemic
- Professional Issues

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **The Counseling Compact, The Time Is Near**

Presented by Greg Searls

**Room 110**

#### **Overview:**

The Counseling Compact is a groundbreaking initiative that enables Licensed Professional Counselors (LPCs) to practice in member states by obtaining a privilege to practice. This continuing education course provides an in-depth exploration of the Counseling Compact, including its purpose and operation.

#### **Content Areas:**

- Counselor Professional Identity and Practice Issues

### **Adoption Soup: Exploring the Complex Needs of the Adoption Triad**

Presented by Stacey Buford

**Room 111**

#### **Overview:**

Utilizing the infant adoption process as a lens for deepening understanding of complex needs of those impacted by adoption in many forms, we will examine implications for counselors working with biological parents, adopting parents, and children experiencing adoption across the lifespan. Participants will:

- Understand "adoption soup": the emotional work of birth, placement, building and joining a family
- Examine parallel decision-making processes and transfer of roles/responsibilities that bring birth and adopting parents together in adoption planning
- Describe the work of the child in adoption with implications for conceptualizing formational experiences of birth and adoption
- Articulate implications for your practice today

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development

### **Rewiring the Past, Restoring the Present: The Role of Lifespan Integration in Treating Trauma and Dissociation**

Presented by Stephanie Davis

**Room 113**

#### **Overview:**

This presentation will explore Lifespan Integration (LI), an internationally recognized therapeutic approach that has proven highly effective for treating trauma and dissociative disorders. LI therapy enables clients to integrate fragmented memories and develop a cohesive sense of self, ultimately leading to deeper emotional resilience and more stable functioning. The unique benefits of LI's Timeline methodology will be highlighted including its role in repairing the neural connections disrupted by trauma. By anchoring traumatic memories in the broader context of the client's life, LI allows for enhanced neural integration, reduced fragmentation, increased resilience and emotional stability and accessible and compassionate reprocessing.

#### **Content Areas:**

- Trauma

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Supporting Transgender, Non- Binary, and Gender Expansive Clients in a Hostile Sociopolitical Landscape**

Presented by Mickey White and Jordan Westcott

**Room 115**

#### **Overview:**

Federal and state-level executive orders and legislation in 2025 targeting transgender communities have raised more questions than answers in providing affirming care. How does this legislation impact mental health professionals and the clients they serve? This presentation will provide an overview of these laws and best practices in supporting transgender, non-binary, and gender expansive clients across the lifespan.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Counselor Professional Identity and Practice Issues
- Ethics
- Professional Issues

### **Human Centered Design and Systems Thinking in Clinical and Program Supervision**

Presented by Tiffany Lindsey

**Quick Lecture Hall**

#### **Overview:**

Organized, efficient, safe, systems-theoretical problem-solving skills in clinical and program supervision is an underappreciated skill of supervisors and leaders. Understanding the role of basic human limitations such as cognitive bias, stress and fatigue are instrumental to problem-solving from a holistic systems lens and building supports to better meet the needs of clinicians and the communities they serve. In the session we will explore concrete tactics for systems thinking and design to put to use in clinical and program supervision such as huddles and debriefs, contingency planning, AcciMaps/Systems Maps and brief/adaptive root cause analysis tools.

#### **Content Areas:**

- Systemic
- Supervision

### **Rewired to Rest: Healing Trauma Through Cultural Humility and Nervous System Regulation**

Presented by Yunetta Smith

**Greathouse, Room 211**

#### **Overview:**

Rewired to Rest explores the intersection of trauma healing, cultural humility, and nervous system regulation through the REWIRE Framework. This session highlights the impact of trauma on the mind-body connection and emphasizes the role of race, culture, and identity in shaping client experiences. Participants will gain practical, trauma-informed strategies including grounding techniques, EMDR interventions, and culturally responsive practices to help clients identify and address nervous system dysregulation. Attendees will leave equipped with tools to foster resilience, promote emotional regulation, and create safer, more secure spaces for healing in their clinical practice.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Wellness
- Trauma

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Getting Unstuck: Discovering Rumination Focused ERP**

Presented by Jeff Devine

**Greathouse, Room 212**

#### **Overview:**

This workshop will present attendees with an opportunity to learn 5-7 activities for building emotional regulation skills in youth. Drawn from research conducted under a Trauma Informed Care SAMHSA grant implemented in the state of Iowa in 2012, these evidence based activities include group and individual exercises. This is a participatory workshop! Participants will also learn how to utilize the activities to build a sequential model of intervention, including electronic access to more than 40 emotion regulation activities.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship



### **The Center for LGBT+ Counseling & Empowerment**



**Be Empowered**





## Breakout Sessions

Let's Talk About Death: What Death, Dying, and Bereavement  
Teach us About Life and Living?

Body Dysmorphic Disorder (BDD): Identifying an Often-Overlooked  
Concern

Creating a Self-Care Strategy for Early Career Counselors

Licensure Q&A

From Provider to Patient: An Inside Look at Mental Health Treatment

The Hidden Burden: Understanding the Impact of Parental  
Incarceration on Children Through an IFS Lens

Conceptualizing an Emerging Domain of Client Wellness: Social  
Media/Technology Health

Enhancing Relationship Engagement during Trauma Reprocessing:  
A Two- Pronged Approach to PTSD Treatment

Homicidal Threat Assessment Training for LPCs

Therapeutic Connectedness: Using Evidence-Based De-escalation for  
Your Most Challenging Clients

Taking the Stress out of Documentation

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Let's Talk About Death: What Death, Dying, and Bereavement Teach us About Life and Living?**

Presented by Carla Archuletta

**Room 102/104**

#### **Overview:**

Life and death are two interconnected aspects of the same reality. By comprehending the concepts of death, dying, and bereavement, we gain valuable insights into life and living, enabling individuals to cope more effectively with the inevitability of death. To facilitate this process, it is essential to establish a foundation for understanding this subject, emphasizing the necessity of education on death-related topics, and outlining the goals for initiating conversations about these matters.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Counselor Professional Identity and Practice Issues
- Ethics
- Professional Issues

### **Body Dysmorphic Disorder (BDD): Identifying an Often-Overlooked Concern**

Presented by Benjamin Craft and Amy Mariaskin

**Room 106/108**

#### **Overview:**

Body Dysmorphic Disorder (BDD) can be difficult for clinicians to identify for a number of reasons, including similarities with other presenting concerns, low rates of client insight, and comorbidity with other diagnoses. This presentation will provide information on diagnostic criteria, assessment measures, and differential diagnosis of BDD, highlighting what the diagnosis looks and sounds like from the clinicians' perspective. This will equip participants with skills to clarify diagnostic concerns and inform directions for care and possible treatment plans.

#### **Content Areas:**

- Systemic
- Supervision

### **Creating a Self-Care Strategy for Early Career Counselors**

Presented by Julie Barnes and April Lamoreaux

**Room 109**

#### **Overview:**

Developing self-care strategies is important in helping Early Career Counselors to establish a viable career in mental health. Understanding how counselor burnout and compassion fatigue are related to the need for sustainable self-care. Mittal et al. (2024) identified seven themes essential to effective self-care for mental health counselors. This session will focus on helping attendees incorporate these seven themes into building a personal self-care strategy.

#### **Content Areas:**

- Counselor Professional Identity and Practice Issues
- Wellness

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### Licensure Q&A

Presented by Kim Speakman, Candyce Wilson, and Katherine Trawick

Room 110

#### Overview:

This presentation will walk attendees through the process of becoming licensed as a Licensed Professional Counselor with Mental Health Service Provider designation through the State of Tennessee. After a step-by-step review of the requirements, the presenters will answer questions regarding the individual issues or audience members. Participants will:

- Learn about the licensure process.
- Receive answers regarding issues with application process.

#### Content Areas:

- Professional Issues

### From Provider to Patient: An Inside Look at Mental Health Treatment

Presented by Amber Cheney

Room 111

#### Overview:

During a personal mental health crisis in 2023, Amber Cheney found herself reaching out to a community resource that she had referred hundreds of clients to throughout the years. What she experienced left her distraught and discouraged. This open and vulnerable session aims to call for clinicians to assess the societal and personal bias around mental health services for providers, shed awareness of what is happening behind treatment doors, and to discuss different techniques to support clients in crisis outside of safety planning and referrals.

#### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Assessment

### The Hidden Burden: Understanding the Impact of Parental Incarceration on Children Through an IFS Lens

Presented by Jasmine Reynolds

Room 113

#### Overview:

This session explores the profound impact of parental incarceration on children through the lens of Internal Family Systems (IFS) theory. By examining how incarceration disrupts attachment, safety, and identity, participants will gain insight into the ways children develop protective parts to manage trauma, shame, and loss. The session will highlight common protector, exile, and firefighter roles that emerge in response to parental absence and systemic barriers. Participants will learn strategies to foster self-led healing, build resilience, and support children in integrating their experiences within a framework of connection and compassion.

#### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Systemic
- Trauma

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Conceptualizing an Emerging Domain of Client Wellness: Social Media/Technology Health**

Presented by Shelly Erdman and Ben Nelson  
**Room 114**

#### **Overview:**

This presentation will provide a map for clinicians to use in identifying social media/technology related risk factors in case conceptualization and will also provide attendees with a set of valuable resources to use in practice. Innovations in interpersonal and intrapersonal technologies such as social media and AI are developing at a staggering rate. As researchers attempt to keep pace with emerging new platforms for human connection, an evidence base for clinical case conceptualization is forming.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Trauma

### **Enhancing Relationship Engagement during Trauma Reprocessing: A Two-Pronged Approach to PTSD Treatment**

Presented by William Feck and Cameron Harman  
**Room 115**

#### **Overview:**

This session will delve into the two-pronged approach to PTSD treatment that emphasizes the importance of relationship engagement during trauma reprocessing. Attendees will gain a comprehensive understanding of how relationship dynamics are highly associated with the healing process for individuals with PTSD. The session will provide practical insights into implementing this approach, combining individual trauma reprocessing techniques with relationship-focused interventions.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

### **Homicidal Threat Assessment Training for LPCs**

Presented by Rob Moore and Clay Harris  
**Quick Lecture Hall**

#### **Overview:**

This session will provide practical information and training on homicide threat assessment for LPCs. Participants will be able to explain, differentiate, and assess means, motive, and opportunity in a client that is suspected of being homicidal, as well as a standard part of a mental status exam. Examples will be provided that include exacerbating and mitigating factors in the assessment process.

#### **Content Areas:**

- Assessment
- Professional Identity
- Suicide  
Assessment/Intervention



PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Therapeutic Connectedness: Using Evidence-Based De-escalation for Your Most Challenging Clients**

Presented by Carletta Smelcer and Bethany Powers  
**Greathouse, Room 211**

**Overview:**

This presentation will include evidence-based intervention strategies for how to understand and respond to escalating behaviors. The presenters will provide an overview of the Therapeutic Crisis Intervention (TCI) model, along with real-life practices and guidance on what de-escalation should look and sound like. Attendees will learn the five stages of the crisis model, from baseline to recovery, along with the behaviors, areas of focus, and interventions during each stage. Counselors and therapists working in school, inpatient, IOP, and residential environments will benefit most from this presentation.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

**Taking the Stress out of Documentation**


Presented by Aimee Isenberg  
**Greathouse, Room 212**

**Overview:**

Documentation is word that provokes anxiety in many counselors. Nevertheless, it is an important ethical mandate and legal safeguard. Come join us as we explore strategies to minimize the stress that accompanies documentation. We will introduce new ideas, tips, and tricks that apply to everyone - all the way from students to veterans of the field!

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Ethics
- Professional Issues



COUNSELING AND  
THERAPY SUMMIT

2:00 - 3:00PM

## Breakout Sessions

Kali Connection Therapy: Creating Somatic Safety and Empowerment in Uncertain Times

Why Can't I be the Main Character? The Depictions of Eating Disorders in Films from 2000-2020

Redefining Parenthood: Navigating Identity Development in the Perinatal Period

Legislative Update

Parent Abuse: The Best Hidden Family Secret

Autistic Masking in Adults: The What, Why & How

Streamlining Clinical Notes: Evaluating AI, Traditional Methods, and Ethical Standards

Beyond the Behavior: Understanding the Function of Non-Suicidal Self-Injury

Using the Family Art Assessment to Creatively Engage Children and their Caregivers in Family Sessions

Impression Management in Psychotherapy: How to Use Yourself as an Effective Therapeutic Tool

# SESSION 3

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Kali Connection Therapy: Creating Somatic Safety and Empowerment in Uncertain Times**

Presented by Mara Giovanni  
**Boone Center**

#### **Overview:**

This presentation covers the significance of bottom-up regulation in establishing somatic safety and explores the transformative role of the play state in nervous system rewiring. Participants will engage in experiential exercises designed to activate the primary regulatory network and foster co-regulation. By the end of the session, attendees will:

- Understand the principles of bottom-up regulation and its impact on somatic safety.
- Recognize the therapeutic benefits of the play state in facilitating nervous system rewiring.
- Experience practical exercises to activate the primary regulatory network and enhance co-regulation skills.
- Practice exercises that activate the primary regulatory network and promote co-regulation.

#### **Content Areas:**

- Group Dynamics and Counseling
- Wellness
- Trauma

### **Why Can't I be the Main Character? The Depictions of Eating Disorders in Films from 2000-2020**

Presented by Jermeckia Sandefer  
**Room 106/108**

#### **Overview:**

Dr. Jermeckia Sandefer is a counselor educator and researcher with expertise in media representations of mental health. Her qualitative study, "Why Can't I be the Main Character?: The Depictions of Eating Disorders in Films from 2000-2020, explores both visual and thematic portrayals of eating disorders in modern cinema. Dr. Sandefer analyzed ten films from a 20-year span to assess how myths and inaccurate representations persist in media, applying a social constructionist lens. Her research serves as a resource for counselors and educators aiming to challenge harmful stereotypes and promote accurate mental health portrayals in popular culture.

#### **Content Areas:**

- Social and Cultural Foundations

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Redefining Parenthood: Navigating Identity Development in the Perinatal Period**

Presented by Sara Rader

**Room 109****Overview:**

The perinatal period brings profound identity changes, challenging new parents to adopt and integrate various roles. This session explores common identity struggles in the transition to parenthood, including perceived loss of self, shifts in roles and relationships, and the pressure to meet societal expectations. Through case studies and experiential exercises, participants will gain tools to help clients navigate these transitions while developing a stronger sense of self. Key Takeaways:

- Identify common identity development themes in the perinatal period.
- Examine therapeutic approaches to support clients in exploring identity concerns.
- Practice practical tools to help clients strengthen a healthy sense of self.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Career Development and Counseling
- Counselor Professional Identity and Practice Issues
- Wellness
- Systemic
- Ethics
- Trauma

**Legislative Update**

Presented by Heather Meshell, Clay Harris, and April Lamoreaux

**Room 110****Overview:**

This session will present an update on current legislative efforts for TLPCA. TLPCA's Public Policy committee chairs and TLPCA's Lobbyist, Heather Meshell, will share information about current legislation affecting our organization and their work to address key pieces of legislation.

**Content Areas:**

- Professional Issues

**Parent Abuse: The Best Hidden Family Secret**

Presented by Jeremy Henderson-Teelucksingh

**Room 111****Overview:**

This session explores the emerging issue of parent abuse, a form of family violence where a minor child exerts uninvited or unwanted power and control over a parent or caregiver. Attendees will gain an understanding of parent abuse, including its characteristics and impact on health outcomes. The presentation will review current research, healthcare providers' awareness, and the role of healthcare professionals in recognizing and addressing this issue. Participants will leave with a deeper understanding of how parent abuse differs from other family violence categories and how it can be better identified and managed within healthcare settings.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Research and Program Evaluation
- Wellness
- Trauma



PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Autistic Masking in Adults: The What, Why & How**

Presented by Chris Quarto

**Room 113****Overview:**

Autistic folks are well aware of how their way of looking at and understanding things are different from their neurotypical counterparts. Oftentimes traumatic experiences motivate them to mask their true identities, but this comes at a price. Because of the lingering stigma of autism autistic adults feel like they cannot be their authentic selves and while “wearing masks” helps them fit in socially inside they feel “less than,” emotionally exhausted and dissatisfied with life. The purpose of this presentation is to discuss what masking is, why it develops and how therapists can help their clients “take off their masks” if they choose to do so.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Trauma

**Streamlining Clinical Notes: Evaluating AI, Traditional Methods, and Ethical Standards**

Presented by Lisa Long and Shelly Erdman

**Room 114****Overview:**

This presentation explores the intersection of technology and clinical note-taking, focusing on counseling theory and professional practice. Participants will evaluate the risks of AI in note-taking, critique traditional and emerging strategies, and develop a streamlined template for concise, ethically sound session notes. By examining the relationship of technology to clinical documentation, attendees will enhance their professional identity and practice skills, ensuring compliance with ethical standards while leveraging innovative tools to improve client care. This session aims to equip counselors with the knowledge and tools necessary to effectively navigate the evolving landscape of clinical documentation.

**Content Areas:**

- Counselor Professional Identity and Practice Issues
- Professional Issues

**Beyond the Behavior: Understanding the Function of Non-Suicidal Self-Injury**

Presented by Dakota Lawrence

**Room 115****Overview:**

This presentation explores the psychological, neurobiological, and sensory mechanisms behind non-suicidal self-injury (NSSI). This interactive session examines how self-harm serves as an emotional regulation strategy, presents real case studies illustrating diverse motivations, and offers hands-on training in DBT distress tolerance and emotion regulation techniques. Attendees will engage in experiential exercises, practice chain analysis to understand triggers, and learn trauma-informed, sensory-focused interventions. The program equips counselors with practical, compassionate strategies to support clients in managing NSSI and fostering adaptive coping mechanisms.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Assessment
- Trauma

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Using the Family Art Assessment to Creatively Engage Children and their  
Caregivers in Family Sessions**

Presented by Kasie Lee, Kelly Diehl, Abbey Wyatt, and Andrew Thompson

**Greathouse, Room 211****Overview:**

In this session, presenters will share and demonstrate the steps for facilitating the Family Art Assessment, a time-tested play-based intervention originally published by Helen Landgarten in 1987. This highly engaging technique helps to assess family dynamics, establish goals for counseling, and create opportunities for systemic change. Family counselors and counselors searching for more creative ways to incorporate caregivers into their work with children will leave with a fun intervention ready to integrate into their practice.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Assessment
- Systemic

**Impression Management in Psychotherapy: How to Use Yourself as an  
Effective Therapeutic Tool**

Presented by Francesca Giordano

**Greathouse, Room 212****Overview:**

Regardless of theoretical orientation or treatment technique, all clinicians recognize the importance of the therapeutic relationship. One aspect of developing a relationship with clients is understand the impression you make and the impact that impression has on them. This workshop will help clinicians explore the impact of their impression on clients and other professionals. Through understanding impression and impact, participants will learn to better manage their therapeutic relationships with clients.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Ethics

**UNITE. TRAIN. ADVOCATE.**

# The Ellie MATCH

Get matched with  
***your perfect***  
therapist



3:15 - 4:15 PM

## Breakout Sessions

Navigating the Ethical Quagmire of Multiple Relationships and  
Boundary Extensions with Clients

THE THRIVE INTERVENTION: Reorienting suicide treatment around  
story, meaning, recovery, & a relentless pursuit

Digital Detox for Families: Reclaiming Connection in a  
Hyperconnected World

Supervision of College Interns: Effective Tools and Skills to Make the  
Most of Student and Supervisor Growth

The Counseling Compact, The Time Is Near (repeat session)

What Do Counseling Clients Want? Messages From the White Board

Autism, ADHD, and Sexual Compulsivity

I Still Love Being a Counselor: The 5 Essential Truths in Maintaining  
Your Passion for Counseling Life Long

BPD or C-PTSD? Understanding the Overlap and Key Differences

Scope it Out! Improving Compliance and Ethical Adherence by  
Clarifying Counselor Scope of Practice

Strategies for Connecting and Engaging Adolescents and College  
Students



PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Navigating the Ethical Quagmire of Multiple Relationships and Boundary Extensions with Clients**

Presented by Sarah Bracey  
**Boone Center**

**Overview:**

In previous years, dual, or multiple, relationships with clients were often limited to counselors practicing in rural settings. With today's technology, and a growing generation of clients who dance around our professional and personal boundary lines, we will explore how a counselor can professionally navigate these relationships and understand when to appropriately extend boundary lines, as well as when to close ranks, while adhering to ethical codes of conduct.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Counselor Professional Identity and Practice Issues
- Ethics
- Professional Issues

**THE THRIVE INTERVENTION: Reorienting suicide treatment around story, meaning, recovery, & a relentless pursuit**

Presented by Jacob Henry, Adam Graham, and Jennifer Lockman  
**Room 102/104**

**Overview:**

THRIVE is an innovative brief, recovery-oriented psychotherapy intervention for suicidal individuals. Focused on increasing hope, self-efficacy, and interpersonal growth, THRIVE empowers clients to find meaning in their struggles and build a path toward meaningful living. This presentation will demonstrate THRIVE's core components, discuss the current research and outcomes, and highlight its future potential use in suicide prevention efforts. Participants will engage in discussions about its feasibility, limitations, and real-world applications.

**Content Areas:**

- Research and Program Evaluation

**Digital Detox for Families: Reclaiming Connection in a Hyperconnected World**

Presented by Paul G. Helton  
**Room 106/108**

**Overview:**

This presentation critically examines the psychological and relational consequences of excessive digital media use within family systems. Participants will explore the intentional, research-informed intervention—digital detox—to mitigate the adverse effects of hyperconnectivity, such as reduced face-to-face communication, emotional disengagement, and increased familial stress. Emphasis will be given to the importance of restoring interpersonal relationships by fostering mindful technology use, enhancing emotional attunement, and re-establishing healthy boundaries between virtual and physical spaces.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Systemic

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Supervision of College Interns: Effective Tools and Skills to Make the Most  
of Student and Supervisor Growth**

Presented by Tori Rokicki

**Room 109****Overview:**

The goal of this session is to provide tools and resources to both college-level students and clinical-level supervisors in order to ensure both stakeholders have the best learning experience. This session will cover the effective communication techniques, useful paperwork, and proper organization materials so that interns and supervisors can get to the real learning: clients! Whether you are already a supervisor, or ready to take new interns, this session can help you prepare for an enjoyable experience all around.

**Content Areas:**

- Career Development and Counseling
- Supervision

**The Counseling Compact, The Time Is Near (repeat session)**

Presented by Greg Searls

**Room 110****Overview:**

The Counseling Compact is a groundbreaking initiative that enables Licensed Professional Counselors (LPCs) to practice in member states by obtaining a privilege to practice. This continuing education course provides an in-depth exploration of the Counseling Compact, including its purpose and operation.

**Content Areas:**

- Counselor Professional Identity and Practice Issues

**What Do Counseling Clients Want? Messages From the White Board**

Presented by Suzanne Grannis

**Room 111****Overview:**

Counseling clients typically seek a range of things depending on their individual needs, goals, and circumstances. In this presentation, we will:

- Explore the common things many clients want from their experience.
- Connect these to the ideas of Abraham Maslow and Marshall Rosenberg.
- Consider how a client's met and unmet needs result in the feelings with which they may present.
- Understand the essential role needs play in a successful therapeutic relationship.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Autism, ADHD, and Sexual Compulsivity**

Presented by Ray White

**Room 113****Overview:**

Sexual compulsivity can be a challenging issue to address, particularly when working with neurodivergent clients who may experience unique cognitive, emotional, and sensory dynamics. This workshop will explore a couple case reviews and demonstrate the tailored approaches used to help the clients manage their struggle, one with "minor attraction" and one with "problematic pornography" use.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Assessment

**I Still Love Being a Counselor: The 5 Essential Truths in Maintaining Your Passion for Counseling Life Long**

Presented by Donald Harvey

**Room 114****Overview:**

Most individuals seeking to become counselors are drawn to the desire to touch the lives of hurting people. While some counselors thrive in their role, others struggle. It's not the skills-based training received that makes the difference but other critical elements that all counselors face. The 5 essential truths encountered by all counselors will be explored in this seminar.

**Content Areas:**

- Career Development and Counseling
- Counselor Professional Identity and Practice Issues

**BPD or C-PTSD? Understanding the Overlap and Key Differences**

Presented by Dakota Lawrence

**Room 115****Overview:**

This presentation, "BPD or C-PTSD? Understanding the Overlap and Key Differences," explores the diagnostic similarities and distinctions between Borderline Personality Disorder (BPD) and Complex Post-Traumatic Stress Disorder (C-PTSD). It examines the role of chronic childhood trauma in the development of both conditions and provides clinical strategies for accurate assessment and differential diagnosis. Evidence-based interventions for treating both BPD and C-PTSD are discussed, along with data on clinical outcomes. The session also offers valuable resources for clinicians and clients working with these conditions, aiming to enhance understanding and improve treatment outcomes.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Assessment
- Trauma

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Scope it Out! Improving Compliance and Ethical Adherence by Clarifying  
Counselor Scope of Practice**

Presented by Jenny French

**Quick Lecture Hall****Overview:**

Professional counselors must understand their scope of practice when providing services. For counselor supervisors and clinical leaders, they must also ensure those they oversee stay within their scope. But what happens when these boundaries blur? How do we mitigate risk and uphold ethical standards? What does it mean if a counselor bills under another provider? Who is making the diagnosis? Who is treating? Does scope of practice apply if insurance is not used? This presentation will help attendees clarify current scope of practice bounds for counselors in Tennessee and how to apply legal/ethical principles to improve clarity and practice.

**Content Areas:**

- Counselor Professional Identity and Practice Issues
- Ethics
- Professional Issues

**Strategies for Connecting and Engaging Adolescents and College Students**

Presented by James Sapp

**Greathouse, Room 212****Overview:**

During this session, the presenter will discuss and apply evidence-based strategies for engaging and connecting to adolescents and college students during counseling sessions or in an educational setting. Peer support, mindfulness, storytelling, and positive reinforcement will be presented. These strategies and techniques will then be applied to case studies. Fostering connection, discussing resilience, and positive outcomes for adolescents and college students in therapeutic or educational settings will be presented.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations

**Gaining Resilience in Trauma**



# SESSION 5

4:30 - 5:30 PM

## Breakout Sessions

Rhythms of Renewal: A Drum Circle for Counselor Replenishment  
and Connection

Beyond the Code: Ethical Counseling in a Multicultural and Social  
Justice Framework

Eating Disorders 101: Core Skills and Competencies for Treating  
Disordered Eating

Rural Isolation and Its Mental Health Impact: Effective Counseling  
Strategies for Change

Becoming a Board-Certified Telemental Health Provider

Adult ADHD: Exploring Current Considerations for Diagnosis and  
Treatments

Jump Start Your Brain: Emotional Regulation Activities for Youth

Spiritual Abuse: Implications for Mental Health Counseling

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Rhythms of Renewal: A Drum Circle for Counselor Replenishment and Connection**

Presented by Vanessa Davis

**Boone Center****Overview:**

Counselors, it's your turn to be replenished! In this experiential drum circle, counselors will reconnect, recharge, and rediscover the power of play and rhythm. Drumming reduces stress, boosts mood, enhances mindfulness, and strengthens connection. Join colleagues in a shared rhythmic experience that fosters support, creativity, and deeper professional connections—no experience needed!

**Content Areas:**

- Group Dynamics and Counseling
- Wellness

**Beyond the Code: Ethical Counseling in a Multicultural and Social Justice Framework**

Presented by Marisa White

**Room 102/104****Overview:**

This session explores the intersection of ethical counseling practices with multicultural competency and social justice advocacy. We examine how interpretation of ethical codes must evolve to address the complex needs of diverse client populations and systemic inequities. Through case studies and interactive discussions, participants learn to navigate ethical dilemmas while considering cultural context, power dynamics, and societal barriers that impact mental health treatment. Special attention is given to developing culturally responsive interventions and advocating for systemic change within ethical boundaries.

**Content Areas:**

- Social and Cultural Foundations
- Ethics

**Eating Disorders 101: Core Skills and Competencies for Treating Disordered Eating**

Presented by Caroline Whitaker

**Room 106/108****Overview:**

As the prevalence of eating disorders increases, the need for competent eating disorder professionals is greater than ever. This workshop will review specific diagnostic criteria and common ED symptoms, explore unique considerations for working with EDs, and review necessary skills and interventions for supporting ED recovery at an outpatient level.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Systemic

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Rural Isolation and Its Mental Health Impact: Effective Counseling Strategies for Change**

Presented by Paige Seymour

**Room 109****Overview:**

This presentation will examine the impact of rural isolation on mental health, focusing on how unique geographic and societal barriers can contribute to anxiety, depression, and other mental health issues including suicidality. The presenter will discuss effective counseling strategies including telehealth, community engagement, and culturally sensitive practices to help mental health professionals better serve individuals in isolated areas and foster positive change for mental well-being in rural settings.

**Content Areas:**

- Social and Cultural Foundations
- Wellness
- Systemic

**Becoming a Board-Certified Telemental Health Provider**

Presented by Peter Wilson and Lauren Groves

**Room 111****Overview:**

Following the COVID Pandemic, there has been a favorable perspective on telehealth counseling, and with the coming counseling compact, the practice of virtual therapy will only increase. Becoming a Board Certified Telemental Health Provider provides evidence of quality, credibility and safety to the practice of telehealth. This presentation focuses on the purpose, benefits and training requirements necessary to becoming a Board Certified Telemental Health Provider. The Center for Credentialing and Education (CCE) has five registered credential training providers who offer the required minimum nine CE hours of training. The five trainings will be evaluated in terms of cost and format.

**Content Areas:**

- Counselor Professional Identity and Practice Issues

**Adult ADHD: Exploring Current Considerations for Diagnosis and Treatments**

Presented by Mason Hale, Katie Blair, Ellie Heerema, Andrew Newton, Dot Perkins, and Jillian Royster

**Room 113****Overview:**

This presentation will examine the experience of attention deficit/hyperactivity disorder (ADHD) presenting in adulthood. The prevalence, diagnostic criteria, and comorbidity considerations will be described (American Psychiatric Association, 2022) as well as gender differences (Solberg et al., 2018) and cultural considerations (Ghoshal, 2022; Gómez-Benito et al., 2019). Medication treatments (Bies et al., 2023; Castells et al., 2018) and counseling interventions (Fullen et al., 2020) for adult ADHD will be examined to equip counseling practitioners' knowledge of how medications effect the prognosis of adult ADHD and how counseling interventions can be used to support a multidisciplinary treatment team approach.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Jump Start Your Brain: Emotional Regulation Activities for Youth**

Presented by Jeff Devine

**Room 115**

#### **Overview:**

This workshop will present attendees with an opportunity to learn 5-7 activities for building emotional regulation skills in youth. Drawn from research conducted under a Trauma Informed Care SAMHSA grant implemented in the state of Iowa in 2012, these evidence based activities include group and individual exercises. This is a participatory workshop! Participants will also learn how to utilize the activities to build a sequential model of intervention, including electronic access to more than 40 emotion regulation activities.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

### **Spiritual Abuse: Implications for Mental Health Counseling**

Presented by Andrea Mills, Laura Enciso, Hunter Braden, and Enchantice Laws

**Quick Lecture Hall**

#### **Overview:**

This education session will present current research and findings on spiritual abuse and its profound impacts on mental health, particularly for individuals who have experienced emotional and psychological harm within a spiritual or religious context. Participants will explore potential screening tools to identify spiritual abuse and gain an understanding of the signs and symptoms. The session will also highlight effective treatments and interventions designed to support clients in their journey toward spiritual repair, fostering healing and resilience for those who have suffered from spiritual trauma.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Assessment
- Ethics
- Trauma





# Homicide Zero

## Help Prevent School Shootings

Dr. Rob Moore

Dr. Rob Moore of Liberty University needs your anonymous input. If you have children aged 12-30 who have never made a threat, please complete our IRB-approved survey (QR code below). One survey can be taken by each parent for each child. Your participation is crucial to validating threat assessment tools and only takes 5-10 minutes.



**Robert L. Moore, PhD, EdD**  
Consulting Psychologist (HSP), LPC-MHSP  
Homicide Zero, Chief Clinical Officer  
[www.homicidezero.com](http://www.homicidezero.com)

homicide  
**ZERO** 

# SPONSOR INFORMATION

## Mental Health Cooperative - Corporate Sponsor

[mhc-tn.org](http://mhc-tn.org)



For more than 25 years, Mental Health Cooperative (MHC) has been helping adults with severe mental illness and children with serious emotional challenges live high quality lives in the community with ongoing support and treatment. We combine behavioral health services, physical health care, crisis services and pharmacy resources to help the whole person. In the last two and a half decades, our evidence-based team approach has helped build trust with tens of thousands of Tennesseans. Our services help to improve client's overall health and life satisfaction by integrating physical healthcare and behavioral healthcare.

## Ellie Mental Health - Corporate Sponsor

[elliementalhealth.com](http://elliementalhealth.com)



Ellie Mental Health in Tennessee isn't your average therapy clinic. We've created a comfy, judgment-free zone where you can be authentic, get real about where you're at in your mental health, and receive the compassionate care you deserve. We strive to break down treatment barriers and provide you with customized counseling services that meet your therapy needs.

## Trevecca Nazarene University - Venue Sponsor

[trevecca.edu](http://trevecca.edu)



The Doctor of Philosophy (PhD) Clinical Counseling, Teaching and Supervision degree program is accredited by The Council for Accreditation of Counseling & Related Educational Programs (CACREP). The doctoral program exists to equip students to become competent mental health professionals, counselor educators, supervisors, researchers, and leaders in the field who will use their skills in service to others. The education and training from this program will help counselors gain leadership and service skills that employers are currently seeking.

## TN Voices - Luncheon Sponsor

[tnvoices.org](http://tnvoices.org)



Statewide and national source of referral, support, and advocacy for families and the systems that serve them. TNV has reached more than 50,000 parents/caregivers, family members, and professionals.

# SPONSOR INFORMATION

## LifeStance Health - Keynote Sponsor

[lifestance.com](https://lifestance.com)



LifeStance Health is a multi-disciplinary group practice with a full staff of psychiatrists, psychiatric nurse practitioners, psychologists, and therapists with general and specialized areas of expertise. In addition to seeing patients in our offices, we also offer sessions via telehealth. This allows us to provide more flexibility to our patients and make our services available to those who would otherwise not be able to obtain mental health care for a variety of reasons. We value high quality, collaborative, and comprehensive patient care. We provide outpatient services including: psychotherapy, medication management, psychological testing, and TMS treatment.

## Integrative Life Center - Gold Sponsor

[integrativelifecenter.com](https://integrativelifecenter.com)



Holistic Addiction, Mental Health, and Dual Diagnosis Treatment in Nashville, TN. Since 2010, Integrative Life Center has helped countless individuals like you achieve lasting healing through comprehensive therapy personalized to their individual needs. As one of the best dual diagnosis treatment centers in the US, we can treat multiple conditions under one roof, from mental health disorders and substance abuse to sex addiction, eating disorders, and more. Utilizing both evidence-based and experiential therapies, our team addresses the root causes of your struggles, not just your symptoms. With trauma-informed care that helps your mind, body, and spirit heal, you're better equipped to maintain long-term recovery and return to your authentic self.

## EmbraceU - Silver Sponsor

[embraceu.com](https://embraceu.com)



Embrace U is an evidence-based, outpatient therapy provider designed to help people ages 10-18 gain control over the symptoms of a mental illness. The Embrace U care team includes a board-certified child and adolescent psychiatrist, a psychiatric nurse practitioner, licensed therapists, and registered nurses. Our adolescent mental health clinics in Brentwood, Chattanooga, Knoxville and Mt. Juliet offer life-changing treatment. Participants and their families gain the support they need through group experiences and structured individual and family therapy. Our therapy programs help adolescents develop coping skills, stronger self-esteem, and better ways to communicate.

# EXHIBITOR INFORMATION

## Alive's Grief Center

[alivehospice.org](http://alivehospice.org)



Alive's Grief Center is Middle Tennessee's premier non-profit solely dedicated to the provision of professional grief support for those who have experienced the death of someone significant. Offering groups, workshops, individual, family and couples counseling, camps and retreats and school-based grief support, our programs are led by licensed counselors and volunteer co-facilitators. We offer reduced rates for counseling, many free programs, and serve ages 4+ across a 12-county service area, 5 locations and a telehealth option. Interested in learning more? Visit our table during the Summit!

## Ascension Saint Thomas

[www.saintthomasbehavioral.com](http://www.saintthomasbehavioral.com)



Ascension Saint Thomas Behavioral Health Hospital is a dedicated inpatient psychiatric facility providing compassionate, evidence-based care for adults and seniors. Our services include acute inpatient treatment, Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), and Electroconvulsive Therapy (ECT). We treat a broad spectrum of mental health and co-occurring disorders through a multidisciplinary approach, collaborating closely with referring clinicians to ensure seamless transitions of care and long-term support for patients and their families.

## Aster Springs Nashville

[astersprings.com](http://astersprings.com)



Aster Springs offers a full continuum of eating disorder primary treatment options for clients ages 18+ in Nashville. Our 8 bed residential facility is open to female identifying clients and our outpatient services (IOP/PHP) are open to individuals of all genders. We offer daytime and evening programming options to accommodate different schedules for our clients.

# EXHIBITOR INFORMATION

## Cirque Lodge

[cirquelodge.com](http://cirquelodge.com)



Recovery it's in our Nature. Cirque Lodge provides adult primary and extended care substance abuse and dual diagnosis treatment. Our 16-bed Lodge facility located in Sundance, Utah, and our 44-bed Studio facility adjacent to Sundance in the mouth of Provo Canyon.

Our facilities are JCAHO and licensed by the state of Utah. We combine traditional cognitive therapies with daily experiential session in what is arguably the most magnificent setting available in treatment today. Treatment is carried out by an educated and experienced staff, which includes a full-time psychiatrist and master level clinicians in a caring and compassionate environment. The primary focus is to replace the feelings of addiction: fear, hopelessness and anger, with the coping strategies necessary to find joy and purpose. Our program is founded on the principles of the 12-steps of Alcoholics Anonymous, coupled with the finest clinical in the most spiritual setting imaginable.

## Cornerstone Recovery

[cornerstoneofrecovery.com](http://cornerstoneofrecovery.com)



Our addiction treatment facility near Knoxville, TN, offers a supportive community and evidence-based programs that serve as a turning point for our patients, empowering them to restore hope and balance to their lives. We provide customized care for every step of the recovery journey from detox and residential treatment, to outpatient services to specialty programming. We utilize diverse modalities, including brainspotting therapy, CBT, DBT, EMDR, and Experiential therapy to ensure a tailored program.

## GRIT at Magnolia Meadows

[magnoliameadows.com](http://magnoliameadows.com)



GRIT (Gaining Resilience in Trauma) is a 15-bed residential treatment program designed exclusively for First Responders. Located on 32 acres in Waverly, TN, GRIT provides a structured, no-nonsense environment where men 21 and older can tackle the mental health challenges that come with the job. Our mission is to help those who serve—Firefighters, Law Enforcement, Paramedics, EMTs, Military, Dispatchers, Correctional Officers, and Retired First Responders—build resilience, reclaim their strength, and get back into their lives. Here, we stand shoulder to shoulder, offering help, healing, and hope.



# EXHIBITOR INFORMATION

## Haven of Hope

havenofhopeed.com



Located just outside Memphis, Tennessee, Haven of Hope provides comprehensive eating disorder treatment for adult, female-identifying individuals. Our experienced team specializes in addressing the complex intersection of eating disorders and trauma, with a particular emphasis on attachment wounds. Grounded in the Internal Family Systems (IFS) model, our approach helps clients explore and heal the parts of themselves shaped by past experiences, promoting deep, lasting recovery. Haven of Hope offers a nurturing environment where clients are seen, heard, and supported as they reclaim their lives.

## HOPE Family Health

hopefamilyhealth.org



HOPE is a nonprofit Federally Qualified Health Center (FQHC) located in Middle Tennessee serving Sumner, Macon and Trousdale counties and surrounding areas. HOPE is unique in that we provide a team-based integrated approach based on each patient's individual and unique care needs. What does that mean? Our patients can access a broad spectrum of services under one roof, and providers from the various services coordinate each patient's care and services as a team to ensure the highest quality of care and the patient experience.

## Mind the Gap Therapy and Consulting

MindTheGapTN.com



Mind The Gap is an integrative therapy practice offering whole-person mental healthcare to the the Middle Tennessee area. We provide individual therapy, occupational therapy, and group therapy and believe that quality care incorporates mind, body, spirit, culture, community. Our providers are specially trained in working with trauma (PTSD/CPTSD), neurodivergence (autism, ADHD), depression, anxiety, chronic pain, self-harm, and suicide. We see people across the lifespan: children, teens, and adults. Therapy should treat the mind and the body.

## Onsite

experienceonsite.com



Onsite is a leader in emotional wellness, offering transformational experiences that help individuals reconnect with who they are and how they relate to the world around them. With over 45 years of proven expertise, Onsite provides safe, supportive spaces for people to explore their stories, heal from pain, and move forward with clarity and purpose. Through a range of immersive offerings—including group intensives, individual intensives, residential treatment, intensive outpatient programs, business consulting, digital courses, and 1:1 therapy—Onsite meets people wherever they are on their healing journey. At its core, Onsite believes in healing through relationship, the power of emotional health, and the courage to live wholeheartedly.

# EXHIBITOR INFORMATION

## The Refuge Center

[refugecenter.org](http://refugecenter.org)



The Refuge Center exists to offer excellent, accessible, and affordable mental and emotional healthcare services in support of a transformational impact on communities. Each year, we serve more than 4,000 children, adolescents, adults, and families through over 41,000 counseling sessions. Our team of over 70 highly trained therapists offers comprehensive care across a wide range of mental and emotional health needs, utilizing diverse, evidence-based modalities which includes Neurofeedback, PCIT, EMDR, Music Therapy, Somatic Therapy, as well as a variety of therapeutic groups and intensive programs.

## Rogers Behavioral Health

[rogersbh.com](http://rogersbh.com)



Rogers Behavioral Health is a not-for-profit, independent provider of specialized mental health and addiction treatment. As one of the largest behavioral healthcare systems in the United States, Rogers offers highly effective treatment for OCD, Anxiety, Depression and Mood Disorders, Eating Disorders, Trauma, Substance Use and more. We're here to help you live for the moments that matter.

## Sexual Assault Center

[sacenter.org](http://sacenter.org)



Sexual Assault Center serves victims of sexual violence in Tennessee through immediate crisis intervention and long-term therapeutic care. We serve the community through training, prevention, outreach, decreasing barriers to marginalized communities, and implementing systemic change.

Crisis Support Line - Available 24/7 - 1-866-811-7473  
SAFE Clinic - Open 24/7 - 615-258-5888

## Tristar Behavioral Health

[tristarhealth.com/specialties/mental-health-and-wellness](http://tristarhealth.com/specialties/mental-health-and-wellness)



TriStar Behavioral Health, consisting of Parthenon Pavilion in Nashville, TN, and Pinewood Springs in Columbia, TN, are mental health & wellness centers providing services for the Middle Tennessee area. Both locations offer inpatient services, as well as outpatient PHP & IOP programs.

# EXHIBITOR INFORMATION

## TrustPoint Hospital

[trustpointhospital.com](http://trustpointhospital.com)



TrustPoint Hospital is a state-of-the-art treatment center that provides an array of medical and psychiatric services on both an inpatient and outpatient basis. Our quiet, yet convenient location in Murfreesboro, Tennessee offers exceptional care to patients who require acute physical medicine and rehabilitation, adult, adolescent and geriatric psychiatry, and medical psychiatry.

## Vanderbilt Behavioral Health

[vanderbiltbehavioralhealth.com](http://vanderbiltbehavioralhealth.com)

### Vanderbilt Behavioral Health



Vanderbilt Behavioral Health is comprised of Vanderbilt Psychiatric Hospital, a 106-bed inpatient facility; the Psychiatry Outpatient Clinics; the Adult and Adolescent Partial Hospitalization Programs; the Young Adult and Co-Occurring Intensive Outpatient Programs; the Neuromodulation program which includes Transcranial Magnetic Stimulation (TMS) and Electroconvulsive Therapy (ECT); School-based Services and the Center of Excellence which provides services for children in state custody or who are at risk of a custodial situation. As a part of Vanderbilt University Medical Center, we provide world-class care for our patients, setting the standard for excellence while advancing our field through education and research.

## Village Behavioral Health

[villagebh.com](http://villagebh.com)



Village Behavioral Health is a residential program for youth ages 9 to 17 years old with primary mental health disorders and secondary substance misuse disorders. Village is located just a few miles from McGhee Tyson Airport and the beautiful Smoky Mountains. VBH is on 64 acres of wooded land with open concept cabins for the kids. VBH has a fully accredited school so that the kids can continue their education while receiving the treatment they need. VBH uses DBT, CBT, EMDR, Equine Therapy, brain spotting, and other modalities in working with the youth and their families. Family participation is expected and will be a key factor in the child's treatment outcome. During their stay at Village Behavioral Health, each youth will experience activity therapy, group therapy, individual therapy, and a variety of other activities to enhance their experience.

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[cphins.com/TLPCA](https://cphins.com/TLPCA)

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# 2025 PRESENTERS

## Carla Archuletta

Carla Archuletta is an LPC/MHSP-S in the state of Tennessee, a Fellow in Thanatology, and NCC. She received her End-of-Life Doula Professional Certificate from the University of Vermont and is a practicing End-of-Life Doula Apprentice training under Death Midwife, Jade Adgate, founder of Farewell Fellowship in Nashville, Tennessee.

## Julie Barnes

Julie Barnes, PhD is an Assistant Professor in the Graduate Counseling Program at Trevecca Nazarene University. She teaches Group Theory & Process, Crisis Theory Interventions, and Practicum/Internship classes. She is an LMFT and AAMFT Approved Supervisor. Her areas of interest include Assessment and Treatment of Suicidal Ideations and Family Counseling.

## Katie Blair

Katie Blair is a student in Trevecca's Graduate Counseling Program pursuing her Master of Marriage and Family Counseling. She is interested in using person-centered techniques to help children, adolescents and couples thrive in any and all environments.

## Sarah Bracey

Sarah Bracey serves as the program coordinator and associate professor of the undergraduate and graduate psychology programs at Welch College. She graduated with her PhD in Counselor Education and Supervision in 2019 and works part-time as a campus counselor as a LPC MHSP.

## Hunter Braden

Hunter Braden is a graduate student in Lipscomb's Clinical Mental Health Counseling program and received his masters in Biblical and Theological Studies from Covenant Theological Seminary. He interns at the Mental Health Cooperative in their Emergency Psychiatric Services, and he also interns at The Counseling Center at Fellowship Bible Church.

## Stacey Buford

Stacey Buford, MDIV brings fifteen years of experience providing clinical care in hospitals, adoption, foster care, and residential treatment. An EdS candidate with a clinical residency specializing in women's health and care of the adoption triad, she served as inaugural chair of a task force transforming adoption care in hospitals.



# 2025 PRESENTERS

## Amber Cheney

Amber Cheney is a trauma-focused therapist and the founder of Arrows of Grace Counseling, LLC, where she provides individual counseling services and is paneled with BCBS and Cigna. She has extensive experience supporting survivors of trauma across clinical, residential, and community-based settings. Previously, Amber served as Program Director at a psychiatric residential treatment facility for at-risk adolescent males, where she led a team of 20+ staff and oversaw clinical supervision and admissions. She also worked as a forensic interviewer and therapist at the Julie Valentine Center and developed the agency's first male survivor support group. Amber earned both her M.Ed. in Counseling and Development and B.A. in Psychology from Winthrop University. She is known for her collaborative leadership style, deep empathy, and commitment to trauma-informed care and equity in mental health services.

## Michael Christian

Associate Professor, Graduate Counseling  
Licensed Professional Counselor/Mental Health Service Provider  
Concentration of Clinical Practice: Couples Therapy, Sex Therapy, Compulsive Sexual Behavior, Depression, Anxiety, Personality Disorder

## Benjamin Craft

Benjamin Craft, LPC-MHSP is a staff clinician and Head of Education & Training at Nashville OCD & Anxiety Treatment Center. Benjamin has specialized in the treatment of anxiety disorders and OCD for individuals, groups, and families for the past 8 years.

## Stephanie Davis

Stephanie Davis is a Licensed Professional Counselor working in private practice in Birmingham, Alabama. She graduated from the University of Alabama at Birmingham with her MA in Counseling in 2013. She specializes in grief, women's issues, and trauma. She is a U.S. based Lifespan Integration Instructor, Consultant and Certified Therapist.

## Vanessa Davis

LPC/MHSP-S and MT-BC at Replenish Counseling, Vanessa is a trained HealthRHYTHMS facilitator and Therapeutic Game Master. She leads therapeutic drum circles, therapeutic RPG groups and co-hosts Psychobabble on WXNA radio, all driven by her passion for fostering authentic connection through rhythm, storytelling, and creative expression.

## Jeff Devine

Jeff Devine is currently Clinical Director of Ellie Mental Health in Smyrna, TN. His professional life includes Community Mental Health, Private Practice and CEO of Psychiatric facilities for youth and children. He has worked with agencies across the US, Australia and Singapore on the practices of Trauma Informed Care.

# 2025 PRESENTERS

## Kelly Diehl

Kelly Diehl is a pre-licensed counselor who earned her M.S. in Clinical Mental Health Counseling from Lipscomb University (to be conferred May 2025). She works as a Clinical Therapist with children, adolescents, and adults at the Sexual Assault Center. Kelly is trained in Child-Centered Play Therapy, sandtray and expressive arts, and Trauma-Informed Stabilization Treatment.

## Laura Enciso

Laura Enciso is a graduate student in Lipscomb's Clinical Mental Health Counseling Program. She is a clinical intern at the Sexual Assault Center where she provides trauma-informed therapy, in English and Spanish. She has previous experience working at Vanderbilt's Psychiatric Hospital, as well as the Agency for Community Treatment Services.

## Shelly Erdman

Shelly G. Erdman, LPC/MHSP, NCC, is a Certified Clinical Partner Specialist working with Connection Therapy Group in Brentwood, TN. She is a current doctoral student in Clinical Counseling: Teaching and Supervision at Trevecca Nazarene University. Shelly served as 2024–2025 doctoral student intern for the American Association of State Counseling Boards.

## Frankie Fachilla

Dr. Frankie Fachilla (she/they) is a Licensed Professional Counselor (LPC-MHSP) and Approved Supervisor in Nashville, TN. Since 2009, she has worked as a counselor in agency and correctional environments. Dr. Fachilla currently serves as a Core Faculty Member at Walden University.

## William Feck

William Feck, LPC/MHSP, is a full-time lecturer at MTSU providing supervision for practicum and school counseling internship students. Concurrently, he is a primary therapist and clinical advisor at Integrative Life Center in Nashville. William is in the doctoral program at Trevecca Nazarene University for clinical counseling, teaching, and supervision. He currently is working on his dissertation pertaining to combat-related PTSD and attachment styles. This year he is serving as the President Elect for Tennessee Licensed Professional Counselors Association (TLPCA).

# 2025 PRESENTERS

## Jenny French

Jenny holds an LPC/MHSP and NCC. She is co-regional representative in the West Central region for TLPCHA and a member of AMHCA and ACA. As a solo practitioner in private practice, (BetterMinds – Jackson, TN) she works to educate herself and other counselors on legal and ethical issues impacting counselors.

## Francesca Giordano

Francesca Giordano is a recent "transplant" to Tennessee. She is a retired full professor in the Counseling program at Northwestern University in Chicago, Illinois. Currently, she owns a mental health practice and has 30 years of clinical experience. Her areas of expertise include ethics and supervision.

## Mara Giovanni

Mara Giovanni, MSW, is the creator of Kali Connection Therapy (KCT), a groundbreaking neuroscience-based somatic trauma therapy. With an MSW from Columbia University, she has spent decades leading groups and creating content. Mara leads KCT groups at Onsite Workshops and Integrative Life Center and certifies therapists nationwide.

## Adam Graham

Adam Graham is a crisis and behavioral health threat assessment consultant with TBD Solutions. A licensed professional counselor with 15+ years in community mental health, he has worked with the FBI, Secret Service, and DHS. He has consulted for Google and YouTube, and taught at Vanderbilt University.

## Suzanne Grannis

Dr. Suzanne Grannis is licensed as an LPC-MHSP in Tennessee. She earned a PhD in Family Relations and Child Development from Oklahoma State University and a master's in counseling from Trevecca Nazarene University. Dr. Grannis serves as the Director of Clinical Education for Ellie Mental Health in Middle Tennessee.

## Lauren Groves

Lauren|Groves|lauren.s.groves@gmail.com|M.A.|Professional Counseling|LPC-MHSP|Lauren is an LPC-MHSP, NCC, RPT. She is presently in the Ph.D. program in Clinical Counseling: Teaching and Supervision program at Trevecca.

# 2025 PRESENTERS

## Mason Hale

Mason is a Licensed Clinical Pastoral Therapist, Temp. LPC-MHSP, NCC, and Board Certified Christian Counselor. He has a Ph.D. from Tennessee Technological University and master's degrees from Freed-Hardeman University. He is currently an Assistant Professor at Trevecca Nazarene University in Graduate Counseling and a counselor at the MJ Counseling Center.

## Cameron Harman

Cameron Harman has a bachelor's degree in psychology and is currently attending the Professional Counseling program at MTSU. He is interested in personality and antisocial behavior. Cameron has lived in Nashville with his wife and stepson since 2017 when he left military service.

## Nathan Harris

Nathan Harris, LPC/MHSP, currently serves as the Director of Counseling Services at Bryan College. He is a member of TLPSCA, ACA, AUCCCD, and EMDRIA. His areas of clinical interest include suicidality, trauma, and the integration of faith into counseling. He is certified in EMDR and is CAMS trained.

## Clay Harris

Clay Harris is the Chief Operating Officer of Homicide Zero. He has more than 15 years of clinical experience as an LPC in counseling, management, supervision, and entrepreneurship.

## Donald Harvey

Donald Harvey, PhD, LPC-MHSP is Professor of Graduate Counseling at Trevecca Nazarene University. He has authored 10 books on counseling related topics and practiced as a therapist for 5 decades. At Trevecca, Don established the Master's in Marriage and Family Therapy and co-designed the PhD in Counselor, Education and Supervision.

## Ellie Heerema

Ellie Heerema is currently in the Clinical Mental Health Counseling graduate program at Trevecca Nazarene University. She is interested in working with young adults in a college setting with utilizing Acceptance and Commitment Therapy. She is passionate in utilizing mindfulness and self-compassion techniques.

# 2025 PRESENTERS

## Paul Helton

Dr. Helton is an Associate Professor of Psychology at Freed-Hardeman University. He owns and operates Paramount Counseling Services in Jackson, TN. His practice has served clients associated with United Health Services, Scarlet Rope Project, WRAP, and Toyota. His work includes those who have suffered physical, emotional, and sexual trauma. His book, "Released: Overcoming Sexual Trauma" has been well received by individuals recovering from sexual trauma. Dr. Helton works with organizations to enhance Trauma Informed Care principles. He is also engaged in offering EAP services to the corporate sector.

## Jeremy Henderson-Teelucksingh

Jeremy Henderson-Teelucksingh is a counselor, values-based leadership coach, and corporate wellness consultant. Specializing in PTSD, trauma, anxiety, and relationships, he uses ACT with a multicultural, social justice lens. His research focuses on LGBTQEQIAP+ healthcare and parent abuse. Jeremy authored Managing Success and The Human Relations Matrix.

## Jacob Henry

Jacob Henry, Executive Director of Ellie Mental Health, has over 10 years of experience in community mental health, inpatient units, and outpatient clinics. A Licensed Professional Counselor, he is passionate about suicide treatment and dedicated to helping clients build meaningful lives through compassionate care and support.

## Aneta Hopkins

I am an interactive, solution-focused therapist and my patients well-being is my main priority. I have my Masters and Doctorate degrees in Education and Counseling and Psychology. In addition to my 20 years of experience as a child, adolescent, family, couple, and relationship therapist, I have presented at national conferences.

## Aimee Isenberg

Aimee Isenberg holds a PhD in Counselor Education & Supervision. She is currently an Associate Professor in the Graduate Counseling Program at Trevecca Nazarene University. Aimee sees clients in her part-time practice and holds an LPC/MHSP in the state of Tennessee. Aimee also provides licensure supervision.



# 2025 PRESENTERS

## John Kennedy

Dr. John Kennedy received his Ph.D. from Regent University in 2011 and practices as a LMFT, LPC-MHSP, and a National Certified Counselor. John provides supervision for professional counselors and marriage & family therapists seeking licensure. He has been in private practice since 2008 and has an office currently in Mt. Juliet. John has been a full-time professor for 18 years and has recently retired from teaching in the Graduate Counseling Department at Trevecca Nazarene University.

## April Lamoreaux

April L. Lamoreaux graduated from Cincinnati Christian University with a Bachelor of Science in Bible and Psychology and a Master of Arts in Counseling. April has worked in the mental health field for the past thirteen years training counselors as an adjunct professor, clinical director, supervisor and consultant. April is currently the Practicum and Internship Coordinator for Trevecca Nazarene University's Graduate Counseling program where she is also pursuing a PhD in Counselor Education and Supervision. She is also the Public Policy Co-chair for TLPCA and a member of Chi Sigma Iota.

## Dakota Lawrence

Dakota Lawrence is a Licensed Professional Counselor specializing in trauma, chronic pain, and mood disorders. As co-owner of Mind The Gap in Murfreesboro, TN, he uses evidence-based therapies like EMDR, DBT, ACT, and Mindfulness-based therapies to support whole-person healing.

## Enchantice Laws

Enchantice Laws is a 2nd year graduate student in Lipscomb's Clinical Mental Health Counseling program. She received a B.A. in Psychology with a minor in Alcohol and Drug Abuse Services from The University of Memphis. She is a clinical intern at Cumberland Heights Treatment Center.

## Kasie Lee

Kasie Lee, PhD, LPC-MHSP, NCC, RPT-S, is an associate professor in the Clinical Mental Health Counseling Program at Lipscomb University and Director of the Center for Play Therapy and Expressive Arts. Dr. Lee has over 16 years of experience practicing play therapy and supervising students and post-graduate play therapists.

## Tiffany Lindsey

Dr. Tiffany Lindsey, LPC/MHSP is Co-Founder and Chief Operating Officer at the Center for the Helping Professions. With a background in both clinical work and leadership positions serving vulnerable populations in high-risk environments, Dr. Lindsey helps agencies create safe space for teamwork, shared accountability, and pragmatic systems innovation.

# 2025 PRESENTERS

## Jennifer Lockman

Dr. Jennifer Lockman is an Assistant Professor at UAB's Depression and Suicide Center. Her research program develops and tests brief, recovery-focused crisis interventions and trains the mental health workforce. She collaborates with Crisis Leaders worldwide and leads UAB's THRIVE clinic, providing suicide-specific therapy across campus and hospital settings.

## Lisa Long

Lisa Long, LPC/MHSP specializes in trauma and narcissistic abuse recovery at May Tree Counseling in Brentwood, TN. Lisa is advanced trained in EMDR and Brainspotting. She is a Certified Clinical Anxiety Treatment Professional (CCATP). Lisa is currently a doctoral student in Clinical Counseling: Teaching and Supervision at Trevecca Nazarene.

## Amy Mariaskin

Amy Mariaskin, Ph.D. is a licensed clinical psychologist and founding director of the Nashville OCD and Anxiety Treatment Center in Brentwood, TN. She works with individuals with OCD, anxiety, and OC spectrum disorders across the lifespan. She is passionate about working with children, families, and couples as well as serving individuals in the LGBTQ+ community. Dr. Mariaskin is the author of the book *Thriving in Relationships with OCD*, published in 2022. Additionally, she is active in training and serves as faculty for the International OCD Foundation's BTTI and as adjunct faculty at Vanderbilt University.

## Heather Meshell

Heather Meshell is an attorney and lobbyist who has worked for over a decade in public policy and government relations on both local and state levels, collaborating with lawmakers, nonprofits, law enforcement, judges, and advocates with a focus on the criminal legal system. Heather received her Juris Doctorate from Nashville School of Law and holds a bachelor's degree in Sociology from Middle Tennessee State University.

## Andrea Mills

Andrea Mills Ph.D., LPC/MHSP is an Assistant Professor in the Clinical Mental Health Counseling program at Lipscomb University. She holds certifications as a College and University Suicide Prevention Specialist and is an Assessing and Managing Suicide Risk trainer, as well as being an Approved Clinical Supervisor.

## Nicoletta Montgomery

Nicoletta Montgomery is a Licensed Professional Counselor with a Mental Health Service Provider designation. She has over 20 years of experience in counseling. She has an undergraduate degree in psychology from Jackson State University and her masters degree in Counseling Education and Supervision from Wayne State University.

# 2025 PRESENTERS

## Rob Moore

Dr. Moore is the Chief Clinical Officer for Homicide Zero, a company began to profile tools to clinicians for the purpose of early detection of homicidal threat in clients. He has conducted more than 300 homicidal threat/risk assessments during his career and is currently conducting research.

## Ben Nelson

Ben Nelson, LPC/MHSP (TEMP) is an Associate at Nashville Counseling Sessions, specializing in evidence-based addiction and trauma counseling. Ben utilizes a variety of interventions including ACT and CPT. Ben is a veteran of the U.S. Air Force, where he specialized in analysis and research.

## Andrew Newton

Andrew Newton is a student in Trevecca's Master's program in Clinical Mental Health Counseling. He is interested in working with young adults, using behavioral modalities to improve self-compassion and acceptance. When he is not at school or working in horticulture, he enjoys creative writing and his cat, Tammy.

## Dot Perkins

Dot Perkins is a Clinical Mental Health Counseling student at Trevecca Nazarene University. Once licensed, she aims to use the Spiritual Roots System and Emotion-Focused frameworks to help foster healing in those who struggle with self-esteem and their connection to God.

## Danielle Peters

Danielle Peters | d.peterscounseling@gmail.com | M.A. | Clinical Mental Health Counseling | LPC/MHSP (Temp.)

## Bethany Powers

Dr. Bethany Powers serves as an Assistant Professor in Lincoln Memorial University's Doctor of Education program. Before earning her EdD at LMU, she was an elementary teacher and a behavior coach in Knox County Schools. She has obtained over eight years of behavioral, social, and emotional experience and training in Positive Behavior Interventions and Supports, Trauma Informed and Resilient Schools, Response to Intervention in Behavior, Restorative Practices, Adverse Childhood Experiences, Conscious Discipline, and Therapeutic Crisis Intervention which guided her research. Before beginning at LMU, she worked as an Adjunct Professor at Tennessee Technological University overseeing undergraduate education students in their clinical field experience. She resides in Knoxville, TN with her husband, Adam, son, and daughter.

# 2025 PRESENTERS

## Chris Pursell

Chris Pursell is a licensed clinical social worker and the director of community engagement at the Nashville OCD and Anxiety Treatment Center in Nashville, TN who specializes in research-based modalities to treat OCD & Anxiety. He is also the founding president of OCD Tennessee, an affiliate of the IOCDF.

## Chris Quarto

Christopher J. Quarto, Ph.D., PLLC is a licensed psychologist who has provided therapy and assessment services to children, adolescents and adults in community mental health, psychiatric hospital and private practice settings for 30+ years. Dr. Quarto formerly taught in a CACREP-accredited graduate counseling program and has received numerous teaching and professional awards. He is the host of the popular podcast series, "Adult Autism: A Spectrum of Uniqueness" (<https://chrisq2.podbean.com/>).

## Sara Rader

Sara Rader (LPC/MHSP) is a licensed therapist in private practice in Goodlettsville, TN, specializing in perinatal mental health & trauma recovery. She has experience providing perinatal-focused care in-home, school-based, and outpatient, and she proudly serves on the Board of Directors for Postpartum Support International (KY Chapter).

## Jasmine Reynolds

Jasmine Reynolds is a Professional School Counselor, National Certified Counselor (NCC), master's level clinician, and Ph.D. student in Counseling and Supervision at Tennessee Tech University. She is Tau Tau Upsilon Chapter Chi Sigma Iota President and a 202 NBCC Fellow. Her expertise includes incarcerated populations, school-to-prison pipelines, and intergenerational family

## Tori Rokicki

Tori Rokicki, Ed.S, LPC-MHSP is a mental health counselor and the Dean of Social Emotional Learning at East End Prep in East Nashville, Tennessee. She has been a counselor in schools for ten years, and enjoys working with kids and families.

## Jillian Royster

Jillian Royster is a student in Trevecca's Master's Program in Clinical Mental Health Counseling. With twelve years of experience as a Registered Nurse, primarily working with children, she plans to continue serving this population in the counseling field.

# 2025 PRESENTERS

## **Jermeckia Sandefer**

Dr. Jermeckia Sandefer is a licensed professional counselor, licensed school counselor, and counselor educator with a PhD in Counselor Education and Supervision from the University of the Cumberlands. She specializes in eating disorders and actively contributes to the field through teaching, supervision, and presenting at conferences like TCA.

## **James Sapp**

Dr. James Sapp is currently an Associate Professor of Psychology at the University of Pikeville in Kentucky. He holds professional licenses to practice in Kentucky and Tennessee where he's practiced for 30 years. He is also a National Certified Counselor, an international author, and an international lecturer.

## **Greg Searls**

Greg Searls is the Executive Director of the Counseling Compact Commission. He is a licensed funeral service practitioner in Wyoming, beginning his regulatory career in 2010 when appointed by the Governor to the Board of Funeral Service Practitioners. In 2016, he transitioned to an Executive Director role within the Wyoming Professional Licensing Board office.

## **Paige Seymour**

Paige Seymour is a Ph.D. student at Tennessee Technological University and licensed as an LPC-MHSP working within a community mental health center. She serves as Board President for the Power of Putnam anti-drug coalition and has extensive experience working with a diverse clientele experiencing mental health and substance use issues.

## **Carletta Smelcer**

Dr. Carletta Smelcer serves as an Assistant Professor in Lincoln Memorial's Master Levels Mental Health and School Counseling programs. She has over 20 years' experience working with adolescents, families and adults. Specific areas of research and practice include Trauma Informed Care, Crisis Intervention, Behavioral modification, and Adverse Childhood Experiences.

## **Yunetta Smith**

Yunetta Spring Smith is a Licensed Professional Counselor, EMDR Consultant, and Trainer with extensive experience in trauma-focused therapy. She is the founder of Spring Forth Counseling, Groundbreakers Coaching and Consulting, and the Groundbreakers EMDR BIPOC Therapy Directory. Yunetta specializes in helping individuals rewire their nervous systems and heal childhood trauma.



# 2025 PRESENTERS

## Kim Speakman

Kim Speakman is a Licensed Professional Counselor / Mental Health Service Provider (LPC/MHSP) with nearly 30 years experience in community behavioral health. Additionally, she is certified in Healthcare Compliance. Kim is the current President for the TN Board for Licensed Professional Counselors, Marriage & Family Therapists and Clinical Pastoral Therapists; is the Tennessee Commissioner and Treasurer for the Counseling Compact Commission. Historically, she is a founding member of TLPCA, as well as the first TLPCA Treasurer and a Past President of our organization.

## Katherine Trawick

Katherine Trawick currently serves as an attorney with the State of Tennessee Department of Health, where she focuses on regulatory and administrative legal matters related to public health and professional licensure. Prior to this role, she spent 18 years practicing civil rights law with a focus on fair housing, advocating for equitable access to housing and addressing systemic discrimination. Katherine also brings 16 years of experience working with public housing agencies, where she developed deep expertise in housing policy, compliance, and community engagement. Her career reflects a long-standing commitment to justice, public service, and protecting the rights of vulnerable populations.

## Andrew Thompson

Andrew Thompson is a pre-licensed counselor earning his M.S. degree in Clinical Mental Health Counseling from Lipscomb University (to be conferred May 2025) with a specialization in Child-Centered Play Therapy. Andrew works with clients across the lifespan, integrating expressive arts to support emotional growth and healing. His experience includes working with adolescents and adults, facilitating group therapy and addiction recovery. Andrew is passionate about creating safe, empowering therapeutic environments where play, expressive arts, and relational connection are integrated to walk with clients toward meaningful change.

## Jordan Westcott

Dr. Jordan Westcott, NCC, is an Assistant Professor of Counselor Education at the University of Tennessee, Knoxville. Her research focuses on structural and individual factors that impact mental health and mental healthcare access for marginalized populations, especially LGBTQIA+ people, older adults, and LGBTQIA+ older people.

## Caroline Whitaker

Caroline Whitaker (LPC-MHSP) is the former Program Therapist and Director of Alumni Programming for the eating disorder IOP program at Focus Integrative Centers in Knoxville, TN. Since 2016, Caroline has provided diagnostic assessments, individual and group therapy, psychoeducation, coordination of care, and advocacy for eating disorder patients throughout Tennessee.

# 2025 PRESENTERS

## Mickey White

Dr. Mickey White (he/they), NCC, BC-TMH, is an Associate Professor of Counseling at East Tennessee State University. His work centers the experiences of transgender, non-binary, and gender expansive individuals, with a special emphasis on self-disclosure and mental health access in Appalachia.

## Marisa White

Dr. White is Core Faculty at Walden University. She has over nearly 20 years experience in the counseling profession. Her expertise include advocacy and social justice, technology in counseling, and counseling ethics.

## Ray White

Ray A. White, Ed.S., LPC/MHSP works in the field of higher education as both a counselor and Adjunct Instructor. Additionally, he maintains a private practice where he specializes in working with marginalized populations, and providing clinical supervision for folks seeking licensure.

## Candyce Wilson

Candyce Wilson is the Executive Director for six licensing Boards and three Committees, including the Board for Licensed Professional Counselors, Licensed Marital and Family Therapists, and Licensed Clinical Pastoral Therapists for the State of Tennessee. With over eight years' experience in the Division of Licensure and Regulation, she provides direct supervision to a team of administrators who manage the licensing boards/committees. Prior to joining the State, she earned her Master of Social Work from Austin Peay State University. Candyce believes exceptional customer service is key to meeting expectations and requirements both internally and externally.

## Peter Wilson

Peter Wilson has served as a counselor educator for the past thirty (30) years at Trevecca Nazarene University in Nashville, TN. Dr. Wilson is a member of ACA, ACES, TLPCA and NAACC.

## Abbey Wyatt

Abbey Wyatt is a recent graduate with a Master's in Clinical Mental Health Counseling, specializing in Play Therapy from Lipscomb University (to be conferred May 2025). During her clinical experience, Abbey specifically worked with adolescents in a PHP/IOP setting and a high school. Abbey is passionate about utilizing expressive arts in her therapeutic approach with clients.

# Join the Summit Community!



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**TLPCA's mission is to enhance the profession of mental health counseling in Tennessee and its regions, through licensing, advocacy, education and professional development. As a member, you have access to free trainings and resources to benefit your work with clients. To join, scan the QR Code below.**



**Interesting in getting involved with TLPCA? Please contact Ann White at [annsparling@gmail.com](mailto:annsparling@gmail.com).**

