

# 2022



## COUNSELING AND THERAPY SUMMIT



June 10-11, 2022 • Trevecca Nazarene University  
333 MURFREESBORO PIKE, NASHVILLE, TN 37210

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# TLPCA LEADERSHIP

## CURRENT LEADERSHIP



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### **Public Policy & Licensure Committee/SCLA to AMHCA**

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### **Newsletter**

Natalie Trice, Chair

# TLPCA LEADERSHIP

## CURRENT LEADERSHIP

### Regional Representatives

#### Executive Regional Representative Chair

Liane De Souza

#### Student Representative

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#### Southeast

Yohunnah Woods-Moton  
Jessica Hurst-Leggett

#### East

Nancy Truett  
Anthony Fuller

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Hunter Cook  
Kendra Cook

### Middle Tennessee

#### Upper Middle

Kim Coggins

#### South

Stephanie Grissom

#### Upper Cumberland

Tabitha Schlatter  
Brittney Phillips

#### Middle

Rose Crouch

#### South Central

ShaTonya Crayton  
Anne Marie Hall

### West Tennessee

#### West Central

Jenny French

#### West

Laura White

#### Northwest

Vacant

# SUMMIT AT A GLANCE

## Friday, June 10

8am - 8:30am	Breakfast and Registration; Exhibitor Setup (optional)
9am - 12pm	Pre-Conference #1 (Ethics); Pre-Conference #2 (Psychedelic-Assisted Psychotherapy)
12pm - 1 pm	Lunch
1:30pm - 4:30pm	Pre-Conference #3 (Supervision); Pre-Conference #4 (Suicide Prevention/Intervention)

## Saturday, June 11

7:30am - 8am	Breakfast and Registration; Exhibitor Setup
8am - 8:30am	Welcome and Introductions
8:30am - 9:30am	Keynote
9:30am - 10am	Break - Visit Sponsor and Exhibitors/Student Posters
10am - 10:50am	Session 1
11am - 11:50am	Session 2
12pm - 1:20pm	Business and Awards Luncheon
1:30pm - 2:20pm	Session 3
2:30pm - 3pm	Break - Visit Sponsors and Exhibitors
3pm - 3:50pm	Session 4
4pm - 4:50pm	Session 5

# SCHEDULE

FRIDAY, JUNE 10, 2022

8am - 8:30am	Breakfast/Registration; Exhibitor Setup	
Room	Boone Center	Boone 115
Pre-Conference Sessions  9am-12pm	<b>Ethics Looking Backwards and Forwards</b>  Dr. Mark A. Loftis, Dessie Avila, Tabitha Schlatter, and Mason Hale, M.A., M.S., Temp. LPC-MHSP, NCC, BCCC	<b>The Promise of Psychedelic-Assisted Psychotherapy: A Paradigm Shift in Mental Health</b>  Tom Neilson, Psy. D and David Yarian, Ph.D.
12pm - 1pm	Lunch	
Room	Quick Lecture Hall	Boone Center
Pre-Conference Sessions  1:30pm-4:30pm	<b>Countertransference: The Use of Self in Supervision</b>  Susan Lahey, PhD, LMFT, Tabetha Dirla, MA, NCC, LPC-MHSP (temp), William Feck, Ed. S., NCC, and April Lamoreaux, MA, LPCC-S (Ohio)	<b>Assessing Suicidality: Emerging Trends and Avoiding Malpractice</b>  Dr. Jason McGlothlin



# SESSION SCHEDULE

SATURDAY, JUNE 11, 2022

2022 Counseling and Therapy Summit – Session Schedule					
	Session 1	Session 2	Session 3	Session 4	Session 5
	10:00 – 10:50 AM	11:00 – 11:50 AM	1:30 – 2:20 PM	3:00 – 3:50 PM	4:00 – 4:50 PM
Boone Center (virtual)	<b>Secondary Trauma and Burnout: Ethical Solutions</b>  Ellen Crossman	<b>Utilizing Creative Supervision Techniques to Address the Ethical Mandate of Self-Awareness</b>  Kasie Lee Claire Peugeot Megan Barbee	<b>Ecotherapy- Best Practices and Ethical Considerations when taking counseling outdoors</b>  Amanda Nowlin	<b>Ethical Considerations in Addiction Treatment</b>  William Feck Tozia Ware Brittany O'Connell	<b>Creative Therapeutic Approaches to Help Clients Better Regulate their Nervous System</b>  Christine Finnegan Vanessa Davis
Room 115 (virtual)	<b>Viewing Counseling Supervision through Four Models</b>  Mason Hale Amanda Nowlin Dessie Avila Scott Herman Tony Michael	<b>Gatekeeping: Implications for Counselor Educators and Practicum/Internship Site Supervisors</b>  Daniel Kinjorski Laura Boyle Aimee Isenberg	<b>Psychological Safety in Supervision</b>  Tiffany Lindsey	<b>Addressing Burnout and Compassion Fatigue using Self-Compassion</b>  Amanda Dooley Kelsey McDonald	<b>Buprenorphine as Medication Assisted Treatment: Understanding the Role &amp; Experience of the Substance Use Counselor</b>  Jolene Underwood
Room 102/104	<b>The Road to Licensure Portability: Advocating for Rural America?</b>  Joy Hutchinson Tristan McKenzie	<b>Helping the Helpers</b>  Joy Hutchinson	<b>Transitioning to Adulthood with ADHD</b>  Madison Swayze Rachel Hammons James Hammons	<b>Sorority Culture and Disordered Eating</b>  Andrea Kirk-Jenkins Taylor Hughey	<b>Treatment of Depression with Combined TMS and Psychotherapy</b>  W. Scott West
Room 106/108 (virtual)	<b>Providing Gender-Affirming Care in the Counseling Relationship</b>  Zara Taylor Mickey White	<b>Building an Affirming Practice: Supporting LGBTQ+ Clients</b>  Cat Tourangeau Liv Goldsmith Annie Beach	<b>Letter-Writing for Gender-Affirming Procedures: What Counselors Need to Know</b>  Mickey White	<b>Working with Consensual Non-Monogamists: A Primer for Mental Health Professionals</b>  Alex Damiano	<b>Creativity in Counseling: Exploring Expressive Arts Therapy and Other Forms of Creativity</b>  Alexandria Barnette BreAnda Conley
Room 111	<b>Finding Our Middle Path: Mindfulness Practices for High Achieving Women of Color</b>  Lacrecia Dangerfield Ashley Shelley Latoria Lewis	<b>Racial Microaggressions: Implications for Working with Clinicians of Color</b>  PaQuita Pullen Dimisha Laster	<b>Resourcing, Grounding, and Adolescents: Helping Youth Find Stability in Trauma Treatment</b>  Kim Street Jeremy M. Northrop	<b>Safe at Home Address Confidentiality Program</b>  Stacy Scruggs	<b>The Furry Fandom Phenomenon - Negotiating Identity Through Costuming</b>  Ray White
Room 113	<b>Identifying Risk and Protective Factors in Mitigating School Violence: Toward Instrument Development</b>  Rob Moore	<b>Career Counseling in a Post-COVID World: Current Trends, The Great Resignation, and How to Proceed</b>  Aimee Isenberg Jeff Gregg	<b>Creating Opportunities for Collaboration in Schools Learning to Work Effectively with Administrators and Teachers</b>  Laura Boyle	<b>Locked Out: Impacts on Solitary Confinement on Mental Health and Social Wellness</b>  K.J. Thompson Cindy Thomas	<b>Sibling Sexual Abuse: Confronting the world's silent epidemic</b>  Brad Watts
Room 110	<b>DSM Update</b>  Michael Christian	<b>Legislative Update</b>  Janie Wilkerson Jenny Ford Alex Damiano	<b>Licensure Q &amp; A</b>  Kim Speakman Diana Hunley	<b>Supporting Parents in Raising Sexually Healthy Teens</b>  Emi Canahuati	<b>Emerging Social Characteristics of Generation Z</b>  Sarah Bracey

# VIRTUAL SESSION SCHEDULE

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SATURDAY, JUNE 11, 2022

## 2022 Counseling and Therapy Summit – Virtual Session Schedule

	Session 1	Session 2	Session 3	Session 4	Session 5
	10:00 – 10:50 AM	11:00 – 11:50 AM	1:30 – 2:20 PM	3:00 – 3:50 PM	4:00 – 4:50 PM
Boone Center (virtual)	<b><i>Secondary Trauma and Burnout: Ethical Solutions</i></b>  Ellen Crossman	<b><i>Utilizing Creative Supervision Techniques to Address the Ethical Mandate of Self-Awareness</i></b>  Kasie Lee Claire Peugeot Megan Barbee	<b><i>Ecotherapy- Best Practices and Ethical Considerations when taking counseling outdoors</i></b>  Amanda Nowlin	<b><i>Ethical Considerations in Addiction Treatment</i></b>  William Feck Tozia Ware Brittany O'Connell	<b><i>Creative Therapeutic Approaches to Help Clients Better Regulate their Nervous System</i></b>  Christine Finnegan Vanessa Davis
Room 115 (virtual)	<b><i>Viewing Counseling Supervision through Four Models</i></b>  Mason Hale Amanda Nowlin Dessie Avila Scott Herman Tony Michael	<b><i>Gatekeeping: Implications for Counselor Educators and Practicum/Internship Site Supervisors</i></b>  Daniel Kinjorski Laura Boyle Aimee Isenberg	<b><i>Psychological Safety in Supervision</i></b>  Tiffany Lindsey	<b><i>Addressing Burnout and Compassion Fatigue using Self-Compassion</i></b>  Amanda Dooley Kelsey McDonald	<b><i>Buprenorphine as Medication Assisted Treatment: Understanding the Role &amp; Experience of the Substance Use Counselor</i></b>  Jolene Underwood
Room 106/108 (virtual)	<b><i>Providing Gender-Affirming Care in the Counseling Relationship</i></b>  Zara Taylor Mickey White	<b><i>Building an Affirming Practice: Supporting LGBTQ+ Clients</i></b>  Cat Tourangeau Liv Goldsmith Annie Beach	<b><i>Letter-Writing for Gender-Affirming Procedures: What Counselors Need to Know</i></b>  Mickey White	<b><i>Working with Consensual Non-Monogamists: A Primer for Mental Health Professionals</i></b>  Alex Damiano	<b><i>Creativity in Counseling: Exploring Expressive Arts Therapy and Other Forms of Creativity</i></b>  Alexandria Barnette BreAnda Conley



# PRESIDENT'S WELCOME

Hello, counselors,

It is with great joy and relief that we welcome you back in person to the TLPCA Counseling and Therapy Summit, after two virtual years!

We are delighted with our collective of skilled and passionate collaborators and presenters, who are generously sharing their ideas, research, and best practices with all of us. TLPCA continues to demonstrate excellent leadership in connecting professional counselors across the state, offering education and resources, and advocating - legislatively and otherwise - to support our profession and the clients we serve. We have much to be proud of this year.

Our TLPCA annual summit invites us into an opportunity to reconnect with what beckoned us into the field of counseling at the beginning of our journey; to find new enthusiasm and excitement in the ideas and discussions we engage with here; and to return to our work refreshed and rejuvenated. May it be so for each of you! I welcome your thoughts, ideas, questions, and collaboration. Together, we continue to grow TLPCA into the strong and vibrant community it can be.

With gratitude for your partnership,



Janie Wilkerson, LPC-MHSP, NCC  
2022-23 TLPCA President



# THANK YOU TO OUR SPONSORS!

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## Corporate



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Trevecca Nazarene University

## Keynote



Tennessee Suicide Prevention Network

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Rogers Behavioral Health

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TN Voices

## Lanyard



The Renfrew Center

## Bag



Capstone Treatment Center

# PRE-CONFERENCE SESSIONS

12

## Ethics Looking Backwards and Forwards

Presenters: Dr. Mark A. Loftis, Dessie Avila, Tabitha Schlatter,  
and Mason Hale

### Objectives:

- Describe historical and current trends in violations in ethical/professional practice standards in TN.
- Demonstrate the ability to apply an ethical decision-making process in examining potentially ethical/professional dilemma scenarios.
- Design and implement strategies for programs, agencies, and practices to develop and maintain a strong culture of professional and ethical practices.

This workshop will present ethical and professional practices from historical, current, and future perspectives. Jurisprudence as it relates to professional practice will be covered in this workshop as well.

Data examining ethical violations reported to various mental health licensing boards in TN will be presented to examine historical trends in ethical and/or professional misconduct by licensed professionals. Participants will engage in reviewing and discussing an established ethical decision-making model. Case studies and interactive activities will be used to practice the ethical decision-making model endorsed by the American Counseling Association.



**Dr. Mark Loftis** is an Associate Professor at Tennessee Tech University. He is a Licensed Professional Counselor-Mental Health Service Provider, Senior Psychological Examiner-Health Service Provider, Licensed Alcohol and Drug Counselor II, and Master Addiction Counselor. Dr. Loftis provides counseling, supervision, consultation, and other mental health services through his private practice within the Upper Cumberland region.



**Dessie Avila M.A., LPC-MHSP license eligible**, is currently a first-year doctoral student in the Counseling and Supervision program from Tennessee Tech University. Dessie has worked in community mental health agencies in the Upper Cumberland area for four years. She has worked with children and adolescents who were at-risk of placement out of home by providing intensive in-home counseling. Dessie has also worked as a Crisis Responder for youth and adults by responding to individuals in the community who may be experiencing psychosis, suicidal, and/or homicidal thoughts.



**Tabitha Schlatter, Ed. S., LPC-MHSP, PSC**, is currently a second-year doctoral student in the Counseling and Supervision Program at Tennessee Tech University. She has been a licensed professional counselor with mental health service provider designation since 2015 and a licensed professional school counselor since 1995. She has served schools and worked with stakeholders as a school counselor in Kentucky and in Tennessee. She has completed first-level training in EMDR for treatment of trauma and is currently working toward the next level of EMDIRA Certification. She operates a private clinical practice and has experience as a staff therapist for an acute dual diagnosis inpatient setting as well as a behavioral health consultant in a family medical practice. She provided volunteer services for a three-year term to launch a faith-based recovery program, trained group facilitators serving in the program, and provided mental health consultation. She has engaged in advocacy since 2018 for professional counselors in the Upper Cumberland region as a Regional Representative with the TLPCA.



**Mason Hale, M.A., M.S., Temp. LPC-MHSP, NCC, BCCC**, is currently a second-year doctoral student in the Counseling and Supervision program at Tennessee Technological University. He has completed master's degrees in Pastoral Care & Counseling and Clinical Mental Health Counseling. Mason has worked in church and community agency settings around the Nashville area for six years. He is a counselor at the Harpeth Hills Counseling Center in Brentwood.



# PRE-CONFERENCE SESSIONS

## The Promise of Psychedelic-Assisted Psychotherapy: A Paradigm Shift in Mental Health

Presenters: Tom Neilson, Psy.D. and David Yarian, Ph.D.

### Objectives:

- **Participants will be able to define Tardive Dysphoria and the likely neurobiological mechanisms involved.**
- **Participants will be able to describe 5-6 common practices and procedures in Psychedelic-Assisted Psychotherapy.**
- **Participants will be able to describe putative models of the therapeutic action of Psilocybin-Assisted, MDMA-Assisted, and Ketamine-Assisted Psychotherapy.**
- **Participants will be able to cite research showing the safety and efficacy of Psychedelic-Assisted Psychotherapy.**

Epidemiological evidence indicates depression has reached epidemic levels in the United States and elsewhere, and Post-Traumatic Stress Disorder (PTSD) remains one of the most intractable psychiatric disorders. SSRI and SNRI antidepressants are among the first-line treatments for both of these conditions. Recent evidence, however, indicates that traditional antidepressants often lose efficacy over time and can, in some cases, cause an iatrogenic, severe, treatment-resistant depression called Tardive Dysphoria. New treatments for both depression and PTSD are urgently needed. Psychedelic-Assisted Psychotherapy—the use of psychedelics such as MDMA, psilocybin, and ketamine in psychological treatment—is a focus of much recent promising research and practice. Research results to date have been so encouraging that the U.S. Food and Drug Administration (FDA) has granted breakthrough therapy status to both MDMA-Assisted Psychotherapy for PTSD and to Psilocybin-Assisted Psychotherapy for clinical depression and end-of-life-anxiety. (Breakthrough therapy status is granted by the FDA when early research suggests that a new treatment is significantly more effective than existing treatments). Ketamine, which is already in wide use, has also been found effective in treating some cases of severe depression. This presentation will review the research supporting the efficacy of Psychedelic-Assisted Psychotherapy, and it will describe typical practices and procedures. Models of the therapeutic action of Psychedelic-Assisted Psychotherapy will be presented, including an in-depth exploration of the current neuroscience and the groundbreaking concept of Pivotal Mental States (PiMS). The role of “mystical experiences” in Psychedelic-Assisted Psychotherapy and their strong correlation with treatment outcome will also be discussed. Finally, a holistic model for Psychedelic-Assisted Psychotherapy will be presented.



**Tom Neilson, Psy.D.**, is a clinical psychologist in private practice in Nashville, TN. He received a Doctor of Psychology degree in clinical psychology from Florida Institute of Technology in 1987. He has worked in the community mental health field, he has been Director of Training of an APA-accredited internship for psychologists, and he has been in private practice for 24 years. In May 2021, Dr. Neilson completed the year-long California Institute of Integral Studies' Certificate Program in Psychedelic-Assisted Psychotherapy and Research.



**David Yarian, PhD** is a Licensed Psychologist and Certified Sex Therapist in private practice in Nashville since 1983. He received his degree from the University of Michigan in 1982. He has been Adjunct Faculty in Vanderbilt's Medical School, the old Peabody College Transactional-Ecological Psychology doctoral program, and Vanderbilt's Human Development Counseling graduate program. He has attended multiple CE trainings in Psychedelic-Assisted Psychotherapy for the past three years.



# PRE-CONFERENCE SESSIONS

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## Countertransference: The Use of Self in Supervision

**Presenters:** Susan Lahey, PhD, LMFT, Tabetha Dirla, MA, NCC, LPC-MHSP (temp); William Feck, Ed.S., NCC; and April Lamoreaux, MA, LPCC-S (Ohio)


### Objectives:

- **Describe the two foci of supervision: protecting clients and supporting counselors**
- **Demonstrate person-of-the-therapist supporting activities (e.g., mindfulness and family-of-origin dynamics) within supervision**
- **Implement assessment tools within supervision to help counselors learn about countertransference**


Post-master's supervision is an integral part of counselor training. Often the focus of supervision is on counselors' clients to protect and support them while in therapy. However, this can often leave counselors unsupported regarding the counselor as a person. This session will address creating a balance of the foci of supervision: protecting/supporting clients and supporting the counselor as a person. By creating a stronger focus on the counselor within supervision, clients can continue to be supported by addressing possible countertransference by the counselor through assessment tools (e.g., Person-of-the-Therapist Supervision Instrument; Aponte & Carlsen, 2007). Additionally, activities that support the counselor as a person during supervision will be discussed.




**Susan Lahey, PhD** is the Director of Graduate Counseling Trevecca Nazarene University, where she has served as full-time faculty since 2007 and director since 2017. In her various roles at Trevecca, Susan has provided leadership in her role as the Doctoral Program Coordinator since 2009 as well as CACREP liaison during the accreditation process. She is also the co-faculty sponsor for Theta Nu Upsilon, the program Chi Sigma Iota honor society. Dr. Lahey previously served as secretary and Middle TN representative within the TN Marriage and Family Therapy Association for 6 years. 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. In her work as dissertation chair over the last 13 years, her desire to serve her students' pursuit of counselor identity has only deepened. Dr. Lahey's research interests involve, but are not limited to, clinical supervision, counselor educator training, marital crisis, family cohesion, and leadership skills.



**Tabetha Dirla** is a temporary licensed LPC-MHSP and is currently a full-time counselor at StrongWell addiction treatment center. Tabetha has a Master of Arts in Counseling and is currently pursuing a doctorate in counseling supervision and teaching at Trevecca University. Tabetha is a National Certified Counselor and holds memberships with APA, ACA, TCA, ACES, SACES, TLPCA, and Chi Sigma Iota, Theta Nu Upsilon division. Tabetha is an advocate for human trafficking victims and has spoken at several educational platforms for advocacy.



**William Feck, Ed.S., NCC** graduated from Middle Tennessee State University with an Education Specialist Degree in Professional Counseling. He served as a professional school counselor for five years. He now is a full-time lecturer at MTSU providing supervision for practicum and school counseling internship students. Concurrently, he is a therapist at Integrative Life Center. William is in the doctoral program at Trevecca for clinical counseling. He is trained in Brainspotting Phase I and II and Gottman Level I, and he is a nationally certified counselor (NCC).



**April L. Lamoreaux** graduate 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 eleven years training counselors as an adjunct professor and overseeing a college counseling training center. April conducted individual and group supervision for master's practicum students. April is currently pursuing a PhD at Trevecca Nazarene University.

# PRE-CONFERENCE SESSIONS

## Assessing Suicidality: Emerging Trends and Avoiding Malpractice

Presenter: Dr. Jason McGlothlin

### Objectives:

- **Attendees will learn the current state of suicidality in the United States including demographics, trends, and statistics. Furthermore, unique trends that are typically overlooked by counselors will be presented that contribute to client suicidal ideation and behavior. Discussion will take place regarding what trends (if any) counselors are seeing in the field related to suicidal ideation.**
- **Attendees will learn the basics of the SIMPLE STEPS Model of Suicide Assessment. A basic understanding of the psychometrics of this assessment will be presented along with information on how this data thus far has been collected and on whom (i.e., over 100,000 callers to suicide prevention hotlines, over 300 suicidal clients in private practice settings, and over 250 students in K-12 settings).**
- **Attendees will be able to integrate the SIMPLE STEPS Model of Suicide Assessment into practice. The presenters will present information on the overall construct and genomic of the SIMPLE STEPS Model. Furthermore, the presenters will demonstrate how to conduct a diagnostic interview using the SIMPLE STEPS Model along with practical ways to document the Model.**

This presentation will describe the current state of suicidality in the U.S. and specific trends to be aware of in clinical practice. Comprehensive suicide assessment practices will be discussed to avoid malpractice. Furthermore, an evidenced based, practical, and counselor friendly model of suicide assessment (i.e., the SIMPLE STEPS Model) will be described and demonstrated.



**Dr. Jason McGlothlin** has been providing mental health services since 1993 and has been a faculty member since 2000. Currently, he is an Associate Professor at Kent State University in the Counselor Education and Supervision program and owns his own private practice (McGlothlin Counseling and Consultation, LLC) where he focuses on the assessment and treatment of suicidality across the lifespan. Throughout his career, he has held various leadership positions and most recently is the President of the Ohio Counseling Association. However, he is known mostly for his work with suicidal individuals. Related to assessing and treating suicidal clients, he has written books and articles and has presented and consulted nationally and internationally. Most recently, he has studied nearly 100,000 suicidal individuals who contact suicide prevention hotlines. As a result of his research, he has validated his model titled the SIMPLE STEPS Model of Suicide Assessment which accounts for nearly 70% of high levels of suicide lethality.





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# 2022 STUDENT POSTER PRESENTERS

**Jess Croll**

**University of Tennessee-Knoxville**  
"Disabling Ableism in Counseling  
Settings"

**Geoffrey Mills**

**Dallas Theological Seminary**  
"Anxiety and Depression Among  
Rural Pastors"

**Mason Hale**

**Tennessee Technological University**  
"Comparing Parental Attachment  
Development and Attachment to  
God"

**Amanda Nowlin**

**Tennessee Technological University**  
"The Role of Warrior Mentality on  
Law Enforcement Officers'  
Perceptions of Mental Health"

**Riya Jain**

**Carson-Newman University**  
"Social Anxiety Disorder"

**Brittany O'Connell**

**Middle Tennessee State University**  
"Nature and Counseling: A Review of  
Current Models and a Look into the  
Future"

**Paige Lowe**

**University of North Texas**  
"Effective Caregiver Consultation  
in Play Therapy: A Program  
Evaluation"

**Selby Perkins**

**Richmont Graduate University**  
"Gender as a Moderator of  
Ambivalent Sexism and Personal  
Safety Anxiety"





# SPECIAL THANKS TO OUR VOLUNTEERS!

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**Annabelle Campanelli**, Trevecca Nazarene University  
**Hannah Clark**, Middle Tennessee State University  
**Alyssa Curtis**, Tennessee Tech University  
**Stephanie Evans**, Trevecca Nazarene University  
**Sally Foster**, Middle Tennessee State University  
**Amanda Gienow**, University of Tennessee at Martin  
**Rebecca Gomez**, Carson-Newman University  
**Anna Gorney**, Belmont University  
**Saffron Hall**, The University of Tennessee at Martin  
**Aubrey Holden**, Belmont University  
**Salem Horne**, Middle Tennessee State University  
**Janie Hudson**, Middle Tennessee State University  
**Maya Hughes**, Middle Tennessee State University  
**Michael Lott**, Saybrook University  
**Mary Matos**, Vanderbilt University  
**Mary Morrow**, Trevecca Nazarene University  
**Tonia Nadeau**, Middle Tennessee State University  
**Jesse Penland**, Middle Tennessee State University  
**Gwen Pontikes**, Lipscomb University  
**Tozia Ware**, Middle Tennessee State University



# THANK YOU TO OUR KEYNOTE SPONSOR!

## Tennessee Suicide Prevention Network



*"Saving Lives in Tennessee"*

The Tennessee Suicide Prevention Network (TSPN) is a statewide organization working tirelessly to eliminate the stigma of suicide. Implementing the Tennessee Strategy for Suicide Prevention as defined by the 2001 National Strategy for Suicide Prevention, our efforts date back twenty years.

Staff and volunteers are often counselors, mental health professionals, physicians, clergy, journalists, social workers, law enforcement personnel as well as survivors of suicide and suicide attempts. Suicide does not discriminate against age, race, means or profession, and we would like our volunteers to be just as diverse in background as the people we strive to reach. Anyone with a passion or even a slight interest in helping those in need should feel free to sign up to be a volunteer or attend a regional meeting.

Through education efforts and events, our goal is to expose as many people as we can to the facts and numbers of suicide - and to debunk the myths. We offer different trainings specialized for business, schools and organizations alike to detect warning and risk factors of suicide. These are FREE sessions and you have the autonomy to choose which one you think will best suit your audience.

We have a plethora of resources on our website as well, everything from downloadable brochures to crisis hotline numbers (855-CRISIS-1) Anyone who is struggling, or just wants to be an educated resource for others, is welcome to share our brochures and specialized initiatives we have access to in the great state of Tennessee. If you are a farmer, veteran, student, or anywhere in between, TSPN and the Department of Mental Health and Substance Abuse Services has resources for you. No one is alone in their struggles.

# WELCOME TO OUR KEYNOTE SPEAKER

20



## **Gaining Insight from a 25+ Year Career Specifically Working with Suicidal Clients**

**Dr. Jason McGlothlin**

**Dr. Jason McGlothlin** has been providing mental health services since 1993 and has been a faculty member since 2000. Currently, he is an Associate Professor at Kent State University in the Counselor Education and Supervision program and owns his own private practice (McGlothlin Counseling and Consultation, LLC) where he focuses on the assessment and treatment of suicidality across the lifespan. Throughout his career, he has held various leadership positions and most recently is the President of the Ohio Counseling Association. However, he is known mostly for his work with suicidal individuals. Related to assessing and treating suicidal clients, he has written books and articles and has presented and consulted nationally and internationally. Most recently, he has studied nearly 100,000 suicidal individuals who contact suicide prevention hotlines. As a result of his research, he has validated his model titled the SIMPLE STEPS Model of Suicide Assessment which accounts for nearly 70% of high levels of suicide lethality.

# KEYNOTE PRESENTATION

## **Gaining Insight from a 25+ Year Career Specifically Working with Suicidal Clients**

**Presented by Dr. Jason McGlothlin**

### **Objectives:**

- **Attendees will be able to adapt strategies to help avoid burnout when working with suicidal clients and other difficult client issues**
- **Attendees will be able to conceptualize suicide assessment and treatment strategies differently in their current practice.**

This presentation will illustrate reflections, lessons learned, and ways to stay clinically inspired based on a 25+ year career in working specifically working with suicidal clients. Examples of working through completed client suicides, supervising students with suicidal clients, avoiding burnout, and learning from your clients will be shared. The overall tone of this presentation is one of instilling hope and passion in clinical practice while learning from difficult times.

# SESSION 1

10AM-10:50AM

## Breakout Sessions

Secondary Trauma and Burnout: Ethical Solutions -  
**VIRTUAL**

Viewing Counseling Supervision through Four Models -  
**VIRTUAL**

The Road to Licensure Portability: Advocating for Rural  
America?

Providing Gender-Affirming Care in the Counseling  
Relationship -**VIRTUAL**

Find Our Middle Path: Mindfulness Practices for High  
Achieving Women of Color

Identifying Risk and Protective Factors in Mitigating  
School Violence: Toward Instrument Development

DSM-V TR Update

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Secondary Trauma and Burnout: Ethical Solutions**

Presented by Ellen Crossman

Boone Center

Symptoms of Secondary trauma and burnout are a challenge to recognize initially; as is regaining your personal wellness after you are impacted. Incorporating facets of mindfulness and interventions fostering protective factors can promote wellbeing with both supervisees and for yourself. The session will include information about facets of mindfulness that impact secondary trauma and burnout, and an experiential component practicing practical solutions.

#### **Program Objectives:**

- Be able to describe secondary trauma reactions and symptoms of burnout
- Be able to identify facets of mindfulness to utilize for the reduction of symptoms
- Be able to practice skills and interventions to use for supervisees and for self

#### **Content Areas:**

- Counselor Professional Identity and Practice Issues
- Wellness
- Ethics

### **Viewing Counseling Supervision through Four Models**

Presented by Mason Hale, Amanda Nowlin, Dessie Avila, Scott Herman, and Tony Michael

Room 115

A review of the foundations of Counseling Supervision with an intentional application of four specific supervision models. Participants will learn the framework of these four supervision models and how each of the models is utilized in the supervisory experience. Participants will practice applying each model to example case conceptualizations. The goal of the session is to promote counseling supervision competency and best practices.

#### **Program Objectives:**

- Be able to understand the basic foundations and tenants of Counseling Supervision
- Be able to identify four specific counseling supervision models and understand each model's framework and objectives
- Be able to apply the techniques of the four different models to supervision case conceptualizations

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Supervision



## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **The Road to Licensure Portability: Advocating for Rural America?**

Presented by Joy Hutchinson and Tristan McKenzie

Room 102/104

In this session, we explore steps to create a unified professional identity with advocacy powers that promote the growth of our profession. We will discuss the barriers that rural communities face with mental health services. We will address the potential impacts of licensure portability on rural communities. We will highlight the efforts of the interstate counseling compact and the benefits of increasing access to services for different populations, highlighting the needs of rural populations.

---

#### **Program Objectives:**

- Be able to identify the unmet needs of rural communities
- Be able to understand the ways that the interstate compact could benefit our profession
- Be able to explain how advocacy could benefit those living in rural areas with limited access to mental health services

#### **Content Areas:**

- Counselor Professional Identity and Practice Issues

### **Providing Gender-Affirming Care in the Counseling Relationship**

Presented by Zara Taylor and Mickey White

Room 106/108

Clients who identify as transgender or non-binary (TGNB) often have difficulty finding therapists who provide gender-affirming care. Fortunately, there are several strategies counselors can utilize to address the complex needs of their TGNB clients, including ways to mitigate the risk of microaggressions in the counseling session and utilizing microaffirmations. Presenters will provide attendees with strategies counselors can use to support and affirm TGNB clients.

---

#### **Program Objectives:**

- Be able to identify potential microaggressions counselors unintentionally use in the therapeutic relationship with TGNB clients
- Learn strategies to help TGNB clients disarm microaggressions in settings like work, school, home, and the community
- Be able to identify TGNB micro affirmations

#### **Content Areas:**

- Social and Cultural Foundations

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Finding Our Middle Path: Mindfulness Practices for High Achieving Women of Color**

Presented by Lacreia Dangerfield, Ashley Shelley, and Latonia Lewis

Room 111

Research shows that women of color experience anxiety and depression more intensely and in a chronic manner than their white counterparts. During this educational and interactive session, the presenters will share research regarding the use of mindfulness techniques to help decrease reported symptoms of anxiety and depression. Also, participants will participate in mindfulness activities.

#### **Program Objectives:**

- Be able to understand how core mindfulness skills can be utilized with women of color to alleviate symptoms of anxiety and depression
- Gain practical mindfulness skills that can easily be incorporated into counseling practices with women of color
- Understand the importance of incorporating mindfulness techniques that will combat the self-critical voice that contributes to imposter syndrome

#### **Content Areas:**

- Social and Cultural Foundations
- Wellness

### **Identifying Risk and Protective Factors in Mitigating School Violence: Toward Instrument Development**

Presented by Rob Moore

Room 113

Adolescent school violence continues to be an alarming and intermittent national tragedy. However, there are still clinical and research gaps in the early identification and prevention process with students who have threatened violence but have yet to act upon it. A quick screening instrument that identifies both risk and protective factors that can be used by school counselors will be presented, along with preliminary research findings on the instrument.

#### **Program Objectives:**

- Be able to explain and cite at least five critical risk, threat, and protective factors involved in multi-dimensional, multi-rater homicidal potential assessment that are rarely addressed in assessments
- Be able to explain research findings of the presenter's instrument and research on adolescents who are involved in school violence and mass critical incidents
- Be able to explain methods for training students and professionals in homicidal threat and risk assessment

#### **Content Areas:**

- Counseling Theory/ Practice and the Counseling Relationship
- Assessment

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### DSM-V TR Update

Presented by Michael Christian  
Room 110

The DSM-5-TR is a text revision of DSM-5 and includes revised text and new references, clarifications to diagnostic criteria, and updates to ICD-10-CM codes since DSM-5 was published in 2013. It features a new disorder, prolonged grief disorder, as well as ICD-10-CM codes for suicidal behavior and non-suicidal self-injury. With contributions from more than 200 subject matter experts, the updated volume boasts the most current text updates based on the scientific literature.

---

### Program Objectives:

- Become acquainted with the overview of the new DSM-5-TR
  - Understand the significant changes from the DSM-5 and the DSM-5-TR
  - Identify the new symptom codes for the presence or history of suicidal behavior and nonsuicidal self-injury
  - Review the revised diagnostic criteria for several disorders
- 



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# SESSION 2

11AM-11:50AM

## Breakout Sessions

Utilizing Creative Supervision Techniques to Address the Ethical Mandate of Self-Awareness - **VIRTUAL**

Gatekeeping: Implications for Counselor Educators and Practicum/Internship Site Supervisors - **VIRTUAL**

Helping the Helpers

Building an Affirming Practice: Supporting LGBTQ+ Clients - **VIRTUAL**

Racial Microaggressions: Implications for Working with Clinicians of Color

Career Counseling in a Post-COVID World: Current Trends, The Great Resignation, and How to Proceed

Legislative Update

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Utilizing Creative Supervision Techniques to Address the Ethical Mandate of Self-Awareness**

Presented by Kasie Lee, Claire Peugeot, and Megan Barbee  
Boone Center

Counselor self-awareness is an ethical imperative to providing competent counseling, and supervision offers an ideal opportunity for counselors to engage in self-reflection.

Engaging in creative techniques allows supervisees to gain insight by accessing thoughts, feelings, and beliefs that lie outside of their conscious awareness. The presenters will share multiple creative techniques along with their personal experiences in supervision as case examples. Attendees will be invited to engage in their own creative self-reflection.

---

#### **Program Objectives:**

- Be able to recognize the ethical mandates regarding counselor self-awareness
- Be able to understand the benefits of incorporating creative techniques into supervision
- Be able to implement at least 3 creative techniques aimed at facilitating counselor self-reflection and self-awareness

#### **Content Areas:**

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

### **Gatekeeping: Implications for Counselor Educators and Practicum/Internship Site Supervisors**

Presented by Daniel Kinjorski, Laura Boyle, and Aimee Isenberg  
Room 115

Presenters will share research on gatekeeping and its purpose in our profession. Research has informed the field of Problems of Professional Competencies (PPC) in counselors-in-training. Research indicates that top PPCs are inadequate clinical skills, inadequate interpersonal skills, inadequate academic skills, and the inability to regulate emotions, which are skills that can be addressed in the academic environment and through supervision. A definition and dialogue of PPC, clinical skills, and remediation will round out the session.

---

#### **Program Objectives:**

- Be able to understand the definition and significance of gatekeeping within academic and internship settings
- Be able to identify problems of professional competencies within their students and supervisees
- Be able to identify and understand the importance of remediation

#### **Content Areas:**

- Career Development and Counseling
- Supervision



# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### Helping the Helpers

Presented by Joy Hutchinson

Room 102/104

Emergency medical technicians (EMTs) are tasked with the job of responding to trauma and medical emergencies daily throughout their careers. These repeated exposures can lead to an increased risk of developing anxiety, depression, burnout, and post-traumatic stress disorder (PTSD) (Van Orden et al., 2010). In this session, I will discuss how counselors can help to reach this population. Some do's and don't's that need to be examined.

#### Program Objectives:

- Be able to identify common barriers for first responders seeking individual counseling
- Be able to identify misconceptions in treating this population
- Be able to utilize this information to address any gaps in treating this population

#### Content Areas:

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

### Building an Affirming Practice: Supporting LGBTQ+ Clients

Presented by Cat Tourangeau, Liv Goldsmith, and Annie Beach

Room 106/108

In this presentation, we will share lessons learned in creating a practice that supports and affirms LGBTQ+ clients and families from their first phone call to seek services to completion of treatment. We believe that an affirming environment is a crucial part of LGBTQ+ clients' mental health journey. We will highlight how an inclusive and diversity-informed approach to administrative, clinical, training, and supervisory aspects of a practice helps support better outcomes for LGBTQ+ clients.

#### Program Objectives:

- Be able to better understand the specific social, political, and systemic context of the world that LGBTQ+ clients and clinicians exist in and how this impacts mental health and the counseling relationship including biological/medical, psychological, social, and family issues
- Be able to learn from our experience developing administrative policies and procedures, staff training, ongoing continuing education, and building inclusivity and diversity-informed practice into the structure of the agency from top to bottom to assist in creating LGBTQ+ affirming counseling agencies and practices
- Be able to understand the importance of developing LGBTQ+ affirming clinical approaches to diagnosis, case conceptualization, treatment and discharge planning, collaboration with outside providers, and supervision in supporting clients' mental health and wellbeing

#### Content Areas:

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

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Racial Microaggressions: Implications for Working with Clinicians of Color**

Presented by PaQuita Pullen and Dimisha Laster  
Room 111

This presentation will explore the professional and personal risks experiences of racial microaggressions have on clinicians of color. This presentation will conclude with practical strategies intended to disarm racial microaggressions.

---

#### **Program Objectives:**

- Be able to identify and understand the various types of racial microaggressions
- Be able to understand the impact experiences of racial microaggressions have on clinicians of color
- Be able to utilize strategies intended to disarm racial microaggressions

#### **Content Areas:**

- Social and Cultural Foundations
- Counselor Professional Identity and Practice Issues
- Systemic

### **Career Counseling in a Post-COVID World: Current Trends, The Great Resignation, and How to Proceed**

Presented by Aimee Isenberg and Jeff Gregg  
Room 113

Most counselors completed a Career Counseling course in their master's program, but that may have been several years ago (or more!). Do you feel prepared to tackle career-related concerns with your clients? In this presentation, attendees will have a brief update on current career trends in the United States and brush-up on therapeutic approaches to career-related interventions. This will be an experiential session including an opportunity for participants to explore their genogram.

---

#### **Program Objectives:**

- Be able to identify current career/employment trends including the shifting landscape of mass resignation and career reshuffling.
- Be able to utilize a genogram to assist clients in exploring career messages/patterns from their family system and how those messages/patterns may be impacting their career choices.
- Be able to engage in career-related case conceptualization from a holistic, therapeutic perspective rather than one that is purely rooted in formal career assessment.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Career Development and Counseling

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Legislative Update**

Presented by Janie Wilkerson, Jenny Ford, and Alex Damiano

Room 110

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

---

### **Program Objectives:**

- Understand current legislative efforts for LPCs in Tennessee
  - Identify best practices for collaborative advocacy
  - Have a clearer understanding of the short-term and long-term gains for the mental health profession in Tennessee
  - Be able to identify regulatory and legislative trends at the national level that impact our state activity
- 



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# SESSION 3

1:30PM-2:20PM

## Breakout Sessions

Ecotherapy - Best Practices and Ethical Considerations  
When Taking Counseling Outdoors - **VIRTUAL**

Psychological Safety in Supervision - **VIRTUAL**

Transitioning to Adulthood with ADHD

Letter-Writing for Gender-Affirming Procedures: What  
Counselors Need to Know - **VIRTUAL**

Resourcing, Grounding, and Adolescents: Helping Youth  
Find Stability in Trauma Treatment

Creating Opportunities for Collaboration in Schools  
Learning to Work Effectively with Administrators and  
Teachers

Licensure Q&A

# SESSION 3

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Ecotherapy - Best Practices and Ethical Considerations When Taking Counseling Outdoors**

Presented by Amanda Nowlin

Boone Center

A look at the historical development of Ecotherapy in counseling theory and practice as an evidence-based therapeutic approach. Various models and types of ecotherapy interventions will be reviewed. Counselors will investigate and discuss the ethical, legal, and safety considerations needed to utilize ecotherapy in their counseling framework. An Ecotherapy art and craft activity will also be incorporated into the session for attendees.

#### **Program Objectives:**

- Be able to understand the history and development of Ecotherapy as an evidence-based counseling theory and model
- Be able to identify best practices for utilizing outdoor interventions in the counseling framework
- Be able to identify ethical, legal, and safety factors that need to be considered when counseling outdoors

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Group Dynamics and Counseling
- Assessment
- Research and Program Evaluation
- Ethics

### **Psychological Safety in Supervision**

Presented by Tiffany Lindsey

Room 115

Psychological Safety is feeling accepted, respected, supported and free to take interpersonal risks, such as disclosing a mistake or point of disagreement. We need clinicians who team-up in organized ways and assess, learn, and change within psychological safety. Even our best evidence-based practices have limitations if led by a clinical workforce absent such environments. We will dig into the "what and why" of psychological safety and then focus practically on the "how" in clinical supervision.

#### **Program Objectives:**

- Be able to identify what psychological safety is
- Be able to explain why psychological safety is crucial in the mental health profession
- Be able to utilize psychological safety supervision practices

#### **Content Areas:**

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



## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Transitioning to Adulthood with ADHD**

Presented by Madison Swayze, Rachel Hammons, and James Hammons

Room 102/104

Attention-Deficit Hyperactivity Disorder (ADHD) is considered to be a prevalent childhood disorder. However, there are a significant number of people who transition from childhood to adulthood while still managing ADHD. This change may cause unique issues to present themselves in a client's life. It is important to explore differences in how ADHD manifests in childhood compared to adulthood. Practitioners are then better able to assist adult clients in alleviating ADHD symptoms.

---

#### **Program Objectives:**

- Be able to understand how ADHD presents itself uniquely in adults
- Be able to differentiate between the types of ADHD
- Be able to gain ideas on therapeutic activities that may be helpful for those with ADHD

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

### **Letter-Writing for Gender-Affirming Procedures: What Counselors Need to Know**

Presented by Mickey White

Room 106/108

Transgender and/or non-binary (TGNB) clients must often obtain at least one letter from a mental health professional (MHP) to access life-saving gender affirming medications and procedures. TGNB clients frequently face gatekeeping by well-meaning MHPs who believe they are not competent to provide such letters. Fortunately, many MHPs are well-equipped to provide such services with a little support! This presentation will provide attendees with ethical and practical considerations for writing letters of support for TGNB clients.

---

#### **Program Objectives:**

- Be able to describe the ethical concerns and mandates around writing letters for TGNB clients to access gender-affirming medication and/or surgical procedures
- Be able to locate and access resources relevant to writing letters for TGNB clients to access gender-affirming medication and/or surgical procedures (e.g., WPATH Standards of Care)
- Be able to identify key components in gender-affirming care letters

#### **Content Areas:**

- Social and Cultural Foundations

# SESSION 3

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Resourcing, Grounding, and Adolescents: Helping Youth Find Stability in Trauma Treatment**

Presented by Kim Street and Jeremy M. Northrop  
Room 111

The presence of trauma and its pervasive effects is clearly seen in research. Treating adolescents is particularly challenging. Creative resourcing and grounding techniques will be explored focusing on trauma treatment techniques among youth, 12-18 years of age. Special focus will be given to journaling, projective techniques, and expressive therapies. Coping mechanisms including breathing exercises, mindfulness, and other somatic activities will be explored to empower clients to be preventative in their trauma-healing process.

---

#### **Program Objectives:**

- Be able to identify adolescent client resistance and utilize techniques to offset the opposition
- Be able to explain effective grounding techniques and expressive therapies specifically designed to help youth dealing with trauma
- Understand the value of educating clients regarding breathing techniques and other somatic practices and their physiological and behavioral value in routine practice

#### **Content Areas:**

- Human Growth and Development
- Wellness
- Group Dynamics and Counseling

### **Creating Opportunities for Collaboration in Schools Learning to Work Effectively with Administrators and Teachers**

Presented by Laura Boyle  
Room 113

This session will discuss how therapists can collaborate and work effectively with school administrators, teachers, and students. The session will explore challenges therapists can encounter when trying to effectively collaborate with schools and learn practical ways to overcome those challenges. This session will explore creating positive working relationships with administrators, teachers, and students to promote improved emotions and academic learning.

---

#### **Program Objectives:**

- Be able to learn about challenges to effective collaboration in schools
- Be able to learn how to effectively work with administrators and teachers to improve students' emotional and academic learning
- Be able to learn best practices for creating a positive working relationship with administrators, teachers, and students

#### **Content Areas:**

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

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Licensure Q&A**

Presented by Kim Speakman and Diana Hunley

Room 110

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.

---

#### **Program Objectives:**

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

#### **Content Areas:**

- Counselor Professional Identity
- Practice Issues



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# SESSION 4

3PM-3:50PM

## Breakout Sessions

Ethical Considerations in Addiction Treatment - **VIRTUAL**

Addressing Burnout and Compassion Fatigue Using Self-Compassion - **VIRTUAL**

Sorority Culture and Disordered Eating

Working with Consensual Non-Monogamists: A Primer for Mental Health Professionals - **VIRTUAL**

Safe at Home: Address Confidentiality Program

Locked Out: Impacts of Solitary Confinement on Mental Health and Social Wellness

Supporting Parents in Raising Sexually Healthy Teens

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Ethical Considerations in Addiction Treatment**

Presented by William Feck, Brittany O'Connell, and Tozia Ware  
Boone Center

Ethical dilemmas while treating addictive disorders is a complex task. The dynamics of working with addictive disorders can include full caseloads and a plethora of tasks that create a challenge for careful consideration of ethical issues. Additionally, various levels of care perpetuate different expectations on treatment. This session will focus on ethical principles in addictions, such as informed consent, working with diverse clientele, and maintaining boundaries.

---

#### **Program Objectives:**

- Describe informed consent in an appropriate manner for addictions
- List the flow and timeline for clinical documentation at higher levels of care
- List ethical principles for working in addictions

#### **Content Areas:**

- Ethics

### **Addressing Burnout and Compassion Fatigue using Self-Compassion**

Presented by Amanda Dooley and Kelsey McDonald  
Room 115

Counselor burnout and compassion fatigue can happen to anyone, negatively impacting your well-being and work with clients. In this presentation, you will learn how to recognize the signs of both burnout and compassion fatigue and distinguish between the two. Self-compassion will be introduced as a practice that can be utilized to address both issues. You will have the opportunity to evaluate your own levels of self-compassion and participate in an experiential activity to increase self-compassion.

---

#### **Program Objectives:**

- Be able to define burnout and identify signs and symptoms of burnout among counselors
- Be able to define compassion fatigue, identify signs and symptoms, and distinguish compassion fatigue from burn out
- Be able to understand what self-compassion is, evaluate their current level of self-compassion, and learn how to utilize self-compassion practices to address counselor burnout and compassion fatigue

#### **Content Areas:**

- Counselor Professional Identity and Practice Issues
- Wellness



# SESSION 4

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Sorority Culture and Disordered Eating**

Presented by Andrea Kirk-Jenkins and Taylor Hughey

Room 102/104

This presentation will involve discussion of research on eating disorders in sorority culture. Including a review of current research as well as a study conducted by the presenter examining sorority members' perceptions of and lived experiences with various disordered eating behaviors within the sorority culture. Participants will learn possible implications for university stakeholders, including college counselors, health center staff, and extracurricular program leaders.

#### **Program Objectives:**

- Be able to understand the effects of sorority culture on disordered eating
- Be able to utilize the implications learned in their work with adolescent and young adult females
- Be able to explain the positive and negative aspects of sorority culture

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Group Dynamics and Counseling
- Assessment
- Wellness
- Systemic

### **Working with Consensual Non-Monogamists: A Primer for Mental Health Professionals**

Presented by Alex Damiano

Room 106/108

Given that one in five adults in the U.S. have experience with consensual non-monogamy (relationship styles involving more than two people), can we afford to shrug off work with this population as a clinical "niche"? In this presentation, we'll aim to equip counselors of all experiential backgrounds with a basic, working knowledge of consensual non-monogamy (CNM) including core concepts, common myths, guidelines for CNM-inclusive practice, sources of resilience, and resources for further exploration.

#### **Program Objectives:**

- Be able to accurately define the concept of consensual non-monogamy
- Be able to identify at least three CNM-inclusive clinical practices students' emotional and academic learning
- Be able to identify at least three common barriers to treatment for CNM-identified clients

#### **Content Areas:**

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

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Safe at Home Address Confidentiality Program**

Presented by Stacy Scruggs

Room 111

By utilizing Safe at Home a participant's residential address will no longer appear in public records and will not be subject to public disclosure under the Tennessee Public Records Act, which will provide an additional layer of safety to these victims as they seek to escape further abuse or intimidation.

---

#### **Program Objectives:**

- Be able to identify The Safe at Home Address Confidentiality Program
- Be able to understand the scope of the program as it relates to the private information victims of domestic, violence, sexual assault, human trafficking, and stalking
- Be able to understand when it is appropriate to utilize the Safe at Home Address Confidentiality Program as part of an overall safety plan

#### **Content Areas:**

- Social and Cultural Foundations

### **Locked Out: Impacts of Solitary Confinement on Mental Health and Social Wellness**

Presented by Cindy Thomas and K.J. Thompson

Room 113

Incarcerated individuals are a vulnerable group, with multiple complex health needs and worse health outcomes relative to the general population worldwide. So far, little focus has been given to the effects of COVID-19 pandemic on the mental health of imprisoned people. This literature review is aimed to examine the extent, nature, and quality of impact of the Covid-19 pandemic on the mental well-being of imprisoned people and prison staff.

---

#### **Program Objectives:**

- Be able to understand how Covid-19 has affected mental health in correctional facilities
- Be able to identify areas of advocacy for this vulnerable population
- Acquire knowledge on resources they can engage with to change policies that are harmful to offenders

#### **Content Areas:**

- Research and Program Evaluation
- Counselor Professional Identity and Practice Issues
- Wellness
- Systemic

# SESSION 4

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Supporting Parents in Raising Sexually Healthy Teens**

Presented by Emi Canahuati

Room 110

Professionals who work with parents are often at a loss as to how to support or coach parents who are struggling with how to talk with their children/teens about sexuality.

Emi will share the top 20 things you should know when working with parents around their children and sexuality, parents' most commonly asked questions/concerns and how to answer them.

---

#### **Program Objectives:**

- Be able to identify the top 20 things you should know when working with parents around their children and sexuality
- Practice answering/addressing 5 of parents' most commonly asked questions/concerns
- Provide one easy tool for practitioners to share with their clients to assist with opening dialogue around sex and sexuality with their children/teens

#### **Content Areas:**

- Human Growth and Development
  - Counselor Professional Identity and Practice Issues
  - Wellness
- 



# SESSION 5

4PM-4:50PM

## Breakout Sessions

Creative Therapeutic Approaches to Help Clients Better Regulate their Nervous System - **VIRTUAL**

Buprenorphine as Medicated Assisted Treatment: Understanding the Role & Experience of the Substance Use Counselor - **VIRTUAL**

Treatment of Depression with Combined TMS and Psychotherapy

Creativity in Counseling: Exploring Expressive Arts Therapy and Other Forms of Creativity - **VIRTUAL**

The Furry Fandom Phenomenon - Negotiating Identity Through Costuming

Sibling Sexual Abuse: Confronting the World's Silent Epidemic

Emerging Social Characteristics of Generation Z

# SESSION 5

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Creative Therapeutic Approaches to Help Clients Better Regulate their Nervous System**

Presented by Christine Finnegan and Vanessa Davis  
Boone Center

Creativity plays a key role in helping your clients learn effective strategies to better regulate their nervous system. In this program, led by two LPC-MHSPs, but also Board-Certified Music Therapists, you will learn the science behind creativity and the nervous system response. You will also learn new music-based tools that you can immediately integrate into your therapeutic work. Lastly, you will get hands-on experience by actively participating in a therapeutic drum circle.

#### **Program Objectives:**

- Be able to understand the nervous system's response to stress and the critical role that creativity plays in helping the nervous system regulate itself
- Be able to understand the Iso Principle and how to use Music based interventions to integrate the Iso Principle into the clinical treatment of clients
- Directly experience the use of therapeutic drumming to gain a first-hand experience in how drumming can be used to regulate one's nervous system

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Wellness

### **Buprenorphine as Medication Assisted Treatment: Understanding the role & Experience of the Substance Abuse Counselor**

Presented by Jolene Underwood  
Room 115

This presentation is intended to examine the experience and role of counselors in Medication Assisted Treatment (MAT) for opioid use disorder. Specifically, this presentation will summarize recent research about the attitudes, beliefs, and challenges that counselors report with regard to the use of buprenorphine-based products (e.g., Suboxone, Subutex, Sublocade), in addition to ways that counselors might integrate their understanding of MAT with various models of addiction treatment, including 12-step recovery.

#### **Program Objectives:**

- Be able to understand the ways that substance use counselors might encounter buprenorphine-based products in their work with clients
- Be able to articulate diverse attitudes toward buprenorphine that exist among substance use professionals
- Be able to understand the ways that the use of buprenorphine can be integrated into a variety of substance use treatment models, e.g., 12-step recovery, Seeking Safety, Motivational Interviewing, and community reinforcement

#### **Content Areas:**

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



## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Treatment of Depression with Combined TMS and Psychotherapy**

Presented by W. Scott West

Room 102/104

Depression is a common but serious illness, that is likely caused by a combination of genetic, biological and psychological factors. Around one in every 10 people will suffer from depression. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. Treatment of depression promotes wellness. We will address assessment of patients for Transcranial Magnetic Stimulation combined with psychotherapy.

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#### **Program Objectives:**

- Be able to explain depression as a part of our life experience, situation, interpersonal relationships and neurophysiology and clarify how psychotherapy and TMS address these elements of our lives
- Be able to understand TMS; the background, how it works, research, clinical applications and future possibilities for the benefit of patients
- Be able to effectively utilize the combination of TMS and psychotherapy

#### **Content Areas:**

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

### **Creativity in Counseling: Exploring Expressive Arts Therapy and Other Forms of Creativity**

Presented by Alexandria Barnette and BreAnda Conley

Room 106/108

The use of expressive arts as a healing modality has been around for thousands of years. The arts are the language through which history and healing are transferred from person to person and culture to"(Degges-White & Colon, 2014). During this interactive presentation, participants will learn about and further engage in expressive arts techniques tailored to the counseling profession and working with clients.

---

#### **Program Objectives:**

- Be able to define and recognize types of Expressive Arts Therapy (EAT) and will take away further knowledge relating to how to use EAT techniques within and outside of the counseling space
- Be able to demonstrate further understanding relating to EAT as it pertains especially to technology and its creative use within and outside of the counseling space
- Be able to explain various ways that creativity and expressive arts can be utilized via computer software and other technological programming

#### **Content Areas:**

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

# SESSION 5

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **The Furry Fandom Phenomenon - Negotiating Identity Through Counseling**

Presented by Ray White

Room 111

Cult, fandom, or phenomenon? The fascination with "Furries" is trending like never before, and it has some parents concerned about the psychological wellbeing of their children as they become involved in the fandom. What do you as a clinician know about all this, and what do you need to know about all this? This workshop will explore the basics through the lens of mental health and well being.

#### **Program Objectives:**

- Be able to have a basic understanding of the current Furry Fandom phenomenon
- Be able to identify potential risks vs. benefits of participation in the Furry Fandom phenomenon
- Be equipped with solid peer-reviewed research to learn more about the phenomenon and current trends

#### **Content Areas:**

- Human Growth and Development
- Social and Cultural Foundations
- Counselor Professional Identity and Practice Issues

### **Sibling Sexual Abuse: Confronting the World's Silent Epidemic**

Presented by Brad Watts

Room 113

The presentation is based on the presenter's Amazon best-selling book "Sibling Sexual Abuse: A Guide to Confronting America's Silent Epidemic." In this session the presenter will discuss the reasons why sibling sexual abuse is a silent epidemic, highlight relevant research concerning its prevalence and how sibling sexual abuse can devastate families and communities. The presenter will outline ways to confront and work towards stemming the tide in the battle against this epidemic.

#### **Program Objectives:**

- Be able to understand the relevant research regarding sibling sexual abuse and understand why it is not only a global problem but also a significant problem in Tennessee
- Be able to implement effective therapy techniques and activities when working with adolescents who commit sexual harm on their siblings
- Be able to facilitate effective family therapy interventions with families where sibling sexual abuse has occurred

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Assessment
- Research and Program Evaluation

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Emerging Social Characteristics of Generation Z**

Presented by Sarah Bracey

Room 110

The generation known as “Generation Z” includes those born between 1997 and 2012 (approximately). Already being dubbed ‘The Loneliest Generation,’ we will explore the characteristics that are emerging from this generation and how counselors can best interact with and relate to this special client demographic. Special attention will be given to how this generation relates socially to one another and the impact of the pandemic on some of these characteristics.

---

#### **Program Objectives:**

- Be able to identify identify characteristics of Generation Z as outlined by current social research
- Understand how the pandemic has shaped some of these characteristics
- Utilize this research in developing the therapeutic relationship with these clients and in implementing techniques

#### **Content Areas:**

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





# The Renfrew Center of Nashville

*Providing Expert Eating Disorders Treatment to Adolescent Girls and Women*

**1624 Westgate Circle, Suite 100 • Brentwood, TN 37027**

## Day Treatment Program (DTP)

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A unique therapy option for adolescent girls and women who do not require acute residential care, but can benefit from intense structure and support while working through recovery.

The stabilizing environment assists individuals in addressing their needs and goals for application outside of treatment.

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Meets 3 days per week

An innovative and dynamic treatment option developed for those who need additional support in conjunction with outpatient therapy.

Individuals are encouraged to utilize their therapeutic communities, both within and outside of IOP, as they transition to full recovery.

## Programming Includes:

Meal support • Nutritional counseling  
Individual, group & creative arts therapy • Multi-family group therapy

## Why Renfrew?

- As the nation's first residential eating disorder facility, we have treated more than 75,000 adolescent girls and women.
- With 19 locations throughout the country, we provide a continuum of care in which a patient can enter at any level of treatment.
- Each treatment level is built upon The Renfrew Center Unified Treatment Model for Eating Disorders®, an evidence-based, emotion-focused therapy that addresses eating disorders and co-morbid symptoms.
- We work directly with most major insurance companies and routinely petition out-of-network carriers to extend benefits to their members.



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We offer residential treatment at The Renfrew Centers of Coconut Creek, FL and Philadelphia, PA.

To schedule an assessment: 1-800-RENFREW (736-3739) • [www.renfrewcenter.com](http://www.renfrewcenter.com)



# SPONSOR INFORMATION

## Cumberland Heights Foundation

<http://www.cumberlandheights.org>



Cumberland Heights is a nationally recognized alcohol and drug treatment center. We are a nonprofit recovery center located on the banks of the Cumberland River in Nashville, Tennessee. The natural beauty of our 177 acre campus, our unparalleled facilities and over 50 years of experience provide lasting healing to those suffering from addiction.

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## Mental Health Cooperative

<https://www.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.

**Corporate  
Sponsor**

## Tennessee Suicide Prevention Network

<https://tspn.org/>



The Tennessee Suicide Prevention Network (TSPN) is a statewide organization working tirelessly to eliminate the stigma of suicide. Implementing the Tennessee Strategy for Suicide Prevention as defined by the 2001 National Strategy for Suicide Prevention, our efforts date back twenty years. Through education efforts and events, our goal is to expose as many people as we can to the facts and numbers of suicide – and to debunk the myths. We offer different trainings specialized for business, schools and organizations alike to detect warning and risk factors of suicide.

**Keynote  
Sponsor**



# SPONSOR INFORMATION

## Trevecca Nazarene University

<https://www.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.

**Venue  
Sponsor**

## Tennessee Counseling

<https://tennesseecounseling.com>



Tennessee Counseling provides a better customer experience for getting the mental health support you need. We have simplified the process of getting counseling services by putting our customers first.

Tennessee Counseling provides comprehensive services for counseling, psychological testing, and medication management. We're also a uniquely coordinated team with a full-time internal support staff, billing department, call center, and clinical supervision.

**Gold  
Sponsor**

## Rogers Behavioral Health

<https://rogersbh.org/>



Offering each patient an individualized treatment plan, Rogers Behavioral Health-Nashville provides evidence-based specialized outpatient care. Programs for adults, children and teens includes partial hospitalization programs (five days a week, six hours a day) or intensive outpatient programs (five days a week, three hours a day). Adult services for: depression, OCD and anxiety disorders, and mental health and addiction recovery. Child and teen services for: OCD and anxiety disorders, eating disorders, and mental health and addiction recovery.

**Silver  
Sponsor**

# SPONSOR INFORMATION

## TN Voices

<https://tnvoices.org/>

TN Voices is a non-profit organization of more than 100 social workers, peer support specialists, therapists, and care coordinators who are dedicated to providing advocacy, peer support, counseling services, and trainings to children, teens, young adults, and adults in all 95 counties in Tennessee. Our vision is to build hope for all generations. Our mission is to be the collaborative leader guiding mental health transformation. TN Voices speaks out as an active advocate for the emotional and behavioral well-being of Tennesseans by providing essential services, support, and advocating for policy change at the local, state, and federal level. We are passionate about helping and supporting fellow Tennesseans.



**Bronze  
Sponsor**

## Capstone Treatment Center

<https://www.capstonetreatmentcenter.com>

Capstone Treatment Center is a young adult and teen residential treatment and behavioral-care program. Professional excellence in a Christ-centered environment sets us apart from other residential treatment centers and is what makes us unique and effective. We help families with sons, teens and young adults ages 14-26 who struggle with a wide range of hurts, struggles and self-destructive behaviors.



**Bag  
Sponsor**

## The Renfrew Center

<https://renfrewcenter.com/>

The Renfrew Center's evidence-based treatment model emphasizes respect for the unique psychology of women, the importance of a collaborative therapeutic relationship and the belief that every patient needs to actively participate in their own growth and recovery. Since 1985, more than 85,000 adolescent girls, women, transgender, and non-binary individuals have been empowered to move toward recovery at Renfrew.



**Lanyard  
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# EXHIBITOR INFORMATION

## Brooks Healing Center

<https://brookshealingcenter.com/>



Brooks Healing Center is just an hour and a half away from central cities like Nashville and Chattanooga. You will be close to city comforts yet separate enough from the real world so you can heal in peace. Our facility is tucked against the meditative and calming backdrops of luscious green fields. You will find yourself in a relaxing and supportive environment that helps you leave the pressures of your life behind as you take your first steps on the road to recovery.



## Harmony Health Medical Inc.

<https://www.harmonyhealthmedical.com/>



Harmony Health Medical Inc.'s mission is to provide holistic healthcare to the members of our community, so that we can make healthcare a reality for all and keep our community healthy. We provide a quality experience with a patient-first mindset. We believe in working with our patients as a team through collaboration and education.



## Hillside

<https://hside.org/>



Since their beginning in 1888, Hillside's mission has been to help children and families thrive by providing outstanding residential services and community mental health services. Their programs focus on the strengths of our kids and encourage the growth and improvement they need to navigate through life. Hillside provides specialized cutting edge mental health care and education to children and their families.



## Vanderbilt Behavioral Health

<https://www.vanderbilthealth.com/service-line/behavioral-health>

Vanderbilt Behavioral Health



Vanderbilt Behavioral Health is comprised of Vanderbilt Psychiatric Hospital, an 88-bed inpatient facility; the Adult and Adolescent Partial Hospitalization Programs; the Psychiatry Outpatient Clinics which provide more than 70,000 outpatient visits annually; the Neuromodulation program which includes Transcranial Magnetic Stimulation (TMS), Electroconvulsive Therapy (ECT), and Deep Brain Stimulation (DBS); 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.





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# 2022 PRESENTERS

## Dessie Avila

Dessie Avila M.A., LPC-MHSP license eligible, and is a Ph.D. candidate in the Counseling and Supervision program from TTU. Dessie has experience in community mental health agencies in the Upper Cumberland area by providing intensive in-home counseling with children and adolescents and has also worked as a Crisis Responder.

## Megan Barbee

Megan Barbee, MS, LPC-MHCP(temp) is a therapist at Marigold Counseling Nashville. She earned an MS in Clinical Mental Health Counseling with a specialization in play therapy from Lipscomb University. She specializes in treating trauma and eating disorders.

## Alexandria Barnett

Alexandria [Aly] Barnette, MA, NCC, is a doctoral candidate in the Counselor Education Program at the University of Tennessee Knoxville. She also serves as the Graduate Assistant for Assessment and Learning Engagement within the University Housing department. Her dissertation (in progress) and research interests pertain to wellness in counselor education.

## Annie Beach

Annie Beach (she/her/hers), LCSW, PMH-C, is a clinical therapist who works in the Clarksville, TN area. She supports families, infants, pregnant people, and young children who experienced trauma or problems with relationships. Annie identifies as a queer clinician, and encourages clients to explore their own identities and stories.

## Laura Boyle

The presenter is an LPC-MHSP with a MA in Clinical Mental Health. She has eight years of experience counseling diverse populations. She works as a school-based therapist and is a doctoral student. Her research interests include topics affecting counselor educators, diverse populations, social justice, trauma, anxiety, supervision, and experiential

## Sarah Bracey

Sarah Bracey works at Welch College where she is the Psychology Program Coordinator and Campus Counselor. She earned her PhD in Counselor Education and Supervision from the University of the Cumberlands and is licensed as a LPC MHSP in Tennessee. She lives in Cross Plains with her husband, Matthew.

## Emi Canahuati

Emi Canahuati has been a sexuality educator and trainer for 20 years. She has a Masters in Counseling and is certified by the AASECT. Through her education practice, Talk and Thrive Education, LLC she does workshops and coaching for parents on how to raise sexually healthy children.



# 2022 PRESENTERS

## Michael Christian

Michael Christian, Ph.D., LPC-MHSP, NCC, CSAT, CST is an author, speaker, professor, consultant and psychotherapist. A licensed professional counselor and national certified counselor, Dr. Christian has advanced training in marital therapy and emotional focused therapy (EFT). He is a certified sex therapist (CST) and a certified sexual addiction therapist (CSAT). He has earned a doctoral degree in clinical counseling and a Master of Arts in counseling from Trevecca, and a Master of Divinity degree from the Southern Baptist Theological Seminary in Louisville, Kentucky. Through his private practice, he treats men, women and couples, and facilitates weekly groups. Michael and his wife have been married since 1978. They have one adult daughter who works as a psychotherapist. Michael enjoys visiting the gun range and improving his skills with his collection of Kimber and Glock firearms, collecting antique glass, playing golf and cruising the Caribbean Sea.

## BreAnda Conley

BreAnda Conley, MA, NCC, is a Registered Associate Intern at LifeStance Health, Tennessee. Her degree is in college counseling and student affairs with a dual concentration in clinical and mental health. Her areas of expertise are in narrative therapy, grief, and trauma.

## Ellen Crossman

Ellen Crossman earned a Ph.D. from Trevecca Nazarene University. She currently has a private practice in Murfreesboro and is an Instructor at TTU. Her interests are trauma-focused care and the implementation of trauma-informed instruction for school counselors.

## Alex Damiano

Alex Damiano, LPC-MHSP (she/they) is a clinician and adjunct professor working towards a future in which Southerners can freely claim sexual health & safety, body autonomy, and self-determination. Alex works with The Sexual Assault Center, where she supports a small group of clinicians and serves adult and adolescent clients.

## Lacrecia Dangerfield

Lacrecia Dangerfield, EdD, LPC-MHSP, ACS, CEO of RYL Counseling and Consulting, a wellness practice for entrepreneurs and clinicians of color. Her areas of expertise include counselor supervision and development. She is a member of ACA, ACES and AMCD. [www.reimprintyourlife.com](http://www.reimprintyourlife.com)

## Vanessa Davis

Vanessa Davis, LPC-MHSP, MT-BC. Began her mental health career as board-certified music therapists, providing group therapy in psychiatric hospitals. Vanessa is an alumni of Trevecca Nazarene University. Vanessa is a clinician and Clinical Supervisor at Replenish Her.

## Amanda Dooley

Amanda Dooley is an LPC-MHSP, private practice owner, and adjunct professor at MTSU. She is currently a third year doctoral student in the Counselor Education and Supervision program at the University of the Cumberlands. Kelsey MacDonald is a second-year graduate student in the Clinical Mental Health Counseling program at MTSU.

# 2022 PRESENTERS

## William Feck

William Feck, Ed.S., NCC, is a full-time lecturer at Middle Tennessee State University providing supervision for practicum and school counseling internship students. He started his career as a school counselor and is now a therapist in a treatment center in Nashville. He is pursuing a PhD in Clinical Counseling.

## Christine Finnegan

Christine Finnegan, LPC-MHSP, MT-BC and Vanessa Davis, LPC-MHSP, MT-BC. Both began their mental health careers as board-certified music therapists, providing group therapy in psychiatric hospitals. Christine and Vanessa are both alumni of Trevecca Nazarene University.

## Jenny Ford

Jenny Ford represents TLPCA with the TN state legislature. She acts as liaison between TLPCA and legislators, communicating and advocating for our profession and associated interests. Jenny researches and strategizes year-round for TLPCA and enlists the support of legislative sponsors for bills regarding LPC-MHSPs in the state Senate and House, in continual collaboration with TLPCA.

## Liv Goldsmith

Liv Goldsmith is the administrative team lead at Allied Behavioral Health Solutions and has been with ABHS since February 2020.

## Jeff Gregg

Jeff Gregg Is Executive Director and a therapist under supervision at Lantern Lane Farm Counseling. For two decades, he worked in the entertainment business, guiding careers of stars like Tim McGraw and Keith Urban. Through his personal therapy journey, he discovered his encore career, counseling. Jeff embraces an eclectic approach.

## Mason Hale

Mason Hale, Temp. LPC-MHSP, BCCC; Amanda Nowlin, LPC-MHSP, PSC, RYT-200; Dessie Avila, LPC-MHSP license eligible; and Scott Herman, LPC-MHSP, LSPE/HSP, DAAETS, RYT-200, are Ph.D. candidates in the Counseling and Supervision program at Tennessee Technological University. They hold expertise in Pastoral Counseling, Ecotherapy, School Counseling, Community Mental Health, PTSD, and EMDR.

## Rachel Hammons

Rachel Hammons is an LPC-MHSP specializing in OCD, ASD, ADHD, and gender dysphoria. I love working with teens and young adults in particular and am passionate about advocating for the neuro-diverse and LGBTQIA+ community! On a personal note, I'm also a big Back to the Future nerd and own two dogs and three ferrets, with some chickens and goats on the way in the near future!

## Scott Herman

Scott Herman, M.A., LPC/MHSP, LSPE/HSP, DAAETS, RYT-200, is a Ph.D. candidate in the Counseling and Supervision program from TTU. Scott is an approved clinical supervisor, certified in EMDR, and an EMDRIA-approved consultant, training in PTSD and Integrated Attachment Trauma, and extensive experience in clinical, occupational, and forensic evaluation.

# 2022 PRESENTERS

## Diana Hunley

Diana Hunley is the Regulatory Board Administrator Director for the Division of Health Licensure and Regulations, Office of Health Related Boards.

## Taylor Hughey

Taylor Hughey is a Master's level clinician with an MAE in counseling from Western Kentucky University. Mr. Hughey's work has primarily been in the area of addictions and dual diagnosis mental health disorders. Research interests include: process addictions, disordered eating, addictions, and the intersection of depression and anxiety management that co-occurs with these types of disorders.

## Joy Hutchinson

Joy Hutchinson, M.A., NCC, CTP, NREMT-Paramedic- is a Ph.D. candidate at the University of Memphis. Her research focuses on advocacy for populations with unmet mental health needs. She currently serves as the Doctoral President for Chi Sigma Iota and is on the leadership board for TMHCA.

## Aimee Isenberg

Dr. Aimee Isenberg has 15 years of experience in the counseling field. She is an LPC-MHSP in Tennessee and an approved licensure supervisor. Aimee is an assistant professor in Trevecca's Graduate Counseling Program and maintains a part-time private practice. Aimee holds a PhD in Clinical Counseling: Education & Supervision.

## Daniel Kinjorski

Daniel M. Kinjorski has five years of experience in the counseling field, with extensive work as a military chaplain. Dan has a MA in Clinical Mental Health Counseling. He works as a Crisis Counselor and is under supervision for full licensure. Research interests include ACEs and Well-Being.

## Andrea Kirk-Jenkins

Andrea Kirk-Jenkins, PhD, NCC is an Assistant Professor in the Department of Counseling and Student Affairs at Western Kentucky University. She also serves as the program coordinator for the Clinical Mental Health Counseling program and the Addictions Certificate. Her research interests include eating disorders, addictions, counselor education and supervision.

## Dimisha Laster

Damisha Laster is currently pursuing her master's degree in clinical mental health counseling at Lipscomb University. She is an active intern with Cumberland Heights and Ubuntu Counseling & Wellness.

## Kasie Lee

Kasie Lee, PhD, LPC-MHSP, RPT-S, NCC is an Assistant Professor of Counseling at Lipscomb University. Dr. Lee provides supervision for counselors-in-training and those pursuing certification as play therapists, and she specializes in integrating play therapy and expressive art techniques with clients of all ages.

# 2022 PRESENTERS

## Latonia Lewis

Latonia Lewis, PhD LPC-MHSP LCPC LPN is a Clinical Supervisor/Therapist with Professional Care Services of West Tennessee.

## Tiffany Lindsey

Tiffany Lindsey (she/her) is an Assistant Professor in the Center for Innovation in Population Health at the University of Kentucky. Her work focuses on quality improvement and system reform efforts in public child welfare. She has 10+ years experience serving clients in mental health counseling and through systems-focused quality improvement.

## Kelsey MacDonald

Kelsey MacDonald is a second-year graduate student in the Clinical Mental Health Counseling program at MTSU.

## Tristan McKenzie

Tristan McKenzie, M.S. is a doctoral candidate at the University of Memphis. Her research focuses on advocacy and social justice within the counseling field. She serves as a student representative for TLPCA and has held a leadership position in the Kappa Zeta chapter of Chi Sigma Iota since 2017.

## Tony Michael

Dr. Tony Michael is a Licensed Professional Counselor/Mental Health Service Provider in the state of Tennessee. He is also certified as a Registered Play Therapist-Supervisor, Approved Clinical Supervisor, and National Certified Counselor. Dr. Michael provides counseling, supervision, and consultation to the Upper Cumberland community. His research interest is in Attachment, Adverse Childhood Experiences, and Counselor Pedagogy. On a personal level, he has an amazing wife, three wonderful children, and a loyal dog.

## Rob Moore

Dr. Moore is an associate professor of counselor education. He has more than 30 years of experience in working with adolescents and in conducting homicidal risk assessments in public schools. He is currently involved in developing an instrument that can quickly and accurately identify at-risk adolescents.

## Jeremy Northrop

Jeremy M. Northrop, PhD, LPC/MHSP provides counseling in church and clinical settings and currently serves as an assistant professor in behavioral sciences at Freed-Hardeman University.

## Amanda Nowlin

Amanda Nowlin, LPC-MHSP, PSC, is a Graduate Assistant in the Ph.D. program of Counseling and Supervision at TTU. Experience in community mental health, public schools, and private practice. Affiliations: TLPCA, TCA, and ACA. She has expertise in Ecotherapy and is also a Registered Yoga Teacher and Certified First Responder Counselor.

# 2022 PRESENTERS

## Brittany O'Connell

Brittany O'Connell (she/her/hers) is currently pursuing her Ed.S in Professional Counseling with a concentration in school counseling at Middle Tennessee State University. She is a member of Chi Sigma Iota Counseling Honor Society where she serves as secretary. Brittany has a B.S. from the University of Lynchburg in Environmental Science. Before she started her graduate program, she worked for four years in the field of education working in a variety of settings with a focus on environmental education. She is particularly interested in expanding her knowledge of how nature-based interventions can be used on both the individual and group level. In her free time, she enjoys being outside in her garden, going on a hike, and crocheting.

## Claire Peugeot

Claire Peugeot, MS is an outpatient therapist at TN Voices. She earned an MS in Clinical Mental Health Counseling with a specialization in play therapy from Lipscomb University. She specializes in treating trauma and utilizing play therapy (CCPT) and expressive arts across the lifespan.

## PaQuita Pullen

Dr. PaQuita R. Pullen, LPC-MHSP owns and operates a small private practice, Ubuntu Counseling & Wellness, serving racial/ethnic minorities in the Greater Middle TN area. She recently graduated with her Ph.D from Trevecca with a research focus on racial microaggressions.

## Stacy Scruggs

Ms. Scruggs, Program Coordinator, serves as the primary administrative official for the Safe at Home Address Confidentiality Program. In this role Ms. Scruggs leads the coordination and development of training and outreach for Safe at Home application assistants with law enforcement, community advocates, and partnering agencies across the state as

## Ashley Shelley

Ashley Shelley, LPC-MHSP, founder and CEO of Melanin and Mindfulness, LLC., licensed private practice therapist and certified yoga instructor in Nashville, Tn.

## Kim Speakman

Kimberly (Kim) Speakman is a Licensed Professional Counselor/Mental Health Service Provider in the State of Tennessee and is a nationally Certified Healthcare Compliance professional. Kim is the President of the State of Tennessee Board for Professional Counselors, Marital and Family Therapists, and Clinical Pastoral Therapists. She is also the incoming President Elect and current Treasurer for the American Association of State Counseling Boards. In addition, Kim serves as the Vice Chair for the Tennessee Department of Mental Health and Substance Abuse Services Licensure Review Panel and is a member of the Education Committee for Mental Health America of the MidSouth. She has worked for Mental Health Cooperative in Nashville, Tennessee, for nearly 28 years in both clinical and administrative roles. For the past 18 years, she has served as the Director of Compliance for the agency. Kim is a founding member of the Tennessee Licensed Professional Counselor's Association (TLPCA), as well as the organization's first treasurer, a former president of the organization, and finance committee chair.



# 2022 PRESENTERS

## Kim Street

Kim Street, PhD, LPC/MHSP serves as an assistant professor at Freed-Hardeman University, counsels children and adolescents, and supervises counselors for licensure.

## Madison Swayze

Madison graduated from MTSU with a Masters of Education in Professional Counseling. She has a temporary license in the state of Tennessee. Madison has extensive experience with adolescents and young adults with trauma, ADHD, and other behavioral issues. She utilizes a holistic approach in working with clients.

## Zara Taylor

Zara Taylor is a graduate student in the Department of Counseling and Human Services at East Tennessee State University. Her interests are in increasing counselor efficacy in working with LGBTQ+ clients.

## Cindy Thomas

Cindy Thomas is a Licensed Professional Counselor with many years of experience working with offenders in correctional facilities. Her primary areas of expertise include working with trauma, substance abuse and crisis intervention.

## K.J. Thompson

Kristen [K.J] Thompson is a student at Lindsey Wilson College completing her PhD in Counselor Education and Supervision as well as a Licensed Professional Counselor working presently with substance abuse populations and acute mental illness in a private practice setting.

## Cat Tourangeau

Cat Tourangeau is currently Clinical Director at Allied Behavioral Health Solutions in Nashville. Cat is a queer-identifying therapist and member of TLPCA, ACA, and SAIGE, and is a licensed professional counselor (LPC-MHSP) and approved clinical supervisor whose primary area of practice is with LGBTQ+ adolescents and adults.

## Jolene Underwood

Jolene is a licensed counselor specializing in issues of early recovery from substance use disorders. Jolene has worked as a therapist and program manager in residential addiction treatment, and she is currently a doctoral candidate in the program for Clinical Counseling: Teaching and Supervision at Trevecca Nazarene University.

# 2022 PRESENTERS

## Tozia Ware

Tozia Ware, pronounced (TAH-zah), is in his second year in the Clinical Mental Health program at MTSU. Tozia is from the Middle Tennessee area. He is a Student Representative for TLPCA and Peer Mentor Chair for Mu Tau Epsilon of Chi Sigma Iota Counseling Academic and Professional Honor Society. He also attended MTSU as an undergraduate majoring in Neuroscience and Psychology. He is a first-generation high school graduate, college graduate, and now graduate student. He loves cooking, reading, and spending time with his wife and is a dad of two cats.

## Brad Watts

Brad Watts, LPC, CSOTP is the Clinical Program Manager for Childhelp in Knoxville, TN, specializing in treatment of survivors of complex trauma as well as treating individuals and families where sibling sexual abuse has occurred. He is the author of the Amazon best-selling book, "Sibling Sexual Abuse."

## W. Scott West

Scott West is Chief Medical Officer of Nashville NeuroCare Therapy, providing Transcranial Magnetic Stimulation since 2010. He is a member of the American Psychiatric Association and the Clinical TMS Society. As a psychiatrist for over 35 years, one of his priorities has been the treatment of Major Depressive Disorder.

## Mickey White

Dr. Mickey White, NCC, BC-TMH, is an Assistant Professor Counseling at East Tennessee State University. He has extensive experience related to trans-affirming mental health care practices and his research/advocacy work centers intersectionally marginalized trans communities and the experiences of transgender professionals.

## Ray White

Ray A. White, Ed.S., LPC/MHSP/AS serves as a clinical counselor at Walters State Community College, and maintains a private practice in counseling and supervision. Additionally, he teaches both undergraduate and graduate level coursework in higher education. His area of interest/specialty is working with the LGBT+ community and BDSM community.

## Janie Wilkerson

Janie Wilkerson, LPC-MHSP, NCC is a licensed professional counselor/mental health service provider in private practice in Nashville, with a focus on trauma work, parent support, and gender, sexual, and relationship minorities, especially transgender youth and their families. She is the 2022-23 president of the Tennessee Licensed Professional Counselor Association (TLPCA) and works in legislative advocacy as public policy co-chair. Some of her community advocacy work includes consulting and education for medical professionals, schools, graduate students, and community groups. She holds an M.Ed. in Clinical Mental Health Counseling from MTSU as well as an M.F.A. from Ohio University and a B.A. from Baylor University.

# NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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