

2023



COUNSELING AND THERAPY SUMMIT



June 9-10, 2023 • Trevecca Nazarene University
333 MURFREESBORO PIKE, NASHVILLE, TN 37210



MENTAL HEALTH
COOPERATIVE

Full Service Behavioral Health Care for
Adults, Children & Adolescents

Serving 45 counties in Middle Tennessee
To make a referral, call: (615) 743-1555
Toll free: (866) 816-0433

TABLE OF CONTENTS

2023 CONFERENCE

TLPCA Leadership	Pg. 3
Summit at a Glance	Pg. 5
Schedule - Friday, June 9	Pg. 6
Session Schedule - Saturday, June 10	Pg. 7
President's Welcome	Pg. 9
Sponsors	Pg. 10
Pre-Conference Session Information	Pg. 12
2023 Student Poster Presentations	Pg. 19
Volunteers	Pg. 21
Welcome to Our Keynote Speaker	Pg. 23
Keynote Presentation	Pg. 24
Session 1	Pg. 25
Session 2	Pg. 32
Session 3	Pg. 39
Session 4	Pg. 45
Session 5	Pg. 51
Sponsor Information	Pg. 58
Exhibitor Information	Pg. 62
2023 Presenters	Pg. 67
Notes	Pg. 82

TLPCA LEADERSHIP

CURRENT LEADERSHIP



PaQuita Pullen
President



Ellen Crossman
President-Elect



Janie Wilkerson
Past President



Robin Lee
Executive Director



Hunter Cook
Treasurer



Amanda Dooley
Secretary

Our Committee Chairs

Bylaws

Dr. Nathan West, Chair

Professional Development

Alvin Bonds, Chair

Diversity

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

Ethics

Dr. Mark Loftis, Chair

Media/Public Relations

Victoria Edwards, Chair

Membership

Ann White, Co-Chair
Katlyn Wyatt, Co-Chair

Public Policy & Licensure Committee/SCLA to AMHCA

Janie Wilkerson, Co-Chair
Alex Damiano, Co-Chair

TLPCA LEADERSHIP

CURRENT LEADERSHIP

Regional Representatives

Executive Regional Representative Co-Chairs

Liane De Souza
Ann White

Student Representative

Katlyn Wyatt

East Tennessee

Southeast

Yohunnah Woods-Moton
Rebecca Stein

East

Nancy Truett
Anthony Fuller

Upper East

Hunter Cook
Kendra Cook

Middle Tennessee

Upper Middle

Kim Coggins
Stephanie Evans

South

Stephanie Grissom

Upper Cumberland

Brittney Phillips
Ben Higgins

Middle

Rose Crouch

South Central

Sonya Armstrong
ShaTonya Crayton
Anne Marie Hall

West Tennessee

West Central

Jenny French
Kim Hendrix

West

Laura White
Tristan McKenzie

Northwest

Vacant

SUMMIT AT A GLANCE

Friday, June 9

8am - 8:30am	Breakfast and Registration; Exhibitor Setup (optional)
9am - 12pm	Pre-Conference #1 (Ethics); Pre-Conference #2 (Private Practice); Pre-Conference 3 (Suicide)
12pm - 1 pm	Lunch
1:30pm - 4:30pm	Pre-Conference #4 (Supervision); Pre-Conference #5 (Wellness); Pre-Conference #6 (Trauma)

Saturday, June 10

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 - 1:15pm	Business and Awards Luncheon
1:20pm - 2:00pm	Regional Meetings
2:10pm - 3pm	Break - Visit Sponsors and Exhibitors
3:10pm - 4pm	Session 4
4:10pm - 5pm	Session 5

SCHEDULE

FRIDAY, JUNE 9, 2023

8am - 8:30am	Breakfast/Registration; Exhibitor Setup		
Room	Boone Convocation Center	Boone 115	Quick Lecture Hall
Pre-Conference Sessions 9am - 12pm	Ethics of Multicultural Perspectives Shannon Black	The Nuts and Bolts of Starting and Operating a Private Practice Dr. Christopher J. Quarto Rose Crouch,	Understanding Suicide: Process, Procedures, Populations, and Passion Michelle West Janie Wilkerson Daniel Edwards Stephanie Berglund
12pm - 1pm	Lunch - Boone Convocation Center		
Room	Quick Lecture Hall	Boone 115	Boone Convocation Center
Pre-Conference Sessions 1:30pm - 4:30pm	Supervision Potpourri: Working with Specific Populations, Settings, Decision-Making Strategies and More Shelly Erdman Lisa Long Haley Moore Becca Schwanke Aimee Isenberg Susan Lahey	Increasing Helping Professionals' Self-Awareness and Self-Care by Integrating the E.S.P.M. Model for Self-Care Dr. Jason Branch	Helping Clients Feel Better While Getting Better with Kali Connection Therapy (KCT): Novel and Accessible Somatic Techniques Mara Giovanni Shannon Black

SESSION SCHEDULE

SATURDAY, JUNE 10, 2023

2023 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	2:10 – 3:00 PM	3:10 – 4:00 PM	4:10 – 5:00 PM
Boone Center	Avoiding Common Pitfalls in Supervision <i>Peter Wilson</i> <i>Susan Lahey</i>	Donor Conceived Trauma: Learning about Donor Conceived People and Therapeutic Considerations <i>Alissa Beuerlein</i>	Replenishing Drum Circle for Providers <i>Vanessa Davis</i>	"Soul"-Care: Implications and Practices for BIPOC and LGBTQAI+ Clinicians <i>PaQuita Pullen</i> <i>Ashley Hampton</i>	Mental Health and Movement: A Review and Application for Counselors <i>Natae Feenstra</i>
Room 102/104	Legi-SLAY-tion: Supporting Transgender and Gender Expansive Communities in Counseling <i>Mickey White</i> <i>Carter Cook</i>	Grief and Suicidal Ideation: Finding Meaning in a New Assumptive World <i>Ellen Crossman</i> <i>Dessie Avila</i>	Grief: Differences between prolonged grief disorder and uncomplicated bereavement disorder <i>Debra Fitzgerald</i>	Suicide Assessment and Intervention: Ethical Considerations and Practical Recommendations <i>Ashley Davis</i>	Tennessee Suicide Prevention Network
Room 106/108	Trauma-Informed Care Approaches to Working with Latinx/Hispanic Clients <i>Aleyda Sanchez</i> <i>Hannah Feliciano</i> <i>Adrianne Mckean</i> <i>Bianca Younan</i>	Self-Regulation in Therapeutic Work: Connecting with Nervous System as a Regulation Resource for Clients <i>Anna C. Seiple</i>	Understanding Eating Disorder Behaviors through a Polyvagal Lens <i>Rachel Sellers</i>	Clinical Treatment for Survivors of Intimate Partner Violence <i>Julie Wakeman</i> <i>Kimery Cockrell</i>	The Revolutionary Role of Equine Therapy: Horses as Partners in Healing <i>Alicia Stewart</i> <i>Alyssa Royce</i> <i>Allison Yeager</i>
Room 111	Working with Parents of Child and Teen Clients: A Partnering Approach <i>Dayna Sykes</i>	Adolescent Homicidal Threat Assessment: Findings of a Newly Developed Instrument <i>Robert Moore</i>	Integrating caregivers into adolescent therapy: Practical applications for counselors <i>Amanda Grieme Bradley</i>	Child-Centered Play Therapy: Evidenced-Based Counseling for Young Children <i>Kasie Lee</i> <i>Damian McClintock</i>	The Gender Divide in ADHD <i>Derrick Shepard</i> <i>Amanda Gienow</i> <i>Taelar Bybee</i>
Room 113	The Ethics of Practicing What We Preach: Maintaining Balance and Realistic Well-Being as Counselors <i>K.J. Thompson</i> <i>Aly Barnette</i>	Solution-Focused Counseling Practices as a Protector Against Burnout <i>Andy Melton</i>	Ethics: Challenges with Facilitating Psychological Hardness with Clinicians during the Supervision process <i>Aprile Whitfield</i>	The Mastermind Effect: Building a Powerful Network for Therapists to Achieve Goals and Practice Self-Care <i>Anthony Witt</i>	Using music as a catalyst to engage people into evidence based care <i>Ian Jackson</i>
Room 109	The Intersection of Motherhood and Substance Use Disorder: A Therapeutic Approach <i>Savak Millis</i>	Responding to a Substance Induced Crisis <i>Robert Pedroza</i>	Healthy Spirituality Does Not Enable Avoidance: Approaches for Dealing with Spiritual Bypass in Counseling <i>Sabrina Evans</i> <i>Gregory Bohner</i>	Shared Symptoms, Unique Challenges: Approaching and Integrating Treatment for OCD and Autism Spectrum Disorder <i>Rachel Hammons</i> <i>Catherine Cavin</i>	Looking to the Future: Helping Graduate Students and Emerging Professionals Develop Identity and Purpose on their Professional Journey <i>Jeremy Northrop</i> <i>J.T. Northrop</i>
Room 110	Re-thinking Marginalization-Applying the Psychology of Working Framework to Appalachia <i>Megan Herscher</i> <i>Meredith Darling</i> <i>Anne McKay</i>	Licensure Q & A <i>Kim Speakman</i> <i>Candyce Wilson</i>	Legislative Update <i>Janie Wilkerson</i> <i>Heather Mechell</i>	Supporting Asian American Clients: Culturally Sensitive Strategies for Counselors <i>Marisa White</i> <i>Kara Nesbitt</i> <i>John David Manier</i>	Bark! -- The Kink & Culture of Human Puppy Play <i>Ray White</i>
Room 114	Applications of Role Playing Games (RPGs) in Therapy <i>Vanessa Davis</i> <i>Anslie Ruckman</i>	Distance Counseling: Information, Demonstration, and Discussion <i>Ye (Agnes) Luo</i> <i>Jonathan Wiley</i> <i>Katherine Hermann-Turner</i> <i>Dessie Avila</i>		Professional gatekeeping in post master's supervision relationships: What role do supervisors play in supervisees' setting session fees, ethical social media practices, and appropriate advertising? <i>Jonathon Roy</i> <i>Sara Hopkins</i>	Facilitating a Healthy Relationships Group for College Students with Intellectual and Developmental Disabilities <i>Myia Makupson</i> <i>LeAnn Wills</i>
Room 115	Teaming for Safe, Quality care: Mindful Organizing in Supervision <i>Tiffany Lindsey</i>	Creative Approaches for Addressing Counselor Wellness in Supervision <i>Kasie Lee</i> <i>Claire Gardner</i> <i>Megan Barbee</i>	Supervision: The Final Frontier <i>Mark Loftis</i> <i>Paige Seymour</i> <i>Regina Beach</i> <i>Lara Strate</i>	Rural Clinical Supervision: Best Practices for a Changing Professional Landscape <i>Jonathan Wiley</i> <i>Ye (Agnes) Luo</i> <i>Dessie Avila</i> <i>Corrin Brown</i>	Reducing Barriers to Supervisee Disclosure <i>Patricia Stewart-Hopkins</i>
Quick Lecture Hall	Repairing the Sexless Relationship <i>Michael Christian</i> <i>Rachel Christian Guley</i> <i>Chelsea Alexander</i> <i>Emily Kucera</i> <i>Denny Mihalek</i>	Taking Care of our Military Veteran Clients: Recent Findings and Practical Application from ACEs Research <i>Daniel Kinjorski</i> <i>Jacob Elliott</i> <i>Roxy Elliott</i> <i>Marcy Steffy</i>	Counseling Cops - Understanding Law Enforcement Culture, Occupational Stressors, and Best Practices for Clinicians <i>Amanda Dooley</i> <i>Greg Lee</i>	Post-Pandemic Treatment of Eating Disorders among Adolescents <i>Laurie Cooper</i>	Empathy in First Responders <i>Roxanne Miller</i>



Join Us and Help Make a Difference

Locations throughout Tennessee and the U.S.

Therapy | Psychiatry | Neuropsychological and Psychological Testing

LifeStance Health is hiring!

Feeling burned out? Need a change of pace? Refocus your energy on spending time with your clients by providing counseling or treatment and leave everything else to us.

We're looking for highly motivated individuals that enjoy an independent, yet supportive environment. We offer an extremely competitive compensation package.

Eligible licenses include LPC-MHSP, LCSW, LMFT, Licensed Psychologists, Licensed Psychiatrists, and Psychiatric Mental Health Nurse Practitioners. We also accept LMSW and LPC/MHSP temp, and provide internal supervision. We have full-time and part-time positions available in a private practice outpatient setting, for in-person and/or telehealth.

Physical office locations are currently available in Brentwood, Bristol, Johnson City, Hendersonville, Knoxville, and Mount Juliet. Telehealth clinicians are wanted in surrounding areas statewide.

Required Qualifications: Preferred Qualifications:

- | | |
|--|--|
| • Fully or temp-licensed in Tennessee | • Experience with children, adolescents, and/or adults |
| • A positive philosophy of client care | • Certification/experience in Evidence-Based Treatment |
| • Ability to work both independently and as part of a team | • Experience with Electronic Health Records |

Apply online at [Careers.LifeStance.com/Tennessee](https://careers.lifestance.com/Tennessee)
or email your resume/CV to
Nina.DiTommaso@LifeStance.com

What We Provide:

- Flexibility with your schedule in days and time
- Choice of client population
- No-Show Protection
- Assistance with an employment transition plan to minimize pay gap
- W2 employment model (not 1099/contract)
- Full Benefits: Health, Dental, Vision, 401k (and matching), short term disability, life insurance, and FMLA
- Paid parental leave
- CEU and CME opportunities
- Easy to learn platforms for notes and video sessions
- Fully furnished, move-in ready offices
- Regular, in-house professional development and trainings
- We credential you and maintain ongoing credentialing requirements
- In-house call center with extended hours five days a week
- In-house, full-service billing department
- Administrative support team for scheduling, billing, and client service

PRESIDENT'S WELCOME

Greetings!

What an honor it is to be together again for this year's summit! Personally, I believe that we are good on our own but better together! At TLPCA, we acknowledge that this Summit would not be the success it is without your contribution and for that we express deep gratitude.

I'd like to extend a few invitations as you engage with presenters, sponsors, volunteers, colleagues and community partners for this year's Summit! First, be authentically you! We are all here to learn, grow and connect and that happens best when we show up as we are, where we are! Secondly, be curious! I am so guilty of going to presentations that are on topics I'm pretty familiar with. At TLPCA we are intentional about having a variety of topics and diverse expertise that best serves us in our work with clients, colleagues, and community partners. Let us learn new ways of thinking, doing and being! Last but certainly not least, be well!! We've collectively experienced many troubled times coupled with the work we do coupled with our own personal struggles, making it no small feat to do what we do on a daily basis! It is my hope that you not only fortify your mind but that you also feel supported, secure, and safe at this year's Summit! If for any reason this is not the case for you, please know that I care and that I am totally willing to have dialogue about it and seek best possible (and feasible!) solutions!

Now that the invitations have been extended, let the event begin!!! I am so thrilled to see each of you! TLPCA is experiencing growth in so many new ways and it's all because of US! May this momentum continue!!

With gratitude,



Dr. PaQuita R. Pullen, LPC-MHSP, NCC
President



THANK YOU TO OUR SPONSORS!

10

Corporate



Mental Health Cooperative

Venue



Trevecca Nazarene University

Luncheon



Camelot Care Centers

Keynote



LifeStance Health

Platinum



TN Voices

THANK YOU TO OUR SPONSORS!

Gold



Centurion Health

Silver



BrightQuest Treatment Center

Bronze



Safe Harbor Mental Health,
PLLC

Lanyard



The Renfrew Center

Bag



Capstone Treatment Center

PRE-CONFERENCE SESSIONS

12

Ethics of Multicultural Perspectives

Presenter: Shannon Black

Objectives:

- Clinicians will be able to verbalize their own background and individual differences.
- Clinicians will have a clear understanding of their values and beliefs and how these change over time and are impacted by culture, and how this impacts their practice from an ethical standpoint.
- Clinicians will be able to explain how their own history impacts their case conceptualization of client issues.
- Clinicians will gain an understanding of the science of connection and co-regulation as they apply to ethics.
- Clinician will be able to demonstrate the ability to explain how a right-brain to right-brain connection mediates therapist burnout.

The Challenge: Increasingly, clinicians are a more diverse group than ever, treating a more diverse group of people than ever, in a society fragmented by polarizing beliefs. How do we gain an understanding of our clients' histories, of what might precipitate the issues in their lives, the broader implications of how they, as multi-dimensional beings, move through Western society, and do so without being impacted by our own beliefs and values?

The Solutions: Meeting clients from a right-brain to right-brain perspective, refraining from pathologizing their strategies or behaviors, learning about their felt and lived experience without an agenda, and promoting the integration of the mind through coregulation and disconfirming experiences has been shown to have a mitigating effect on client trauma and clinician burnout. These factors provide the ultimate solution for ensuring ethical human-to-human contact.



Shannon Black taught undergraduate psychology and graduate Counseling at Middle Tennessee State University (MTSU) for years and was proud to bring real-life applications to the students for deeper understanding. Shannon is a licensed mental health therapist and supervisor in Murfreesboro, Tennessee. Shannon is also well-trained in Interpersonal Neurobiology, Attachment, Trauma, Polyvagal Theory, the Adaptive Brain, Memory Reconsolidation, EMDR, and Somatic and Affective Neuroscience. She also applies her research knowledge as the lead clinician with Kali Connection Therapy.

PRE-CONFERENCE SESSIONS

The Nuts and Bolts of Starting and Operating a Private Practice

Presenters: Dr. Christopher J. Quarto and Rose Crouch

Objectives:

- Identify the necessary elements of starting a private practice
- Learn how to operate a private practice
- Learn how to grow a private practice

Have you dreamed about going into private practice but weren't sure where to start? You're not alone! Many people are eager to own and operate a therapy practice but aren't sure how to do it because there were no "how-to" classes in graduate school. While there's a lot to learn it's definitely doable when putting into action tried-and-true practice-building strategies. The purpose of this three-hour workshop is to help students, school counselors, and mental health professionals learn how to start, operate and grow the practice of their dreams!



Dr. Christopher J. Quarto, is a Professor in the MTSU Professional Counseling Program. He earned a Ph.D. in Counseling Psychology from University of Illinois at Urbana-Champaign in 1992. Prior to joining the Professional Counseling faculty, Dr. Quarto worked in Michigan and Wisconsin as a clinical mental health counselor and private practice psychologist, respectively. He worked closely with school personnel and physicians concerning children, adolescents and adults who exhibited a variety of educational and psychological disorders. He is a licensed psychologist (HSP) and licensed professional counselor (Michigan) and has a part-

time private practice in which he provides counseling services to adults as well as psychological testing services to individuals of all ages. Dr. Quarto is a Board Certified-TeleMental Health Provider (BC-TMH) and completed an addiction counseling certificate program through Montana State University's Extended University. He is past president of the Tennessee Association for Counselor Education and Supervision. Dr. Quarto was awarded the 2007 - 2008 MTSU College of Education and Behavioral Science Teaching Award, University College 2012 Distinguished Educator in Distance Education Award and 2019 Charles Thompson Counselor Educator of the Year Award by the Tennessee Association of Counselor Education & Supervision. He has hosted podcasts pertaining to professional issues for professional counselors and other mental health professionals. Dr. Quarto's research interests include telemental health and counselor development and supervision.



Rose Crouch, LPC-MHSP, NCC, began her career in agency work, and spent a few years in substance use treatment at the RTC, PHP, and IOP levels of care. She launched her private practice, Olive Branch Therapy, in 2020 at the height of the COVID-19 pandemic. Over the last few years, she successfully built a private pay caseload and has maintained a healthy, values-based practice that centers trauma-informed care, markets to aligned clients, and allows space for rest and passion projects. In her practice, Rose

specializes in working with religious trauma, sexual trauma, and consensual non-monogamy, and she really enjoys working with creatives and mentoring other therapists. Outside of therapy she enjoys writing, traveling, cuddling with her dog, and of course, spending time with her people.

PRE-CONFERENCE SESSIONS

Understanding Suicide: Process, Procedures, Populations, and Passion

Presenters: Michelle West, Janie Wilkerson, Daniel Edwards, and Stephanie Berglund

Objectives:

- Participants will understand the development and implementation of the 988 system in Tennessee.
- Participants will develop knowledge and skills related to working with multiple at-risk populations.
- Participants will hear from therapists who have directly experienced the effects of suicide when clients killed themselves.

In this three-part session, participants obtain knowledge and skills related to understanding, treating, and assessing suicide in multiple areas. First, participants will gain knowledge related to the development and implementation of the 988 system in Tennessee. The Project Director in the Office of Crisis Services and Suicide Prevention at the Tennessee Department of Mental Health and Substance Abuse Services will share information beneficial to practitioners, focusing on how Tennessee residents benefit from the system. Second, several counselors who specialize in working with at risk populations will share knowledge and skills related to suicide assessment and treatment, including best practices for assisting clients in distress. Populations include veterans, the LGBTQ+ population, and clients dealing with addictions. Finally, participants will hear directly from counselors who have worked directly with clients who died by suicide. Strategies for self-care and wellness will be discussed. Participants will be able to share personal experiences with suicide.



Michelle West, is the 988 Project Director in the Office of Crisis Services and Suicide Prevention at the TN Department of Mental Health and Substance Abuse Services. She is a Cincinnati, OH native who came to Nashville, TN on a job offer for the TN Army National Guard where she served as their Suicide Prevention Coordinator for seven years. A year later she connected with Family and Children's Service and became their Survivors of Suicide Loss Coordinator for six

years. Her experience in Cincinnati was mostly community mental health services and suicide/crisis care. She managed Cincinnati's suicide/crisis line for over seven years before she moved to Nashville. This is where her passion for suicide prevention, intervention and postvention began. Michelle is also a Master Trainer in ASIST with 59 classes trained under her belt. She is also a trainer in safeTALK and QPR. While Michelle has many professional years in mental health services, she also has been affected personally, as many of us are... she is a survivor of suicide loss herself, with the loss of her uncle in 2018.



Dan graduated from Western Kentucky University and was commissioned as an Army officer in 1992. After five years of service, Dan left the military and moved back to Middle Tennessee. He earned his Masters in Professional Counseling from Argosy University and became a Licensed Professional Counselor / Mental Health Service Provider in 2006. Dan worked in private practice in Lawrenceburg, TN and as a Fee Basis Readjustment Counselor for the

Tennessee Valley Healthcare System's PTSD Clinic in Nashville and Murfreesboro, TN. He joined the Nashville Vet Center staff in August 2009 as the Clinical Coordinator and Readjustment Counselor. He currently serves over 90 combat veterans, military sexual trauma survivors and bereavement clients. He leads four PTSD groups a week and is honored to assist veterans from the battlefields of WWII, Korea, Vietnam, Iraq, Afghanistan and other conflicts. He has traveled across Tennessee, Kentucky and Florida giving presentations to raise awareness about combat post-traumatic stress disorder (PTSD). His "Landmines of PTSD" program has helped hundreds of clinicians, veterans' service organizations, clergy and family members of combat veterans to better understand the complexity of their readjustment from the military to the civilian community.



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.



Stephanie Berglund, LPC-MHSP (Temp), is a clinical mental health therapist with nearly a decade of experience working in the field. After realizing her passion for helping others and a gift of being a safe presence for individuals to share their struggles and pain, she made the decision to return to school in 2017. She received her Master's Degree from Lipscomb University 2019 and began working as a Men's Primary Therapist at a residential treatment center for dual diagnosis. She currently works for Bright Horse Counseling in Nashville, and plans to launch her solo private practice, Grounded Light Therapy, in the upcoming months.

Stephanie uses a strengths-focused, Rogerian approach utilizing her training in Brainspotting, SomEx, and IFS to assist clients in feeling more grounded in the present moment and cultivate increased feelings of self-compassion. Stephanie works with adults experiencing relationship issues, intimacy disorders, anxiety disorders, depression, substance use disorders, and trauma.

PRE-CONFERENCE SESSIONS

Supervision Potpourri: Working with Specific Populations, Settings, Decision-Making Strategies, and More

Presenters: Shelly Erdman, Lisa Long, Haley Moore, Becca Schwanke, Aimee Isenberg, and Susan Lahey

Objectives:

- As a result of this session, participants will be able to increase their knowledge regarding population specific supervision.
- As a result of this session, participants will be able to increase their knowledge regarding location specific supervision.
- As a result of this session, participants will be provided with information, resources, and assessments to evaluate supervisee professional development and competency.
- As a result of this session, participants will increase their knowledge regarding the topics of decision making, gatekeeping, and intentional non-disclosure in supervision.

Specific presenting topics (child/adolescent, trauma), supervising in different work settings (private practice, agency, hospital, etc.), how to create a decision-making strategy when dealing with ethics dilemmas, remediation/gatekeeping, and supervisee nondisclosure.



Lisa Long, MA, is a doctoral student studying Clinical Counseling: Teaching, and Supervision at Trevecca Nazarene University. She is board-certified as a Nationally Certified Counselor (NCC). Lisa is provisionally licensed in the state of Tennessee as a LPC-MHSP (TEMP). Clinically, Lisa's work focuses on trauma, dissociation, and anxiety. She is trained in EMDR and Brainspotting.



Aimee Isenberg, PhD, has 16 years of experience in the counseling field. She is an LPC-MHSP in Tennessee and an approved licensure supervisor. Aimee is an Associate Professor in Trevecca's Graduate Counseling Program and maintains a part-time private practice. Aimee holds a PhD in Clinical Counseling: Education & Supervision.

Haley Moore, MA, received her Master's in Mental Health Counseling from Belmont University and is a doctoral student at Trevecca studying Clinical Counseling. Haley is employed by the Mental Health Cooperative as a Crisis Response Counselor working alongside the Metropolitan Nashville Police Department. Haley has a passion for those individuals experiencing a high level of psychosis or suicidality, as well as community-based Mental Health. She is interested in educating and supervising the next generation of counselors.



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. 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's research interests involve but are not limited to, clinical supervision, counselor educator training, marital crisis, family cohesion, and leadership skills.

Becca Shwanke, MA, has a temporary LPC-MHSP and graduated from Trevecca Nazarene University with her Master's in Clinical Mental Health Counseling in 2022. Since then, she has obtained her temporary license and enjoyed transitioning to work within a private practice setting with a focus on trauma work. Becca is currently a student in Trevecca's PhD in Clinical Counseling: Teaching and Supervision program, with the goal of teaching in the future.

Shelly Erdman, MA, is a provisionally licensed Professional Counselor with a Mental Health Services Provider designation (Temp license). She holds a Master of Arts degree in Clinical Mental Health Counseling from Trevecca Nazarene University and is currently a doctoral student in TNU's Clinical Counseling: Teaching and Supervision program. Shelly is an APSATS-trained Certified Clinical Partner Specialist and a National Certified Counselor.

PRE-CONFERENCE SESSIONS

16

Increasing Helping Professionals' Self-Awareness and Self-Care by Integrating the E.S.P.M. Model for Self-Care

Presenter: Dr. Jason Branch, LPC, ACS, NCC.

Objectives:

- **Attendees will be able to complete a self-assessment to identify areas of improvement in practicing more efficient and effective self-care.**
- **Attendees will demonstrate practical innovative ways to reduce stress, depression, and anxiety related to serving in multiple roles in the helping profession.**
- **Attendees will create a strategic individualized self-care plan to increase self-awareness, self-confidence, and self-care.**

Helping professionals strive toward providing quality service to clients and students and others throughout their journey in the helping profession. Many helping professionals serve in multiple roles to enhance the lives of others, however they may not have the same ability to provide the support and care for themselves like they do for those around them. The more helping professionals pour into others without pouring back into themselves first causes increased stress, depression, anxiety among other mental, physical, and emotional health concerns that can negatively impact the working relationship of current students and clients (Dorociak, Rupert, Bryant & Zahniser, 2017). The purpose of this session is to provide a systematic approach to enhance helping professionals self-awareness, self-confidence, and self-care. It's important for helping professionals to develop and maintain tools to create balance and practice self-care.

This three-hour workshop will provide an interactive learning environment in which attendees will learn new and effective ways to practice self-care by learning and utilizing the E.S.P.M. Model for self-care. Participants will gain more insight about investing in their own emotional, spiritual, physical, and mental health and well-being. A variety of experiential instructive methods will be used to enhance attendees' understanding of increasing self-awareness, self-confidence, and self-care. The presentation includes a PowerPoint presentation, videos, interactive discussion, the creation of their own self-care plan, handouts including references, and a few group activities.



Dr. Branch has more than eighteen years of experience in the mental health and counseling profession. Dr. Branch has worked in community agency and mental health centers, city government, and substance abuse treatment facilities. Dr. Branch has maintained a clinical private practice for over a decade that focuses on adults, couples, and families.

PRE-CONFERENCE SESSIONS

Helping Clients Feel Better While Getting Better with Kali Connection Therapy (KCT): Novel and Accessible Somatic Techniques

Presenters: Mara Giovanni and Shannon Black

Objectives:

- Therapists will learn new ways to help clients regulate and process trauma
- Therapists will conceptualize and observe attachment and attunement relational techniques
- Therapists will experience creative collaboration and unique somatic integration exercises that are effective and fast-acting

Discover innovative techniques in our immersive 3-hour workshop. Designed for therapists seeking to expand their skills, this experiential session provides practical strategies to help clients regulate and process trauma while emphasizing attachment and attunement. Engage in unique Kali Connection somatic integration exercises, including mindful movement and sensorimotor interventions, to enhance therapeutic outcomes. Join us for an empowering journey of healing and growth, where you'll gain valuable tools and experiential knowledge to enrich your trauma therapy practice.



After graduating from Columbia with a master's degree in Social Work, Mara spent years creating imaginative therapeutic groups around topics such as boundaries, trauma, safety, recovery, grief, and meditation. The idea of creating Kali Connection Therapy came to Mara Giovanni when she heard Bessel van der Kolk say that Martial Arts could be the best treatment for traumatic stress in 2018. She brought her tools earned from 40 years of teaching martial arts and immersed herself into a rigorous study of Trauma, Interpersonal Neurobiology and Somatic Therapy. Aided by her clinical consultant, Shannon Black, KCT was born. She began working with clients who were in various stages of dysregulation at healing centers such as Onsite Workshops and Integrative Life Center in Nashville Tennessee. The regulatory results were undeniable.



Shannon is a self-identified "neuro-nerd," and sees teens, adults, couples, and families in private practice and community settings in Middle Tennessee. Teaching at MTSU for several years gave Shannon a love for training, which has led to numerous opportunities for speaking and training events and workshops that facilitate better connections among humans and ethical treatment of clients. Shannon's research interests include searching for and applying the latest findings for treating all functional mental health diagnoses and creating integrative treatment modalities and techniques that include the body AND the brain AND the mind.

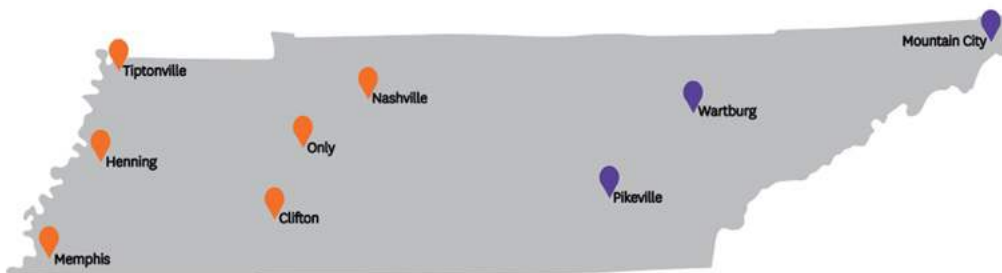
Mental Health Professionals

Serve your patients and community with Centurion Health

Recall the benefits of practicing in a correctional environment within the State of Tennessee.

Newly increased competitive rates

Full-time and part-time positions available statewide!



For more information, contact:

 Cathleen Garrison
615-200-1066 | cgarrison@teamcenturion.com
 Tracy Sigman
463-218-9718 | tsigman@teamcenturion.com



2023 STUDENT POSTER PRESENTERS

Jacqueline Bauer

East Tennessee State University

"Put a Finger Down if...: Social Media and Self-Diagnosis in Adolescents"

Kelli Boyd and Ellen Crossman

Tennessee Technological University

"The Availing of Filial Therapy: Connecting Parents with their Child on the Autism Spectrum"

Carter Cook

East Tennessee State University

"Best Practices for Counseling People with Cognitive or Intellectual Disabilities"

**Robyn Galloway-Robinson,
Natalia Ricks, and Brianna Miller**

Austin Peay State University

"Teachers' Experiences of Child Teacher Relationship Training in a Fitness-Based Preschool"

Katherine Hales

Vanderbilt University

"Enuresis: The Counselor's Role in Diagnosis, Assessment, and Treatment"

Gracen Kelly, Beth Colaric, and

Spencer Jacobson

Lipscomb University

"Advocacy for Foster Children"

Victoria McIlquham and

Benjamin Patterson

East Tennessee State University

"Roll for Initiative: Integrating Table-top Role Playing Games into Therapy"

Jacie Boyd

Tennessee Technological University

"15 Week Group Counseling for Adolescents Experiencing Trauma Due to Parental Substance Use/Abuse"

Kola Brown

The University of Memphis

"Media and Marriage: Evaluating Macro Influences within Communities of Color"

Blair Dean, Lincoln Memorial University

Krissy Pradissis, University of

Tennessee

"Hoarding Disorder (HD) in Children and Adolescents"

Richard Gutierrez and Alexis Reed

Austin Peay State University

"The relationship between attachment related behaviors toward caregivers and electronic devices in children"

Roxanne Hallisey, Chad Shangraw,

and Mackensie Smith

Austin Peay State University

"Inter-disciplinary Ethical Decision Making Amongst Psychedelic-assisted Practitioners"

Rebecca Lambert

Loyola University Maryland

"When Your Partner is Grieving: An Interpretative Phenomenological Analysis of Unshared Loss in Early Romantic Relationships"

Brianna Miller, Savannah Turner,

and Kayla Diaz

Austin Peay State University

"Bias in Diagnosis and Treatment of Restrictive Eating Disorders in Adolescent Females"

2023 STUDENT POSTER PRESENTERS

20

**Mary Neal, University of Memphis
LeighAnn Sutton**

"A Quantitative Study of a Parent
Bereavement Treatment Program for
Infant Loss: Risk Factors, Length of
Treatment, and Healing"

**Austin Pershing, Amber Carmody, and
Sarah Gubin**

University of Tennessee, Knoxville

"Disability is Diversity: Addressing
Disability in Counseling"

Shannon Sarkar

Richmont Graduate University

"Cross Cultural Supervision: A
Phenomenological Study on Broaching
Social Justice Conversations in Cross-
Cultural Supervision"

Leah Tolbert

Liberty University

"Mindfulness Matters"

**Amanda Nowlin and Ellen Crossman
Tennessee Technological University**

"Counseling with and Within the School
System"

**Emerson Ryder and Thomas M. Moody
Austin Peay State University**

"Examining Differences in
Posttraumatic Growth in
Transgender/Nonbinary and Cisgender
Sexual Minority Individuals"

Sawyer Small

Middle Tennessee State University

"Christianity, Sexuality, & Internalized
Homophobia: A Community-Based
Workshop"

**Reilly Van Dyke, Belmont University
Mitchell Waters, Virginia
Commonwealth University**

"Social Media and Mental Health
Outcomes in Adolescents"

Special Thanks!

Ann White

TLPCA Executive Regional Representative Co-chair

Katlyn Wyatt

TLPCA Membership Chair and Student
Representative Coordinator

Justin Near

TLPCA Administrative Consultant

Chandler Coley

MTSU Professional Counseling Program, Graduate Student

SPECIAL THANKS TO OUR VOLUNTEERS!

Liberty University
Leah Tolbert

Lipscomb University
Lauren Frost

Middle Tennessee State University
Mahalet Akilie
Virginia Beasley
Kaitlyn Donovan
Sally Foster
Robin Gwaro
Janie Hudson
Anna Mills
Jesse Penland
Tozia Ware

Northwestern University
Samantha Kerr
Karen Kessler

Tennessee Technological University
Jessica Mitchell
Lara Strate

University of Memphis
Christine Bouchard
Antario Dotson

Trevecca Nazarene University
Lela Altman
Logan Deitrick-Aumann
Jessamyn Hazard
Tommy Masters
Kayle Payne
Madalyn Renfrow
Neisha Stephens
Julie Witt

University of Tennessee
Amanda Gienow

University of Tennessee at Martin
Janie Dowdy-Dandridge
Victoria LeBruno
Punam Patel

Vanderbilt University
Isaac Rosenthal



STONE

COUNSELING & CONSULTING

Stone Counseling and Consulting LLC

2603 Elm Hill Pike Suite C
Royal Elm Office Park
Nashville TN, 37214

We Offer the following services:

- Individual and Group Supervision for LPC-MHSP, LADAC, CPRS both In Person and Online.
- NAADAC approved CE's available both In Person and Online.
- Office space and group room space for rent by the hour, day, or month.
- Counseling and assessment services provided by licensed professionals. for more information please check out our website at Stonecounselingandconsultant.com

THANK YOU TO OUR KEYNOTE SPONSOR!

LifeStance Health



LifeStance
HEALTH

At LifeStance, there's no one-size-fits-all approach to mental health. We tailor our care plans to fit each person's unique needs. Our clinicians include psychiatrists, psychologists, and licensed therapists who are ready to support you.

LifeStance offers both in-person and telehealth appointments, so you get the care you need in the format that serves you best. We also accept most insurance plans, allowing you to get the most from your personalized care plan.

Each person deserves their own customized care plan to overcome mental health challenges. That's why our expansive network of licensed clinicians offers a wide variety of treatments. You and your dedicated team can tailor an individualized plan based on your symptoms and comfort level with treatment.

WELCOME TO OUR KEYNOTE SPEAKER



Dr. Jason Branch, LPC, ACS, NCC

Dr. Jason Branch is a professor, clinician, and consultant that engages in professional and scholarly work focused on African American male experiences, mentoring, multicultural issues, and increasing the practice of self-care for helping professionals.

Dr. Branch has more than seventeen years of experience in the mental health and counseling profession. Dr. Branch has worked in community agency and mental health centers, city government, and substance abuse treatment facilities.

Dr. Branch has over sixteen years of experience in the mental health and counseling profession. He earned a dual bachelor's degree in psychology and sociology from the University of West Alabama, a master's degree in clinical mental health counseling from the University of Alabama at Birmingham, and a doctorate in counselor education and supervision from Auburn University.

Dr. Branch is a Licensed Professional Counselor (LPC) in four states (New Jersey, Alabama, Georgia, and Pennsylvania), an Approved Clinical Supervisor (ACS), and a National Certified Counselor (NCC).

For more information about Dr. Branch, visit <https://www.drjbranch.com/>.

KEYNOTE PRESENTATION

Protecting Your Peace in the Middle of the Storm

Presented by Dr. Jason Branch,
LPC, ACS, NCC

Objectives:

- **Be able to understand the importance of maintaining balance by setting healthy boundaries and practicing self-care on a daily basis using the E.S.P.M. Model for self-care.**
- **Be able to learn practical ways to reduce stress, depression and anxiety related to serving in multiple roles in the helping profession.**
- **Be able to create a strategic individualized self-care plan to increase self-awareness, self-confidence and self-care.**

The purpose of this keynote session is to provide a systematic approach to enhancing the helping professional in increasing their self-awareness, self-confidence and self-care. It's important for helping professionals to maintain balance and practice self-care in order to consistently pour into so many others without losing themselves in the process. This presentation will provide an interactive learning environment in which attendees will learn about effective ways to practice self-care by learning and utilizing the E.S.P.M. Model for self-care. Participants will gain more insight about investing in their own emotional, spiritual, physical, and mental health and well-being. A variety of instructive methods will be used to enhance attendees' understanding of increasing self-awareness, self-confidence and self-care. The presentation includes a PowerPoint presentation, videos, interactive discussion, the creation of their own self-care plan.

SESSION 1

10AM-10:50AM

Breakout Sessions

Avoiding Common Pitfalls in Supervision

Legi-SLAY-tion: Supporting Transgender and Gender Expansive Communities in Counseling

Trauma-Informed Care Approaches to Working with Latinx/Hispanic Clients

Working with Parents of Child and Teen Clients: A Partnering Approach

The Ethics of Practicing What We Preach: Maintaining Balance and Realistic Well-Being as Counselors

The Intersection of Motherhood and Substance Use Disorder: A Therapeutic Approach

Rethinking Marginalization- Applying the Psychology of Working Framework to Appalachia

Application of Role-Playing Games (RPGs) in Therapy

Teaming for Safe, Quality Care: Mindful Organizing in Supervision

Repairing the Sexless Relationship

PRESENTATION SPEAKERS AND DESCRIPTIONS

Avoiding Common Pitfalls in Supervision: Legal and Ethical Considerations

Presented by Peter Wilson and Susan Lahey
Boone Center

Those who supervise applicants for LPC-MHSP licensure assume a substantial responsibility. Supervisors need to be aware of the statutes and rules governing the practice of professional counseling in Tennessee. Supervisors need to monitor supervisees' adherence to these statutes and rules and address issues of concern with supervisees. Presenters will share and discuss common pitfalls of supervisors and stress the need for supervisors to actively observe and direct the work of supervisees.

Program Objectives:

- Following this presentation, participants who serve as approved supervisors will be challenged with the need to closely monitor supervisees.
- Following this presentation, participants will be informed of the common pitfalls that supervisors can make in their work as supervisors.
- Following this presentation, participants will possess a greater understanding of the statutes and rules governing the supervision of post-masters applicants for LPC-MHSP in Tennessee.

Content Areas:

- Ethics
- Professional Issues
- Supervision

Legi-SLAY-tion: Supporting Transgender and Gender Expansive Communities in Counseling

Presented by Mickey White and Carter Cook
Room 102/104

In 2023 alone, more than 300 anti-LGBTQ+ bills have been proposed or passed in legislative bodies across the nation. Multiple bills specifically targeting transgender and gender expansive (TGE) communities in Tennessee have already been signed into law and advanced through committee. How do these bills impact mental health professionals? This presentation will provide an overview of these laws and best practices in supporting TGE clients across the lifespan.

Program Objectives:

- Following this presentation, participants will be able to understand state legislation impacting transgender and gender-expansive people in Tennessee.
- Following this presentation, participants will be able to identify trans-affirmative counseling practices for working with transgender and gender-expansive people in Tennessee.
- Following this presentation, participants will be able to explain major factors impacting the mental health of transgender and gender-expansive communities.

Content Areas:

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

SESSION 1

PRESENTATION SPEAKERS AND DESCRIPTIONS

Trauma-Informed Care Approaches to Working with Latinx/Hispanic Clients

Presented by Aleyda Sanchez, Hannah Feliciano, Adrienne Mckeen, and Bianca Younan
Room 106/108

You will learn about the unique experiences, full complexity of trauma experiences, and challenges Latinx/Hispanic therapy clients may encounter. You will gain a better understanding of the cultural experiences of Latinx/Hispanic clients. You will feel empowered to discuss the cultural considerations that support the successful implementation of trauma-informed care within the Latinx/Hispanic community but be able to work in a more culturally informed manner with this population.

Program Objectives:

- Following this presentation, participants will gain a better understanding of Latinx/Hispanic clients and their cultural experiences.
- Following this presentation, participants will gain more understanding and feel empowered to better implement a trauma-informed care approach to working with Latinx/Hispanic clients.
- Following this presentation, participants will learn clinical considerations working with Latinx/Hispanic clients and consider ways in which they can advocate for Latinx/Hispanic clients.

Content Areas:

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

Working with Parents of Child and Teen Clients: A Partnering Approach

Presented by Dayna Sykes
Room 111

When working with child and teen clients, parents often get left out of the process. Therapists may experience feelings of fear and avoidance due to a lack of knowledge or history of challenging experiences with parents. Parent work is important in the therapeutic process and can help to accelerate progress towards treatment goals. In this training, we will navigate the therapists' personal challenges in working with parents and develop a plan for partnering with parents.

Program Objectives:

- Following this presentation, participants will be able to understand the importance of involving parents in the therapeutic process.
- Participants will be able to recognize and work with fear and avoidance that shows up in the therapist when working with parents.
- Participants will be able to identify 3 strategies to partner with parents of child and teen clients.

Content Areas:

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

SESSION 1

PRESENTATION SPEAKERS AND DESCRIPTIONS

The Ethics of Practicing What We Preach: Maintaining Balance and Realistic Well-Being as Counselors

Presented by K.J. Thompson and Aly Barnett

Room 113

The counseling profession is one which highly emphasizes balance and personal well-being within the lives of our clients, however, counseling professionals do not always feel that they can prioritize balance and well-being in their own lives. During this interactive presentation, participants will have the chance to learn about simple practices which counseling professionals can engage in on a regular basis to support their unique wellness needs.

Program Objectives:

- Following this presentation, participants will be able to recognize and clarify the demanding nature of mental health work as a part of the counseling profession.
- Following this presentation, participants will have had the opportunity to reflect on their own well-being experiences as well as the experiences of other trainees and professionals in the counseling field.
- Following this presentation, participants will be able to identify realistic goals relating to balance and well-being which fit their own personal needs.

Content Areas:

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

The Intersection of Motherhood and Substance Use Disorder: A Therapeutic Approach

Presented by Savak Mills

Room 109

In 2020, 36% of all pregnancy-associated deaths in the state of Tennessee were related to substance use. In 2021, 1,250 women died of an overdose. One year later in 2022 1,808 children entered into Tennessee state custody many related to substance exposure. Mothers need specialized care that will support them and their children TOGETHER. We will delve into the importance of providing SUD treatment to mothers while they parent, minimize ACES, and overcome challenges.

Program Objectives:

- Describe ways in which the state economic system is affected by providing treatment to mothers with their children.
- Identify ways to partner with treatment programs treating mothers with their children.
- Identify the benefits of providing treatment to mothers with substance use disorders alongside their children.

Content Areas:

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

SESSION 1

PRESENTATION SPEAKERS AND DESCRIPTIONS

Re-thinking Marginalization-Applying the Psychology of Working Framework to Appalachia

Presented by Megan Herscher, Meredith Darling, and Anne McKay

Room 110

As Mental Health professionals, we are ethically mandated to maintain awareness of issues impacting marginalized populations. This presentation will expand the tenants of The Psychology of Working Theory to include those in Appalachia, exploring contextual constraints contributing to the ability of those from Appalachia in acquiring decent work. Covering information from a correlational study, this presentation will illustrate the relationship between personality and the ability to overcome the socioeconomic influences experienced by the Appalachian people.

Program Objectives:

- **Psychology of Working Theory:** Participants will learn relevant information regarding the conceptualization and application of the Psychology of Working Theory and framework specifically in application for Appalachian people.
- **Contextual Constraints in the Appalachian Region Related to Career Pursuits:** Following this presentation, participants will have a greater understanding of the social and cultural barriers that exist for the Appalachian people.
- **Dynamic Relationship Between Personality & Career Choice:** Following this presentation, participants will have a greater understanding of the social and cultural barriers that exist for the Appalachian people.

Content Areas:

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

Applications of Role Playing Games (RPGs) in Therapy

Presented by Vanessa Davis and Anslie Ruckman

Room 114

RPGs such as Dungeons & Dragons have gained a renewed popularity in recent years for teens as well as adults. Helping professionals have begun to recognize the value of incorporating RPGs into therapy with individuals and groups. This presentation will introduce the concept of RPGs, possible applications of RPGs in therapy, and outcomes from a D&D Teen Social Skills Group and a Therapist RPG Group led by the presenters.

Program Objectives:

- Following this presentation, participants will be able to understand RPG basics and professional trainings on the subject.
- Following this presentation, participants will be able to identify possible applications of RPGs in therapy.
- Following this presentation, participants will learn outcomes the Presenters had in using RPGs in therapy.

Content Areas:

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

PRESENTATION SPEAKERS AND DESCRIPTIONS

Teaming for Safe, Quality care: Mindful Organizing in Supervision

Presented by Tiffany Lindsey

Room 115

A Safety Culture is a workplace culture consistently oriented toward safe and effective care. More than free from harm, it is about clients experiencing safety with us, that fundamentally we are safe and coordinated to help. Mindful organizing is paramount, where teams make concrete habits to Plan Forward, Reflect Back, Communicate, Test Change, Appreciate, and use Candor and Respect. Supervisors are key! Early evidence correlates mindful organizing to improved workforce and client outcomes.

Program Objectives:

- Explain a Safety Culture and its core values: psychological safety, systems thinking grounded in an understanding of human factors, and mindful organizing
- Understand the key role of supervisors in building and sustaining workplace cultures where clinicians are safe to disclose mistakes, problems or divergent points of view in the workplace.
- Utilize 2-3 Mindful Organizing strategies in clinical supervision to build teamwork habits oriented to safe, quality, person-centered care

Content Areas:

- Research and Program Evaluation
- Counselor Professional identity and Practice Issues
- Systemic
- Supervision

Repairing the Sexless Relationship

Presented by Michael Christian, Rachel Christian Gulley, Chelsea Alexander, Emily Kucera, and Denny Mihalek

Quick Lecture Hall

23% of couples have sex less than once per month or not at all. The research shows there is an increase in anxiety, depression and a diminished level of genuine intimacy. Couples who struggle with emotional intimacy will most likely struggle with sexual intimacy. Join us for this very timely talk that has the potential of changing your practice and the lives of those you treat. In this 50-minute presentation, participants will walk away with a clear understanding of a sexless relationship. Those who attend this workshop will gain a better understanding of how people who are in a sexless relationship are tremendously impacted as individuals and as a couple. Finally, this workshop will expose you to some of the best and most effective evidenced-based treatment strategies. You will not be disappointed. Come and join us for this potentially practice-changing workshop.

Program Objectives:

- Clearly explain the term and understand the causes of a sexless relationship
- Identify the implications of a sexless relationship and how those involved are impacted
- Implement evidence-based treatment used to repair a sexless relationship

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship

Safe Harbor Mental Health is dedicated to providing evidenced-based care in a comfortable, welcoming setting. We treat through the lifespan, from ages 7-97, and have the ability to address a variety of mental health ailments. Our goal is to partner with other community-based providers and facilities to help patients live the fullest life possible.

Services Available:

- ♦ Psychiatric Evaluations
- ♦ Medication Management Appointments
- ♦ Genetic Testing and Interpretation
- ♦ Telehealth Services
- ♦ Trauma-Informed Care



Safe Harbor Mental Health, PC

536 Uptown Square

Murfreesboro, TN 37129

615-624-8342

Appointments@safeharbormentalhealth.org

Jennifer McGlothlin, PMHNP-BC, CARN-AP

Tammy Cyr, PMHNP-BC

SESSION 2

11AM-11:50AM

Breakout Sessions

Donor Conceived Trauma: Learning about Donor Conceived People and Therapeutic Considerations

Grief and Suicidal Ideation: Finding Meaning in a New Assumptive World

Self-Regulation in Therapeutic Work: Connecting with Nervous System as a Regulation Resources for Clients

Adolescent Homicidal Threat Assessment: Findings of a Newly Developed Instrument

Solution-Focused Counseling Practices as a Protector Against Burnout

Responding to a Substance-Induced Crisis

Licensure Q & A

Distance Counseling: Information, Demonstration, and Discussion

Creative Approaches for Addressing Counselor Wellness in Supervision

Taking Care of our Military Veteran Clients: Recent Findings and Practical Application from ACEs Research

SESSION 2

PRESENTATION SPEAKERS AND DESCRIPTIONS

Donor Conceived Trauma: Learning about Donor Conceived People and Therapeutic Considerations

Presented by Alissa Beuerlein

Boone Center

With the rise of DNA testing, more people are discovering they are not related to one or both of the parents who raised them. For many people this is because they are donor conceived. This session will inform counselors about donor conception and the challenges and traumas a donor conceived person might experience. Counseling a donor conceived person requires ethical and treatment considerations that will be discussed.

Program Objectives:

- Understand what donor conception is.
- Identify when a client is experiencing trauma related to donor conception.
- Implement ethical, trauma-informed therapeutic interventions.

Content Areas:

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

Grief and Suicidal Ideation: Finding Meaning in a New Assumptive World

Presented by Ellen Crossman and Dessie Avila

Room 102/104

Loss and grief are a part of living. Clinicians assist in facilitating the creation of a new assumptive world for grieving clients. In some cases, suicidality is a barrier for our clients healing from loss. The presentation will include information specific to grief and the risk of SI with grief. Treatment considerations for both will be addressed.

Program Objectives:

- Following this presentation, participants will be able to identify characteristics of different types of grief.
- Following this presentation, participants will be able to recognize the presence of SI with grieving clients.
- Following this presentation, participants will be able to utilize treatment considerations for both SI and grief.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Suicide Assessment/Intervention

SESSION 2

PRESENTATION SPEAKERS AND DESCRIPTIONS

Self-Regulation in Therapeutic Work: Connecting with Nervous System as a Regulation Resources for Clients

Presented by Anna C. Seiple

Room 106/108

This presentation provides an opportunity to connect with the nervous system. This allows us to consider what happens inside of us as we navigate the unique stressors of our work as helping professionals. Participants will receive psychoeducation about what happens in our brains and bodies when we are dysregulated, along with resources to cultivate a sustainable self-regulation practice. These concepts and resources can be applied to clients, benefitting both sides of the therapeutic relationship.

Program Objectives:

- Following this presentation, participants will be able to identify what happens in the brain and body when an individual becomes dysregulated, and how this can impact therapeutic work for helping professionals. I will explore this through the work of researchers and practitioners such as Stephen Porges, Deb Dana, Dan Siegel, and Janina Fisher.
- Following this presentation, participants will be able to utilize skills for regulation that can be used in and outside of sessions to help regulate their nervous system.
- Following this presentation, participants will be able to understand how to effectively create a specific and sustainable self-care/self-regulation plan, and steps to evaluate and assess the effectiveness of this plan.

Content Areas:

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

Adolescent Homicidal Threat Assessment: Findings of a Newly Developed Instrument

Presented by Robert Moore

Room 111

Given the continued occurrence of school shootings, this presentation will present the survey findings of a newly developed instrument that assesses homicidal potential in students who have made a homicidal threat. Findings on protective factors in preventing adolescent homicide will also be presented. A discussion of the instrument's usability for LPCs as a part of adolescent homicide risk assessment will also occur.

Program Objectives:

- Following this presentation, participants will be able to explain the survey findings regarding adolescent homicidal threat assessment
- Following this presentation, participants will be able to explain the survey findings regarding protective factors that prevent adolescent homicide
- Following this presentation, participants will be able to describe how the survey findings can be integrated into practice as an LPC

Content Areas:

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

SESSION 2

PRESENTATION SPEAKERS AND DESCRIPTIONS

Solution-Focused Counseling Practices as a Protector Against Burnout

Presented by Andy Melton

Room 113

Attend this presentation to learn how the use of Solution-Focused principles and strategies can help keep you professionally keen and spry. Learn ways to use this theory base as a foundation for other clinical theories and a platform for your practices. Your mindset matters! Dr. Melton credits much of his 20+ year career satisfaction to de Shazer & Kim Berg's ideas. They've been a game changer for him and they can be for you!

Program Objectives:

- Following this presentation, participants will be able to identify how adopted clinical theories are most often an extension of a clinician's own worldview, values, and personality. Participants will be able to understand how awareness and adoption of clinical theories can help a clinician protect against burnout and promote career satisfaction.
- Following this presentation, participants will be able to explain the primary concepts of Solution-Focused theory and how this theory can effect the mindset of the clinician and their clients. Participants will be able to identify how Solution-Focused theory can be used as a basis for other clinical theories and practices. Participants will be able to further consider how Solution-Focused theory positively effects overall career satisfaction and avoidance of burnout.
- Following this presentation, participants will be able to utilize a few select Solution-Focused techniques to enhance their work with clients. Participants will be able to utilize a few select Solution-Focused techniques to optimize professional practices that may contribute to career satisfaction. Participants will have referrals for resources to further pursue knowledge and skills related to Solution-Focused theory.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Wellness

Responding to a Substance Induced Crisis

Presented by Robert Pedroza

Room 109

Drug and alcohol use is an ever more common problem for counselors across all settings. Counselors encountering a client that is in an altered mental state can feel uncertain of what to do; clinically, ethically, or legally. In this program we will cover prevalence of substance use in the community, common signs and symptoms of intoxication, interventions counselors have at their disposal, and safely transitioning a client out of their crisis.

Program Objectives:

- Identify the signs and symptoms of a client that is in an altered mental state
- Assess the situation and risk factors when dealing with an intoxicated client in crisis.
- Understand the ethical, legal, and clinical considerations for intervention when a client is intoxicated.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Assessment

SESSION 2

PRESENTATION SPEAKERS AND DESCRIPTIONS

Licensure Q & A

Presented by Kim Speakman and Candyce Wilson

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:

- Professional Issues

Distance Counseling: Information, Demonstration, and Discussion

Presented by Ye (Agnes) Luo, Jonathan Wiley, Katherine Hermann-Turner, and Dessie Avila

Room 114

In the context of the ongoing COVID-19 pandemic, the use of telemental health has exponentially increased and become the new normal for many clients and providers.

This trend requires counselors to gain new skills and develop competence in incorporating technology into their work. In this content session, the presenters will address topics associated with distance counseling including video counseling etiquette, establishing rapport, technological resources, and legal and ethical considerations.

Program Objectives:

- Following this presentation, participants will be able to elaborate on legal and ethical considerations associated with distance counseling.
- Following this presentation, participants will be able to understand video etiquette when conducting distance counseling.
- Following this presentation, participants will be able to identify technology commonly used in distance counseling.

Content Areas:

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

SESSION 2

PRESENTATION SPEAKERS AND DESCRIPTIONS

Creative Approaches for Addressing Counselor Wellness in Supervision

Presented by Kasie Lee, Claire Gardner, and Megan Barbee

Room 115

Avoiding impairment is an ethical imperative for counselors, and supervision offers an ideal opportunity to engage in self-care and wellness-enriching experiences. Engaging in creative techniques allows counselors to gain insight into their overall well-being by accessing thoughts and feelings that often lie outside of their conscious awareness. The presenters will share easy-to-implement creative techniques along with their personal experiences in supervision as case examples. Attendees will be invited to participate in their own creative self-reflection.

Program Objectives:

- Recognize the ethical mandates regarding counselor wellness and impairment
- Understand the benefits of incorporating creative techniques into supervision
- Implement at least 3 creative techniques aimed at facilitating counselor self-reflection and wellness

Content Areas:

- Wellness
- Supervision

Taking Care of our Military Veteran Clients: Recent Findings and Practical Application from ACEs Research

Presented by Daniel Kinjorski, Jacob Elliott, Roxy Elliott, and Marcy Steffy

Quick Lecture Hall

Presenters will share recent research on ACEs and their impact on Veterans and introduce Jake and Roxy, a Train A Dog, Save A Warrior team. Recent research indicates veterans struggle with anxiety, depression, interpersonal challenges, homelessness, and substance abuse. Veterans may often use self-blame as a coping mechanism due to emotional and sexual abuse. Presenters will review recent ACEs research and implications and hear how a therapy dog can assist the client with trauma recovery.

Program Objectives:

- Following this presentation, attendees will understand the significance of the impact of ACEs on the veteran community.
- Following this presentation, attendees will learn to identify significant potential experiences of the veteran based on an ACEs self-report questionnaire that can be explored in session (s).
- Following this presentation, attendees will be able to understand the value of dog therapy as a therapeutic tool for clients with lifelong trauma.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Trauma



Capstone works with young men ages 14-26 struggling with a wide range of hurts, struggles, compulsions, addictions, and other self-destructive behaviors. Our experienced team gets to the core of what these young men are experiencing to address their underlying hurts.

Let us be your partners in healing.

www.capstonetc.com



**DEPRESSION | SUBSTANCE USE | FAMILY CONFLICT | FAILURE TO LAUNCH | ANXIETY
PORNOGRAPHY | ATTACHMENT ISSUES | TRAUMA | CANINE COMPANION THERAPY**

SESSION 3

2:10PM - 3:00PM

Breakout Sessions

Replenishing Drum Circle for Providers

Grief: Differences between prolonged grief disorder and uncomplicated bereavement disorder

Understanding Eating Disorder Behaviors through a Polyvagal Lens

Integrating Caregivers into adolescent therapy: Practical applications for Counselors

Ethics: Challenges with Facilitating Psychological Hardness with Clinicians during the Supervision Process

Healthy Spirituality Does Not Enable Avoidance: Approaches for Dealing with Spiritual Bypass in Counseling

Legislative Update

Supervision: The Final Frontier

Counseling Cops - Understanding Law Enforcement Culture, Occupational Stressors, and Best Practices for Clinicians

SESSION 3

PRESENTATION SPEAKERS AND DESCRIPTIONS

Replenishing Drum Circle for Providers

Presented by Vanessa Davis

Boone Center

As providers you give so much in service of your clients, including coming to this conference! This drum circle session is a time for providers to connect in community with each other through music and play. The facilitator will guide participants in making music together using various hand drums, shakers, and chimes. No musical ability required...if you have a heartbeat, you have rhythm!

Program Objectives:

Content Areas:

- Following this presentation, participants may experience a reduction in stress.
- Following this presentation, participants may experience a renewed connection with their profession.
- Following this presentation, participants may experience an increased connection within themselves and others.

- Wellness

Grief: Differences between prolonged grief disorder and uncomplicated bereavement disorder

Presented by Debra Fitzgerald

Room 102/104

Since DSM -V-TR (Text Revision) was released in 2022, debate continues among grief experts about the addition of the Prolonged Grief Disorder (PGD), pros and cons. The purpose of this presentation is to examine these 2 diagnoses, along with learning effective skills and available resources for counseling grief clients. Sample exercises will be used for participants to practice diagnosing grief and end with questions and answers at the end of the presentation.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to explain the differences between uncomplicated bereavement and Prolonged Grief Disorder (PGD)
- Following this presentation, participants will be able to utilize effective skills/resources when counseling grief clients.
- Following this presentation, participants will be able to understand the difference between Prolonged Grief Disorder (PGD) and Major Depressive Disorder (MDD)

- Counseling Theory/Practice and the Counseling Relationship
- Assessment

SESSION 3

PRESENTATION SPEAKERS AND DESCRIPTIONS

Understanding Eating Disorder Behaviors through a Polyvagal Lens

Presented by Rachel Sellers
Room 106/108

Using Polyvagal Theory as our framework, participants will learn how eating disorder behaviors function as expressions of nervous system dysregulation and self-protection. After gaining a basic understanding of our 3 nervous system states, participants will explore common eating disorder behaviors characteristic of each state and identify how these behaviors function as misguided attempts at self-regulation and distress tolerance. Finally, participants will briefly discuss the implications for treatment and recovery.

Program Objectives:

- Participants will describe a basic understanding of the Polyvagal Theory, including characteristics of each of the 3 nervous system states (Ventral Vagal, Sympathetic, and Dorsal Vagal).
- Participants will understand and categorize common eating disorder behaviors within the 2 self-protective nervous system states.
- Participants will identify how eating disorder (ED) behaviors function as misguided attempts for self-regulation, perpetuating nervous system dysregulation and the use of behaviors.

Content Areas:

- Ethics
- Professional Issues
- Supervision

Integrating caregivers into adolescent therapy: Practical applications for counselors

Presented by Amanda Grieme Bradley
Room 111

Often avoided but frequently powerful, including caregivers in adolescent therapy can be a daunting task for counselors. This presentation focuses on practical ways to integrate the family into counseling work with adolescents. Participants will learn specific interventions to implement to strengthen the caregiver-adolescent bond, decrease negative communication patterns, and improve family functioning. Considerations to our own personal concerns and biases about integrating caregivers will also be explored.

Program Objectives:

- Following this presentation, participants will be able to utilize systems theory to conceptualize problem behaviors in their current adolescent clients.
- Following this presentation, participants will be able to apply family-based interventions to their current adolescent clients.
- Following this presentation, participants will be able to identify their personal barriers to including family members in adolescent counseling sessions.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Systemic

SESSION 3

PRESENTATION SPEAKERS AND DESCRIPTIONS

Ethics: Challenges with Facilitating Psychological Hardness with Clinicians during the Supervision process

Presented by Aprile Whitfield

Room 113

Many clinicians that work diligently with consumers/clients who have experienced traumatic events are largely dedicated to the wellbeing of their clients. Oftentimes these very clinicians resign themselves to the view that vicarious trauma is a "part of the job" and ignore its impact on maladaptive therapeutic outcomes. Clinicians who ignore symptoms of prolonged exposure to traumatic stories & events negatively affect therapeutic outcomes but more importantly harm themselves.

Program Objectives:

- Following this presentation participants will be able to define and delineate between psychological hardness vs resilience.
- Following this presentation participants will learn at most 2 risk factors that affect psychological hardness and resilience. Participants will learn its impact on overall clinical performance.
- Following this presentation participants will understand how to facilitate and encourage hardness and resilience in clinicians. They will learn at least 2 evident based practices on how that facilitation should occur.

Content Areas:

- Career Development and Counseling
- Professional Issues
- Supervision
- Ethics

Healthy Spirituality Does Not Enable Avoidance: Approaches for Dealing with Spiritual Bypass in Counseling

Presented by Sabrina Evans and Gregory Bohner

Room 109

While much research has been done about the correlation between spirituality and mental health and the benefits of integrating spirituality into the practice of counseling, little research has been done on the misuse of spirituality to avoid dealing with negative emotions or experiences. The term for this phenomenon is spiritual bypass. This presentation will offer knowledge and tools for counselors to recognize spiritual bypass in clients, as well as offer approaches for addressing it therapeutically.

Program Objectives:

- Following this presentation, participants will be able to define spiritual bypass and contrast it with healthy spirituality.
- Following this presentation, participants will be able to identify when spiritual bypass may or may not be unhealthy and when it needs to be addressed
- Following this presentation, participants will be able to articulate approaches for addressing spiritual bypass therapeutically

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship

SESSION 3

PRESENTATION SPEAKERS AND DESCRIPTIONS

Legislative Update

Presented by Janie Wilkerson and Heather Mechell

Room 110

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

Program Objectives:

Content Areas:

- 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

- Professional Issues

Supervision: The Final Frontier

Presented by Mark Loftis, Paige Seymour, Regina Beach, and Lara Strate

Room 115

This interactive presentation will help equip both seasoned supervisors and those who aspire to become supervisors in major models of supervision. In addition, best practices will be presented and explored through participant engagement. The ACA Code of Ethics will be reviewed to ensure ethical best practices. Lastly, the potential impact of the counseling compact on supervision will be examined.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to identify various models of supervision.
- Following this presentation, participants will be able to understand best practices within supervision.
- Following this presentation, participants will be able to apply an ethical decision-making model in supervisory relationships

- Ethics
- Supervision

SESSION 3

PRESENTATION SPEAKERS AND DESCRIPTIONS

Counseling Cops - Understanding Law Enforcement Culture, Occupational Stressors, and Best Practices for Clinicians

Presented by Amanda Dooley and Greg Lee
Quick Lecture Hall

To work effectively with Law Enforcement professionals (including police officers, dispatchers, correctional officers) and their families, counselors need to understand the unique culture and stressors involved in law enforcement work. Our presentation will include insights and information from a law enforcement trainer/expert as well as relevant best practice guidelines and additional resources to assist you in enhancing your ability to provide effective clinical interventions for law enforcement professionals and their families.

Program Objectives:

- Participants will gain an understanding of law enforcement culture and the unique occupational hazards and stressors faced by law enforcement professionals and their families
- Participants will learn ACA Best Practice guidelines for Counseling First Responder Populations, with specific focus on the guidelines that pertain to Law Enforcement
- Participants will be able to identify additional resources, including book and training recommendations, they can utilize to continue to increase their cultural competency with law enforcement and other first responder populations

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship



Mind The Gap
Therapy and Consulting

SESSION 4

3:10PM - 4:00PM

Breakout Sessions

“Soul”-Care: Implications and Practices for BIPOC and LGBTQAI+ Clinicians

Suicide Assessment and Intervention: Ethical Considerations and Practical Recommendations

Clinical Treatment for Survivors of Intimate Partner Violence

Child-Centered Play Therapy: Evidenced-Based Counseling for Young Children

The Mastermind Effect: Building a Powerful Network for Therapists to Achieve Goals and Practice Self-Care

Shared Symptoms, Unique Challenges: Approaching and Integrating Treatment for OCD and Autism Spectrum Disorder

Supporting Asian American Clients: Culturally Sensitive Strategies for Counselors

Professional gatekeeping in post-master's supervision relationships: What role do supervisors play in supervisees' setting session fees, ethical social media practices, and appropriate advertising?

Rural Clinical Supervision: Best Practices for a Changing Professional Landscape

Post-Pandemic Treatment of Eating Disorders among Adolescents

SESSION 4

PRESENTATION SPEAKERS AND DESCRIPTIONS

Soul"-Care: Implications and Practices for BIPOC and LGBTQAI+ Clinicians

Presented by PaQuita Pullen and Ashley Hampton
Boone Center

BIPOC and LGBTQAI+ Clinicians are faced with unique challenges such as marginalization and exclusion that are being managed in addition to their clinical work as mental health professionals and healers. Many of these experiences are limited or avoided altogether in traditional conversations on self-care, leaving BIPOC and LGBTQAI* clinicians vulnerable to psychological distress such as burnout. This session seeks to examine 2-3 issues specific to these clinicians along with effective and culturally competent strategies to address them! This session will be dynamic and experiential in nature!

Program Objectives:

- Participants will identify and understand 2-3 unique stressors experienced by BIPOC and LGBTQAI+ clinicians.
- Participants will engage in 1-2 "soul"-care activities that are easily integrated in their day-to-day work.
- Participants will learn about obtaining resources specific to the needs of BIPOC and LGBTQAI+ clinicians

Content Areas:

- Career Development and Counseling
- Social and Cultural Foundations
- Wellness

Suicide Assessment and Intervention: Ethical Considerations and Practical Recommendations

Presented by Ashley Davis
Room 102/104

In this presentation, Dr. Davis will discuss reasons that counselors struggle with effective suicide assessment and safety planning. Dr. Davis will teach participants skills to manage their own emotional dysregulation and techniques to work with high-risk clients that are not appropriate for hospitalization. Additionally, participants will learn about risk factors, protective factors, crisis assessment techniques, and how to develop safety plans.

Program Objectives:

- Following this presentation, participants will be able to understand the difference between safety contracts and safety planning.
- Following this presentation, participants will be able to identify how to develop a safety plan and provide treatment for at-risk clients.
- Following this presentation, participants will be able to identify risk factors for suicide, protective factors, and crisis assessment techniques.

Content Areas:

- Wellness
- Ethics
- Professional Issues

SESSION 4

PRESENTATION SPEAKERS AND DESCRIPTIONS

Clinical Treatment for Survivors of Intimate Partner Violence

Presented by Julie Wakeman and Kimery Cockrell
Room 106/108

1 in 3 women and 1 in 4 men will be victims of intimate partner violence (IPV) in their lifetime. With high rates of IPV, it's critical for practitioners to stay educated on this issue to best support clients. This workshop will provide an understanding of the ways intimate partner violence impacts clients' emotional and physical safety along with best practices and clinical considerations. Participants will leave with practical tools and materials for working with clients.

Program Objectives:

- Following this presentation, participants will be able to identify the difficulties associated with working with DV clients (e.g., resistance, client retention).
- Following this presentation, participants will be able to identify what therapeutic elements counselors can incorporate in their practice to increase success and safety for clients.
- Following this presentation, participants will understand complex dynamics of IPV relationships and considerations around safety, the criminal justice process, and resources.

Content Areas:

- Career Development and Counseling
- Trauma

Child-Centered Play Therapy: Evidenced-Based Counseling for Young Children

Presented by Kasie Lee and Damian McClintock
Room 111

Child-centered play therapy (CCPT) is a relationship-based and developmentally responsive intervention that utilizes play, the natural language of children. CCPT is an evidenced-based approach with over a 70-year history of research support for diverse populations of young children experiencing a wide variety of mental health concerns. Participants will learn the theoretical foundations, observe CCPT skills in action, explore the effectiveness of CCPT with diverse populations, and receive resources for further reading and training.

Program Objectives:

- Describe at least 3 core theoretical tenets of CCPT
- Describe at least 3 therapeutic benefits of CCPT with young children
- Identify at least 2 research-based resources that can be used to advocate for the use of CCPT

Content Areas:

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

SESSION 4

PRESENTATION SPEAKERS AND DESCRIPTIONS

The Mastermind Effect: Building a Powerful Network for Therapists to Achieve Goals and Practice Self-Care

Presented by Anthony Witt

Room 113

In this presentation, therapists will discover how Mastermind groups can be used to build a powerful network, achieve goals, and prioritize self-care. Attendees will learn about the benefits of these groups, including reduced isolation and increased accountability, and receive practical guidance for creating and leading their own groups. Additionally, participants will gain insight into how Mastermind groups can help therapists build diversified revenue streams and prevent burnout by connecting with peers.

Program Objectives:

Content Areas:

- The benefits of being a part of a Mastermind group, such as increased accountability, diminished feelings of isolation, and access to a variety of perspectives and ideas, will be made clear to participants, who will also be able to comprehend how these advantages can support both personal and professional development.
- Participants will be given step-by-step instructions on how to form and manage their own Mastermind groups, including how to choose group members, set group objectives, and lead fruitful conversations that encourage cooperative problem-solving and skill-building.
- Attendees will learn the value of prioritizing self-care to avoid burnout and how Mastermind groups may assist therapists in developing multiple revenue streams and advancing their professional growth. Participants will go away with doable plans for using Mastermind groups to accomplish their objectives and enhance their general well-being.

- Career Development and Counseling
- Wellness

Shared Symptoms, Unique Challenges: Approaching and Integrating Treatment for OCD and Autism Spectrum Disorder

Presented by Rachel Hammons and Catherine Cavin

Room 109

This session will cover the basics of working with both OCD and ASD and what a clinician may observe when they overlap. These diagnoses are co-morbid, but there are few practitioners who screen for both. This presentation will educate the attendee on what to look for when working with clients with one or both diagnoses as well as how to equip clients with skills, resources, and compassion around how these diagnoses present themselves.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to identify OCD, ASD, and their overlapping symptoms.
- Participants will be able to begin treating unpleasant/undesirable "symptoms" of both diagnoses and/or provide adequate referral
- Participants will be equipped with the basics of starting to work with neurodivergent clients as well as ERP for OCD treatment.

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

SESSION 4

PRESENTATION SPEAKERS AND DESCRIPTIONS

Supporting Asian American Clients: Culturally Sensitive Strategies for Counselors

Presented by Marisa White, Kara Nesbitt, and John David Manier
Room 110

Over 19 million Americans identify as Asian American(AA), however, counselors lack information about treating these populations. The uptake in racially motivated hate crimes, the stress of COVID, and immigration patterns make it essential that counselors are trained to work with AA clients. This presentation highlights AA immigration history, media representation of AA individuals, and how these stressors impact AA mental health. Moreover, this presentation will emphasize counseling considerations for advocating for and treating AA clients.

Program Objectives:

- Following this presentation, participants will understand how the history of systemic oppression impacts Asian American populations.
- Following this presentation, participants will be able to identify current stressors and barriers to treatment that impact Asian American clients.
- Following this presentation, participants will be able to utilize culturally sensitive strategies when advocating for and counseling Asian American clients.

Content Areas:

- Social and Cultural Foundations

Professional gatekeeping in post master's supervision relationships: What role do supervisors play in supervisees' setting session fees, ethical social media practices, and appropriate advertising?

Presented by Jonathon Roy and Sara Hopkins
Room 114

Counselors in supervision are bombarded with information on ways to build their professional identity and begin the business of becoming counselors. The presenters will discuss the responsibility that supervisors have in assuring supervisee's engagement in responsible development of professional fees, social media presence, and advertising. This presentation will discuss national organization standards and state specific mandates to inform potential and current supervisors of best practices around these topics.

Program Objectives:

- Participants will gain an increased understanding of the ethical role licensure supervisors have in the development of their supervisee's professional fee's, professional social media presence and in other forms of advertising.
- Following this presentation, participants will be able to identify best practices around these topics as provided by national counseling organizations and state specific mandates.
- Participants will be able to utilize the practical suggestions and tools on ways to facilitate conversations and communicate expectations to supervisee's around professional social media, session fees, and other forms of advertising.

Content Areas:

- Counselor Professional Identity and Practice Issues
- Ethics
- Supervision

SESSION 4

PRESENTATION SPEAKERS AND DESCRIPTIONS

Rural Clinical Supervision: Best Practices for a Changing Professional Landscape

Presented by Jonathan Wiley, Ye (Agnes) Luo, Dessie Avila, and Corrin Brown
Room 115

Given the forthcoming inclusion of Licensed Professional Counselors as Medicare-eligible providers, the counseling profession will be able to further develop in rural communities.

This growth opportunity will require increasing the availability of competent clinical supervision for counselors serving rural localities. Based on clinical supervision best practices, this presentation examines specific strategies and interventions grounded in models of clinical supervision that supervisors can use to provide clinical supervision to supervisees in rural areas.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to differentiate how clinical supervision practice can vary based on urban, suburban, and rural geographies.
- Following this presentation, participants will be able to understand the implications for rural clinical supervision of the forthcoming inclusion of Licensed Professional Counselors as Medicare-eligible providers.
- Following this presentation, participants will be able to develop specific contextual interventions focused on enhancing clinical supervision in rural communities.

- Counselor Professional Identity and Practice Issues
- Professional Issues
- Supervision

Post-Pandemic Treatment of Eating Disorders among Adolescents

Presented by Laurie Cooper
Quick Lecture Hall

Working with adolescents has always presented unique challenges for clinicians. The family and social infrastructure changes that took place during and after the pandemic have complicated the mental health needs of adolescents, yet also provided new opportunities for engagement and growth. This presentation will address those changing dynamics – specifically among adolescents with eating disorders and provide guidance for interfacing with families and social structures to facilitate sustained recovery for those struggling with eating disorders.

Program Objectives:

Content Areas:

- Participants will be able to identify three factors that contribute to greater vulnerability to eating disorders as a result of the COVID-19 pandemic.
- Participants will identify three evidence-based treatment objectives necessary for sustained recovery from an eating disorder.
- Participants will be able to identify three opportunities for therapeutic growth as a result of pandemic associated changes in family and social structures.

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

SESSION 5

4:10PM - 5:00PM

Breakout Sessions

Mental Health and Movement: A Review and Application for Counselors

Tennessee Suicide Prevention Network

The Revolutionary Role of Equine Therapy: Horses as Partners in Healing

The Gender Divide in ADHD

Using music as a catalyst to engage people into evidence-based care

Looking to the Future: Helping Graduate Students and Emerging Professionals Develop Identity and Purpose on their Professional Journey

Bark! -- The Kink & Culture of Human Puppy Play

Facilitating a Healthy Relationships Group for College Students with Intellectual and Developmental Disabilities

Reducing Barriers to Supervisee Disclosure

Empathy in First Responders

SESSION 5

PRESENTATION SPEAKERS AND DESCRIPTIONS

Mental Health and Movement: A Review and Application for Counselors

Presented by Natae Feenstra
Boone Center

There are positive associations between movement and physical health, but what about mental health? What are the connections between movement and mental health? What type of mental health concerns can movement impact? How can movement be incorporated with your clients or students? These concepts are emerging in psychological research. This presentation will inform counselors of the research that supports movement for improved mental health. Applications for movement in counseling will also be discussed.

Program Objectives:

- Following this presentation, participants will be able to acknowledge the effects of movement on mental health.
- Following this presentation, participants will be able to understand neurological connection between movement and mental health.
- Following this presentation, participants will be able to encourage clients to be aware of, and utilize, movement for improved mental health.

Content Areas:

- Wellness

Mitigating ACEs: Tennessee Suicide Prevention Network

Presented by Mary Anne Christian
Room 102/104

This training aids in building a knowledge mobilization movement around early childhood brain development. This knowledge mobilization means developing a common understanding about early childhood through a shared, up-to-date, clear storyline based on science, including the following:

Program Objectives:

- The architecture of a young child's brain is shaped by the interaction between genes and experiences, and this can have either a positive or negative result.
- Science makes it clear that Adverse Childhood Experiences negatively impact the architecture of the developing brain.
- Children thrive in a safe, stable, nurturing environment of supportive families, caregivers, neighborhoods and communities.

Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

SESSION 5

PRESENTATION SPEAKERS AND DESCRIPTIONS

The Revolutionary Role of Equine Therapy: Horses as Partners in Healing

Presented by Alicia Stewart, Alyssa Royce, and Allison Yeager

Room 106/108

Join Two-Step Revolution in learning about the history and development of Equine-assisted services (EAS) and how to become involved from a Counselor and Equine Specialist perspective. Participants will leave with fundamental knowledge of Equine-assisted group therapy concepts and be active in a virtual role-play activity. Upon leaving, participants will be able to navigate a basic equine session and receive direction on becoming fully trained and/or certified in providing these types of services.

Program Objectives:

- Following this presentation, participants will understand the concept and history of Equine Therapy as it pertains to groups and equine-assisted learning.
- Following this presentation, participants will be able to identify and comprehend the dynamics and techniques used within Equine-Assisted Group Therapy.
- Following this presentation, participants will be able to understand the process of becoming involved in equine therapy as a mental health professional and the benefits associated with this type of group therapy.

Content Areas:

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

The Gender Divide in ADHD

Presented by Derrick Shepard, Amanda Gienow, and Taelar Bybee

Room 111

Research points to a gender gap in ADHD diagnoses due to a lack of recognition and misidentification in females. In this presentation, we will examine the social, cultural, and physiological factors that influence the presentation and diagnosis of ADHD in females, including the perception of ADHD as an externalizing disorder, gender biases, and TikTok trends. Together we will explore counseling and advocacy skills that promote equitable mental health care for females with ADHD.

Program Objectives:

- Following this presentation, participants will be able to describe how the presentation of ADHD in female clients can differ from the presentation in male clients, including symptoms, comorbidities, and coping strategies.
- Following this presentation, participants will understand from an ecological perspective the cultural, social, and physiological factors that influence the presentation, diagnosis, and prognosis of ADHD in females, including gender bias, social media phenomena, and culturally influenced coping strategies.
- Following this presentation, participants will be able to identify counseling and advocacy skills that promote equitable mental health care for females with ADHD.

Content Areas:

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

SESSION 5

PRESENTATION SPEAKERS AND DESCRIPTIONS

Using music as a catalyst to engage people into evidence based care

Presented by Ian Jackson
Room 113

The use of music as a catalyst to engage clients into evidence based treatment interventions has shown to be successful in many different avenues treating a variety of different client populations. Scientific research shows music to be able to engage certain areas of the brain associated with pleasure, connection, and memory recall.

Program Objectives:

- Following this presentation, participants will be able to utilize music as a catalyst for client engagement.
- Following this presentation, participants will be able to understand the physiological impact of music on the brain.
- Following this presentation, participants will be able to identify ways in which their clients engage with music to be able to utilize this tool in future interventions.

Content Areas:

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

Looking to the Future: Helping Graduate Students and Emerging Professionals Develop Identity and Purpose on their Professional Journey

Presented by Jeremy Northrop and J.T. Northrop
Room 109

With increased focus on completing a degree and/or securing vocational employment, students and emerging professionals can lose sight of their initial motivations for entering the profession. The complicated processes of graduation requirements, licensure obtainment, and securing certifications obscure primary intentions. The presentation reminds students, new professionals, and educators of the power of professional goals. Attendees will be provided resources for passing professional examinations and certifications. Networking and professional relationship building is considered.

Program Objectives:

- Following this presentation, participants will be able to identify goal-making strategies for professional development and growth beyond formal education.
- Following this presentation, participants will be able to utilize resources necessary for professional licensure and certification.
- Following the presentation, participants will be able to understand the value of professional networking and relationship building

Content Areas:

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

SESSION 5

PRESENTATION SPEAKERS AND DESCRIPTIONS

Bark! -- The Kink & Culture of Human Puppy Play

Presented by Ray White

Room 110

This workshop will explore the phenomenon of human puppy play. Puppy play refers to a form of roleplay in which an individual mimics the behavior of young dogs. Neither bestiality, nor zoophilia, it is rather, a form of kink, community, and subculture. Workshop participants will learn about the practice from both a psychological and cultural frame of reference. This knowledge can assist the counselor in better understanding their kink oriented clients.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to explain the potential therapeutic benefit of BDSM kink expression.
- Following this presentation, participants will be able to identify 3 reasons a person might be inclined to participate in "puppy play."
- Following this presentation, participants will be able to identify two resources for further investigation into the phenomenon of "puppy play."
- Counseling Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations

Facilitating a Healthy Relationships Group for College Students with Intellectual and Developmental Disabilities

Presented by Myia Makupson and LeAnn Wills

Room 114

This presentation discusses the presenters' experience facilitating a successful psychoeducational skills development group for college students with intellectual and developmental disabilities on healthy relationships. This group was cultivated to allow group members to explore their understanding of components of healthy relationships, discuss setting boundaries, and educate members on safe intimacy in relationships. The group included a collaboration with members and presenters to discuss difficult topics within relationships. Group considerations and successful instructional strategies are explored.

Program Objectives:

Content Areas:

- Following this presentation, participants will be able to gain an understanding of facilitating a psychoeducational group for young adults with intellectual and developmental disabilities.
- Following this presentation, participants will be able to utilize strategies to discuss boundaries, intimacy, and healthy versus unhealthy relationships within a small group context.
- Following this presentation, participants will be able to utilize group interventions that can aid in building group cohesion
- Human Growth and Development
- Social and Cultural Foundations
- Group Dynamics and Counseling

SESSION 5

PRESENTATION SPEAKERS AND DESCRIPTIONS

Reducing Barriers to Supervisee Disclosur

Presented by Patricia Stewart-Hopkins

Room 115

We face inherent challenges as supervisors. The power differential and multiple roles we play present barriers to supervisee disclosure. How do we reduce the vulnerability of our supervisees while providing supervision that promotes quality care? Tools to promote authentic disclosure will be offered. Strategies to recognize and normalize the experience of secondary traumatic stress and countertransference will be discussed. Action-oriented trauma-informed supervision strategies will be shared.

Program Objectives:

- Utilize the informed consent process and supervision contract to reduce supervisee vulnerability.
- Identify and respond to supervisee avoidant, intrusive, and hyperarousal reactions to trauma exposure.
- Apply trauma-informed supervision strategies.

Content Areas:

- Trauma
- Supervision

Empathy in First Responders

Presented by Roxanne Miller

Quick Lecture Hall

Trauma in first responders is a major public health concern with depression, PTSD and suicidality on the rise. Empathy has been offered as a solution to reducing additional traumas for those in crisis, but it is being shown to be detrimental to first responders' mental health. Empathy is a part of the solution, but only when also accompanied by emotional intelligence, stress management skills, and resiliency.

Program Objectives:

- Identify up-to-date research and evidence-based practices for preventing and addressing trauma in first responders.
- Identify benefits and challenges of empathy training for first responders.
- Practice three new tools for trauma prevention and resiliency.

Content Areas:

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



The Renfrew Center for Eating Disorders



Day Treatment • Intensive Outpatient
Outpatient Services • Virtual Services

📍 19 LOCATIONS NATIONWIDE INCLUDING THE NASHVILLE AREA



For information about The Renfrew Center's programs and services, please call **1-800-RENFREW (736-3739)** or visit www.renfrewcenter.com.

CONNECT WITH US: @RENFREWCENTER



SPONSOR INFORMATION

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**

LifeStance Health

<https://lifestance.com/>

Founded in 2017, LifeStance (NASDAQ: LFST) is reimagining mental health. We are one of the nation's largest providers of virtual and in-person outpatient mental health care for children, adolescents and adults experiencing a variety of mental health conditions. Our mission is to help people lead healthier, more fulfilling lives by improving access to trusted, affordable and personalized mental healthcare. LifeStance employs approximately 6,000 psychiatrists, advanced practice nurses, psychologists and therapists and operates across 34 states and approximately 600 centers. To learn more, please visit www.LifeStance.com.



**Keynote
Sponsor**

Camelot Care Centers

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

Our family counseling and foster care services are varied to be able to meet the needs of our clients, and we are continually creating new programs in response to identified needs in a particular area. The common thread is that we provide counseling and support services in-home and in community-based settings throughout Tennessee. We emphasize the strengths and uniqueness of each youth and family. All our family counseling and foster care services are offered by trained therapists and counselors under the direct supervision of licensed clinicians.



**Luncheon
Sponsor**

SPONSOR INFORMATION

Trevecca Nazarene University Graduate Counseling Program

<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**

TN Voices

<https://tnvoices.org/>



We have taken the lead in promoting the use of a coordinated system of care in Tennessee that includes family support and community engagement as key components. TNV works collaboratively with parents, professionals, state and federal officials, policy makers and other key stakeholders to ensure that services provided to children and families in Tennessee are family driven, community based, and culturally and linguistically competent. TNV also serves as a critical partner in multiple national efforts focused upon transforming the system to be more responsive and inclusive of the families they serve, spanning multiple programs, populations, and states. TNV is a not for profit with 501(c) 3 status and the statewide chapter of the National Federation of Families. TNV's board consists of 51% parents of children with special needs to ensure that all services and programs are family driven and youth guided. The majority of TNV's staff are parents or caregivers of special needs children. TNV is licensed by the Tennessee Department of Mental Health as a mental health facility.

**Platinum
Sponsor**

BrightQuest Treatment Centers Nashville

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



Centurion provides healthcare services to governmental agencies in a wide variety of patient care settings, including correctional facilities, state hospitals, courts, juvenile facilities, and community clinics. Centurion combines technology, innovation, and sound clinical services to provide efficient, yet clinically effective health services for incarcerated populations. Real People. Real Results. Centurion is comprised of approximately 8,000+ clinical, managerial, and administrative professionals nationwide. Centurion is pleased to provide medical and mental health care services in jail, prisons, state hospitals, courts, and community-based settings across 16 states.

**Gold
Sponsor**

SPONSOR INFORMATION

BrightQuest Treatment Centers Nashville

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



We carefully assess our clients to determine the most appropriate level of care and are able to adjust the services and support needed as they progress through treatment. With a typical length of stay exceeding

12 months, our clients have the opportunity to both learn and practice the relationship and life skills needed to take charge of their lives and reach the highest possible level of independence by being an integral member of a supportive community.



Silver
Sponsor

Safe Harbor Mental Health, PC

<https://safeharbormentalhealth.org/>



At Safe Harbor, we strive to provide a safe environment, both physically and emotionally for our patients. We want to come alongside every patient, hear each unique story, evaluate all symptoms and provide a treatment plan that meets each individual's specific needs. It is our desire that when anyone enters our

doors, that person will feel safe, listened to, and truly cared for. We strive to provide evidence based, individualized care to each and every patient. We provide medication services for patients affected by depression, anxiety, bipolar disorder and ADHD, as well as various other mental health concerns.



Bronze
Sponsor

Capstone Treatment Center

<https://www.capstonetreatmentcenter.com>



Capstone Treatment Center works with young men 14-26 struggling with a wide range of compulsions, addictions, hurts, and other self-destructive behaviors.

Our team aims to address the underlying issues that keep them from progressing, whether from trauma, toxic shame, family conflict or other hurts.



Bag
Sponsor

The Renfrew Center

<https://renfrewcenter.com/>



The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985. As the nation's first residential eating disorder facility, now with 19 locations throughout the country, Renfrew has helped more than 85,000 individuals with anorexia, bulimia nervosa, binge eating, as well as the full range of eating disorders move towards recovery. Renfrew's extensive range of services includes Residential, Day Treatment, Intensive

Outpatient, Outpatient Programs, and Virtual Therapy. 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. Within this model, individual and group therapy are enhanced with a diverse array of services to meet patients' needs. Renfrew accepts most major insurances and is a preferred provider for all levels of treatment.



Lanyard
Sponsor



BrightQuest

TREATMENT CENTERS

San Diego | Nashville

The BrightQuest treatment model is an integrated, holistic, evidence-based, and individualized approach to healing within a therapeutic community—a safe, supportive environment where clients learn, practice, and internalize the tools required for independent living and successful relationships.

At BrightQuest Treatment Centers we support adults suffering from complex psychiatric disorders including schizophrenia, schizoaffective disorder, bipolar disorder, depression, post-traumatic stress disorder, and other co-occurring disorders.

With a typical length of stay exceeding 12 months, our clients move through a continuum of treatment and have the opportunity to learn and practice relationship and life skills needed to take ownership of their lives. Our clients reach their highest possible level of independence by being an integral part of a supportive community.

Our Levels of Care:

- Intensive Residential
- Community-Based Residential
- Semi-Independent Living
- Outpatient Services
- Family Integration, Consultation & Coaching

866.721.8536 | brightquest.com

EXHIBITOR INFORMATION

AGAPE

<https://www.agapenashville.org>



AGAPE exists to strengthen children and families with the healing love of Christ through counseling and social services. AGAPE serves the Middle Tennessee area by providing outpatient professional counseling, foster care, and adoption services, in addition to operating a 24/7 domestic violence shelter.

2023
Exhibitor

Alive's Grief Center

<https://www.alivehospice.org>



Alive's Grief Center offers a place of comfort for anyone who has experienced a loss due to death. Thanks to generous donors, Alive can provide our services at an affordable rate to the entire community, not just those with a loved one in our hospice care.

We offer individual, family, and group counseling at multiple locations throughout Middle Tennessee. Our loss-specific support groups, youth and family programs, and school-based grief support are available to anyone in need regardless of the type of loss, time since the death, or relationship to the deceased.

2023
Exhibitor

Athena Care

<https://www.athenacare.health/>



For over 20 years Athena Care's mission has been to improve access to quality mental health services so that you can live a happier, healthier, more productive life.

We offer diagnostic assessments, medication management, psychotherapy, autism testing and ABA therapy, and interventional psychiatry, such as TMS and Spravato (Esketamine).

We are in-network with most major insurance plans and have locations in Nashville, Franklin, Murfreesboro, Hendersonville, Clarksville, Memphis, and Knoxville.

2023
Exhibitor

Brooks Healing Center

<https://brookshealingcenter.com>



Brooks Healing Center specializes in top-of-the-line, research-backed therapeutic techniques to help with addiction treatment. Our levels of care include detox, residential, and PHP on a 30-60 day continuum. We're here to lend love, support, and acceptance.

2023
Exhibitor

EXHIBITOR INFORMATION

Ellie Mental Health

<https://elliementalhealth.com/locations/murfreesboro-tn/>



Everybody sucks sometimes. Ellie Mental Health in Murfreesboro, Tennessee isn't your average therapy clinic. We've created a comfy, judgment-free zone where you can be authentic, get real about where you're at in your mental health, and receive the compassionate care. We strive to break down treatment barriers and provide you with customized counseling services that meet your therapy needs. We are #fillingthegap between surviving and thriving. Your mental health care should be effective, easy, and fun. When life has you feeling down, our qualified & compassionate therapists are here to help you feel better.



Ellie Mental Health of Nashville

<https://elliementalhealth.com/locations/brentwood-tn/>



Ellie Mental Health strives to FILL THE GAPS in mental health services and programs that promote wellness. We are dedicated to getting more people access by breaking down barriers, and overcoming obstacles, such as: lack of funding, stigma, limited resource availability, scheduling conflicts, limited accessibility, and lack of information and outreach!



Grace House of Memphis

<https://gracehouseofmemphis.org/>



Grace House of Memphis offers long-term (3-6mo), gender-specific, residential substance abuse treatment programs for adult women that address alcohol and illicit drug use, co-occurring mental health conditions, trauma, family issues, and other barriers to healthier, functional living. In addition to the primary program, we have three additional programs that, together, allow a woman to make a full and complete transition through Rehabilitation Services, Halfway House Services, Intensive Outpatient Services, and Recovery Housing with Supportive Services. Since 1976, Grace House has provided services to over 6000 women. Grace House is a 501 (c)(3). A woman is never turned away because of her inability to pay for treatment. Grace House is licensed through the Department of Mental Health and Substance Abuse Services.



The Middle Path

<https://themiddlepath.life>

"Building A Life Worth Living"

To anyone who finds themselves having difficulty regulating painful emotions or maintaining positive and satisfying relationships, we offer holistic therapy for your body, mind and spirit.

The Middle Path offers an Intensive Outpatient Program (IOP). The program's clinical approach is Dialectical Behavior Therapy (DBT) and includes a variety of holistic services at its facility that support the healing process.



EXHIBITOR INFORMATION

Mind The Gap

<https://MindTheGapTN.com>



Mind The Gap is an integrative therapy practice offering whole-person mental healthcare to the the Middle Tennessee area. We provide individual therapy, occupational therapy, and group therapy. We believe whole-heartedly that quality care incorporates mind, body, spirit, culture, community. Our providers are specially trained in working with trauma (PTSD/CPTSD), neurodivergence (autism, ADHD), depression, anxiety, chronic pain, self-harm, and suicide. We see people across the lifespan: children, teens, and adults. Therapy should treat the mind and the body. We can't wait to meet you!



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.



The Refuge Center for Counseling

<https://refugecenter.org/>



The Refuge Center is a non-profit organization whose mission is to offer excellent, accessible and affordable mental and emotional healthcare services in support of a transformational impact on communities.



The SASSI Institute

<https://www.sassi.com>



More than 30 years after the initial SASSI was released, we have become a leading publisher of psychological measures specializing in screening instruments for substance use disorders. In this period of time, we have devoted our research efforts to providing highly accurate screening instruments to practitioners in the helping professions, including the adult SASSI which has been revalidated three times since its initial release, and a validated Spanish language screener for Spanish-speaking adults. In addition, an accurate adolescent SASSI has been provided for practitioners to facilitate treatment assessment for teens with substance use disorders. Most recently, two customized screening instruments have been made available to accommodate clients with special needs by accurately identifying likely substance use disorders in clients who are Deaf (the SAS-ASL), and in hearing clients who require other accommodations (e.g., clients with spinal cord injuries, cognitive disabilities, and traumatic brain injuries) – the SAVR-S2.



EXHIBITOR INFORMATION

Tennessee Suicide Prevention Network

<https://tspn.org>



The Tennessee Suicide Prevention Network is a grassroots, public-private partnership dedicated to suicide prevention, intervention, and postvention services throughout Tennessee. We aim to decrease mental health stigmas, promote resources, and equip all community members to save lives through open and honest conversations. TSPN is hosted by the Tennessee Association of Alcohol and Other Drug Addiction Services (TAADAS), and our main offices are located in Nashville, TN.

2023
Exhibitor

Vanderbilt Behavioral Health

<https://vanderbiltbehavioralhealth.com>

Vanderbilt Behavioral Health



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

2023
Exhibitor

Village Behavioral Health

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



Village Behavioral Health is a residential treatment center that specializes in helping adolescents and children ages 10-17. We provide 24/7 care for teens struggling with mental health and/or addiction. The goal of our program is to provide the guidance teens need to make good choices. The first step to achieving this goal is for our clients to understand how their poor choices have affected them. Our safe environment encourages the trust and reflection necessary for teens/children to see the effects of their past actions. We guide each individual toward a healthier path. VBH capitalizes on their unique strengths and helps each youth gain control of their emotions and future choices. We are located on a 65-acre campus in the foothill of The Great Smoky Mountains.

2023
Exhibitor

Youth Villages

<https://youthvillages.org/>



Youth Villages has been a national leader in the implementation of research-based treatment philosophies in the field of children's mental and behavioral health. Our commitment to helping troubled children and their families find success spans 30+ years and includes a comprehensive array of programs and services. We are located in 15 states and growing with a continuum of programs to meet the needs of children, families and young adults.

2023
Exhibitor

Digital platform.

Service with a click or a call.

Real-life support.

With 24/7 access on our easy-to-use platform and reps who answer the phone by the second ring, you can relax knowing you're covered with CPH malpractice insurance.

Get a quote and apply in minutes at
cphins.com/TLPCA

Alled & Mental Health
Malpractice Insurance



2023 PRESENTERS

Chelsea Alexander

Chelsea Alexander is a native Louisianian woman who loves food and serving people. She received her Master of Science in Counseling from Southeastern Louisiana University in Hammond, LA. Her clinical years of experience include; outpatient and inpatient mental health, therapy with the older adult population, survivors and victims of trauma, and the incarcerated population, to name a few. Chelsea is an LPC-MHSP, NCC, and the current Treatment Supervisor at Mental Health Cooperative Emergency Psychiatric Services Department in Nashville, Tennessee. She is also a doctoral student at Trevecca Nazarene University, studying clinical mental health counseling and supervision. Chelsea is recently married and enjoys spending time with her husband. In addition, she enjoys cooking gumbo, going to the farmers' markets, drinking chai tea, and visiting friends and family during her free time.

Dessie Avila

Dessie Avila M.A., LPC/MHSP is a second-year doctoral student in the Counseling and Supervision program at Tennessee Tech University. Dessie has worked in community mental health agencies in the Upper Cumberland area for five years. She has worked as a Crisis Responder for both youth and adults.

Megan Barbee

Megan Barbee, MS, LPC-MHSP(temp) is a therapist at Marigold Counseling in East Nashville. She earned an MS in Clinical Mental Health Counseling with a specialization in play therapy from Lipscomb University. She specializes in integrating play, art, and movement in treating trauma and eating disorders with clients of all ages.

Aly Barnette

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 research interests pertain to wellness and self-care of those within the counseling profession.

Regina Beach

Regina is a licensed mental health counselor who has been in the field for 8 years. Her primary focus has been working with children of all ages and people who have trauma. She is currently enrolled in the Counselor and Supervision program at Tennessee Tech University working towards a Ph.D.

Alissa Beuerlein

Dr. Alissa has been practicing for fourteen years and has developed a particular interest and expertise in complex trauma. She's not only a doctor of counseling, a private practice owner, and clinical supervisor, she's also a donor conceived person.

2023 PRESENTERS

Gregory Bohner

Dr. Gregory Bohner is an Assistant Professor in the School of Professional Counseling at Lindsey Wilson College. He has previously worked in disability services at faith based institutions of higher education and private practice. Dr. Bohner has also served in multiple leadership roles within the American College Counseling Association.

Kelli Boyd

Kelli Boyd B.S. is a school counseling graduate student at Tennessee Tech University. Her background is in psychology and speech pathology. She strives to provide an atmosphere of warmth and security as students foster resilience in a collaborative effort by respecting one's differences, facilitating learning, and encouraging growth.

Corrin Brown

Corrin Brown, Ed.S., LPC, NCC, is a doctoral student in the Counseling & Supervision Ph.D. program at Tennessee Tech University.

Taelar Bybee

Taelar Bybee (she/her) is a graduate student pursuing a master's in Clinical Mental Health Counseling at The University of Tennessee at Martin. After graduation, Taelar hopes to assist female clients in their journeys toward improved well-being and support them as they navigate the challenges life may bring.

Catherine Cavin

Catherine Cavin (she/her) is a LMSW working in a private practice group in Nashville, TN. She is passionate about working with autistic adults and adults with OCD.

Mary Anne Christian

Before joining the Tennessee Suicide Prevention Network, Mary Anne worked as an educator before transitioning to a school administrator in both private and public schools in Tennessee and Alabama. Since beginning her career in education, she experienced a need for working with the mental and emotional issues faced by students. As a school leader, she worked closely with the school counselors to coordinate behavior plans and improve the mental health of the students and the staff. She has also experienced several students who had suicidal ideations. She has witnessed the increased need for mental healthcare in communities, as well as, the need to educate communities about mental health and eliminate the mental health stigma. Her experiences have helped her to realize her passion for the health and mental health of the students, parents, staff, and communities she has served. Mary Anne holds a master's degree in K-12 Administration and Supervision and an Education Specialist degree in curriculum and instruction, both from Middle Tennessee State University. Mary Anne enjoys spending time with her husband and five children and staying active for her overall health and mental health.

2023 PRESENTERS

Michael Christian

Michael Christian, PhD is an author, researcher, professor, therapist, and speaker. Michael teaches full-time in the graduate counseling program at Trevecca Nazarene University. Michael is also the founder and clinical director of Connection Therapy Group with offices in Brentwood and Mt. Juliet, Tennessee where he sits with clients in the counseling setting. Michael is a researcher and presenter who focuses on intimacy, sexual dysfunctions, compulsive sexual behaviors, trauma, depression, anxiety, and couple's therapy. Michael is affiliated with a variety of professional organizations and is highly respected in the counseling field.

Carter D. Cook

Carter D. Cook is a graduate student in Clinical Mental Health Counseling at East Tennessee State University. His research and clinical interests include the sociopolitical impacts on identity development for LGBTQIA+ individuals and counseling best practice with neurodivergent and disabled communities.

Laurie Cooper

Laurie Cooper, Psy.D., HSP, CEDS-S is a Regional Assistant Vice President of Operations for the Renfrew Centers, Adjunct Assistant Professor of Psychology at Vanderbilt University and private practitioner. She is a National Health Service Provider, an approved CEDS Supervisor and active in numerous eating disorder professionals and women's leadership organizations.

Kimery Cockrell

Kimery Cockrell, LCSW, works as a Police Crisis Counselor – Child Trauma Specialist with the Metro Nashville Police Department's Family Intervention Program. She received her MSW from University of Tennessee in Social Work. She currently provides counseling to children impacted by violent crime, including domestic violence and homicide.

Ellen Crossman

Ellen Crossman Ph.D., LPC/MHSP-AS, NCC, CCTP is an Instructor at Tennessee Tech University and has a private practice in Murfreesboro, TN. She is passionate about self-compassion, the healing of trauma, and the prevention of burnout. Ellen is trained in both in EMDR and Brainspotting, and works with youth and adults.

Meredith Darling

Meredith Darling serves as a graduate assistant in the Clinical Mental Health Program at Carson-Newman University. She is graduating with her Master's in May of 2023. She has been actively involved in research with Dr. Herscher since August 2022. Meredith's favorite research topics include career, multiculturalism and human development.

2023 PRESENTERS

Ashley Davis

Dr. Ashley Davis is a Core Faculty at Capella University. She has extensive experience in working with high-risk and high-acuity clients. Dr. Davis's clinical focus is trauma and personality disorders.

Vanessa Davis

Vanessa's career began as a Board-Certified Music Therapist providing group therapy in psychiatric hospitals and served in a variety of settings after receiving her Master's in Mental Health Counseling. Currently Vanessa is a Clinical Counselor and Clinical Supervisor at Replenish Her Counseling in Brentwood, TN.

Amanda Dooley

Amanda Dooley is the public safety counselor for the Town of Smyrna, providing mental health counseling, education, and support for Smyrna Police and Fire Department personnel and their families. She is a doctoral candidate and currently conducting her dissertation research on the topic of moral suffering in first responders.

Jake Elliott

Jake Elliott, NCC, has two years experience in the counseling field. Jake served in the U.S. Army for six years, and has four combat deployments to Afghanistan. Jake holds a B.S. in Psychology and a M.S. in Clinical Mental Counseling.

Roxy Elliott

Roxy is an eight-year old Boxer. She has six years of service dog experience, and four years as a therapy dog. Roxy is Advance Canine Good Citizen Certified, and is nationally registered and accredited as a Service dog. Roxy and her handler, Jake, are TADSAW team #678.

Shelly Erdman

Shelly Erdman, MA, is a provisionally licensed Professional Counselor with a Mental Health Services Provider designation (Temp license). She holds a Master of Arts degree in Clinical Mental Health Counseling from Trevecca Nazarene University and is currently a doctoral student in TNU's Clinical Counseling: Teaching and Supervision program. Shelly is an APSATS-trained Certified Clinical Partner Specialist and a National Certified Counselor.

Sabrina Evans

Sabrina Evans is a doctoral student at Lindsey Wilson College, as well as a children and youth therapist in Knoxville, TN. Her previous experience includes helping start a counseling clinic in the Czech Republic, where she lived and counseled for ten years within both faith-based and community-based contexts.

2023 PRESENTERS

Natae Feenstra

Dr. Natae Feenstra is an assistant professor at Liberty University. She has a small private practice offering telemental health and running therapy services. She is a native Tennessean and served as a school counselor for many years here. Also, a Certified Running coach, her research interests lie in holistic health.

Hannah Feliciano

Hannah Feliciano, LMFT, MMFC/T She currently sees clients with Insight Counseling Centers and her own private practice. She works with clients with a history of immigration trauma, bi-cultural family dynamics, abuse and trauma survivors and inter-generational families. Hannah has a heart to serve the Hispanic/Latinx community.

Debra Fitzgerald

Debra Fitzgerald, LPC-MHSP-S, CRC has 19 years' experience in a variety of settings. She currently works at Mid-South Professional Counseling in Memphis. Her area of expertise includes grief/loss, substance use disorders and mood disorders. Debra is an approved supervisor for those seeking licensure and is a member of TLPCA.

Claire Gardner

Claire Gardner, MS, is an associate counselor practicing in Augusta, GA. She earned an MS in Clinical Mental Health Counseling with a specialization in play therapy from Lipscomb University. She specializes in incorporating play therapy, expressive arts, and sandtray into her work with children and adolescents.

Amanda Gienow

Amanda Gienow (she/her) is a graduate student in the Clinical Mental Health Counseling program at The University of Tennessee at Martin. Amanda is passionate about culturally responsive counseling and has a special interest in social justice and advocacy in the counseling field.

Amanda Grieme Bradley

Amanda Grieme Bradley, PhD, LMFT is an associate professor of mental health counseling at Belmont University. Amanda enjoys working within both academia and private practice. Within her private practice, Amanda utilizes a systemic approach with families, teens, and individuals. She is an AAMFT approved supervisor.

Rachel Hammons

My name is Rachel Hammons, MA, LPC-MHSP (she/her), and I currently run my own private practice in Nashville, TN. I love working with neurodivergent clients (ASD, ADHD, etc.) as well as OCD and gender dysphoria.

2023 PRESENTERS

Katherine Hermann-Turner

Katherine Hermann-Turner, PhD, LPC/MHSP-Temp, BC-TMH, NCC, is an Associate Professor in the Department of Counseling and Psychology at Tennessee Tech University

Megan Herscher

Former TLPCA president, Dr. Megan Herscher NCC, LPC-MHSP, Ph.D. serves as Associate Professor of Clinical Mental Health Counseling and Coordinator of the Clinical Mental Health Program at Carson-Newman University. She also carries a small post graduate supervision caseload in East Tennessee, through her practice, Herscher Consultation.

Sara Hopkins

Sara Hopkins, Ph.D. is an Associate Professor in the Graduate Counseling program at Trevecca Nazarene University. She also maintains a small private practice in Nashville providing individual and couples therapy and provides group and individual supervision as an AAMFT approved supervisor.

Aimee Isenberg

Aimee Isenberg, PhD, has 16 years of experience in the counseling field. She is an LPC-MHSP in Tennessee and an approved licensure supervisor. Aimee is an Associate Professor in Trevecca's Graduate Counseling Program and maintains a part-time private practice. Aimee holds a PhD in Clinical Counseling: Education & Supervision.

Ian Jackson

Ian Jackson, LPC-MHSP, LMHC is the National Clinical Director of Recovery Unplugged, a dual diagnosis treatment center that utilizes music as a catalyst to engage clients into evidenced based treatment. Ian has been working in the addictions and mental health field for 13 years in Florida and Tennessee.

Daniel Kinjorski

Dan Kinjorski has six years of experience in the counseling field. Dan retired as an Army Chaplain in 2013 and worked for a VA Hospital (Dallas, TX) for three years as he earned a MA in Clinical Mental Health Counseling. His research interests are ACEs and Well-being.

Susan Lahey

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.

2023 PRESENTERS

Lisa Long

Lisa Long, MA, is a doctoral student studying Clinical Counseling: Teaching, and Supervision at Trevecca Nazarene University. She is board-certified as a Nationally Certified Counselor (NCC). Lisa is provisionally licensed in the state of Tennessee as a LPC-MHSP (TEMP). Clinically, Lisa's work focuses on trauma, dissociation, and anxiety. She is trained in EMDR and Brainspotting.

Greg Lee

Greg Lee is a retired police officer and law enforcement trainer with over 30 years of experience. He began his career in the U.S. Air Force in 1981 and joined the Metropolitan Nashville Police Department in 1988. He has provided training to several thousand military and law enforcement personnel in the United States and internationally.

Kasie Lee

Kasie Lee, PhD, LPC-MHSP, NCC, RPT-S, is an assistant professor in the Clinical Mental Health Counseling Program at Lipscomb University and Director of the Center for Play Therapy and Expressive Arts. Dr. Lee has over 14 years of experience practicing play therapy and supervising students and post-graduate play therapists.

Tiffany Lindsey

Dr. Tiffany Lindsey is an Assistant Professor and Safe Systems Practitioner at the University of Kentucky's Center for Innovation in Population Health. In her role, she provides technical support to over three dozen child welfare and behavioral health agencies. She has a strong clinical background working with vulnerable populations.

Mark Loftis

Dr. Mark A. Loftis is a Professor at Tennessee Tech University, where he teaches graduate courses in the Masters's Counseling program and the Ph.D. program in Counseling and Supervision. He is an LPC-MHSP-QS, Senior Psychological Examiner-HSP, LADAC II, and Master Addiction Counselor. Dr. Loftis also provides counseling, supervision, and consultation.

Ye (Agnes) Luo

Ye (Agnes) Luo, PhD., LPC (TN, TX), NCC, is an Assistant Professor in the Department of Counseling and Psychology at Tennessee Tech University

Myia Makupson

Myia Makupson is a first year Counselor Education Doctoral student at the University of Tennessee-Knoxville in counselor education. Myia is a Licensed Social Worker and Licensed Professional Counselor in Ohio. Myia is a member of CSI, ACA, ACES, and TCA. Myia has previously worked as a trauma therapist at Cleveland

2023 PRESENTERS

John David Manier

Mr. Manier is a master's student in the Tennessee Tech School Psychology program. He has a passion for helping those who might experience barriers toward mental health treatment. He intends to use this passion to help marginalized clients.

Damian McClintock

Damian McClintock, PhD, LPC (TX), RPT is an assistant professor in the Clinical Mental Health Counseling Program at Lipscomb University. Dr. McClintock is certified as a Child-Centered Play Therapy Trainer and Child-Parent Relationship Therapy Trainer and specializes in training and supervising play therapists.

Adrianne Mckeon

Adrianne Mckeon, Ph.D. is the founder of Psychology Nashville. She has over 15 years of experience in research. Majority of her clientele are Spanish-speaking couples, families and individual children and adults. She also conducts psychological evaluations. Dr. McKeon is a lifelong learner who is passionate about advocating for her clients.

Andy Melton

Andy Melton is the owner of Counseling Group in Nashville and a proud alum of Trevecca's PhD Counseling program. He helped develop entrepreneurial-minded clinicians who are clinically-sound and operationally-efficient. Read more at MeltonCounseling.com.

Heather Meshell

Heather Meshell currently serves as TLPCA's lobbyist. She is an attorney with a background in public policy and government relations on both local and state levels who works to collaborate with lawmakers, nonprofits, law enforcement, judges, and advocates to pass legislation on behalf of her clients. Her passion and focus is on criminal justice reform efforts, notably reproductive justice, anti-death penalty work, and sentencing reform. In 2022, she successfully led collaborative efforts to pass legislation ending the harmful policy of shackling pregnant individuals while incarcerated and during labor in Tennessee.

Denny Mihalek

Denny was born and raised near Detroit, Michigan where he grew up with his father, mother, and brother. The family relocated to Spring Hill, Tennessee in 1990 where he graduated from Spring Hill High School in 1992. He enlisted in the United States Army following high school and served in the 25th Infantry Division at Schofield Barracks, Hawaii as a topographic engineer. He was honorably discharged in 1998. He then enrolled in the Earth and Planetary Sciences program at The University of Tennessee at Knoxville. He earned a Bachelor of Science degree in Geology in 2002 and has been employed as a licensed Professional Geologist in the State of Tennessee for over 20 years. From his own recovery from PTSD and depression Denny realized his own passion to help other men who mentally struggle but are hesitant to seek help. In 2021 he began the Licensed Professional Counselor program at Trevecca Nazarene University where he is currently enrolled and scheduled to graduate in 2024. He will begin practicum this August with Dr. Michael Christian at Connection Therapy Group.

2023 PRESENTERS

Roxanne Miller

Roxanne Miller, M.A., LPC-MHSP is a Police Crisis Counselor with the Metropolitan Nashville Police Department. Roxanne teaches the stress and resilience class for the new recruits at the Police Academy and is also trained in CISM (Critical Incident Stress Management). She is currently studying forensic psychology at Walden University.

Savak Millis

Savak Millis, LPC-MHSP has worked in the field for over 13 years primarily with single mothers, individuals experiencing homelessness and those using substances. For the past 6 years she has been the Director of Programs at Renewal House, a Nashville nonprofit providing comprehensive SUD treatment for women and their children.

Haley Moore

Haley Moore, MA received her Master's in Mental Health Counseling from Belmont University, and is a doctoral student at Trevecca studying Clinical Counseling. Haley is employed by the Mental Health Cooperative as a Crisis Response Counselor working alongside the Metropolitan Nashville Police Department. Haley has a passion for those individuals experiencing a high level of psychosis or suicidality, as well as community based Mental Health. She is interested in educating and supervising the next generation of counselors.

Robert Moore

Dr. Moore has practiced as an LPC since 1986. He is currently an associate professor in counselor education.

Kara Nesbitt

Ms. Nesbitt is a student in the Tennessee Tech Counseling program. She is passionate about counseling and advocating for children. She has experience working with marginalized clients, including unhomed individuals.

Jeremy Northrop

Jeremy M. Northrop, PhD has degrees from Freed-Hardeman University and Capella University, and is a licensed professional counselor/mental health service provider (LPC/MHSP). Currently, Jeremy teaches doctoral-level courses and counsels adolescents in residential treatment. Jeremy serves on the American Mental Health Counseling Association's committee for students and emerging professionals.

Jeremy Northrop

J.T. Northrop is currently enrolled in Freed-Hardeman University's Clinical Mental Health Counseling program and is due to graduate in August 2024. J.T. graduated from FHU with a BS, majoring in psychology and youth ministry. Currently, J.T. works in community mental health and seeks specialization in trauma treatment and development.

2023 PRESENTERS

Amanda Nowlin

Roxanne Miller, M.A., LPC-MHSP is a Police Crisis Counselor with the Metropolitan Nashville Police Department. Roxanne teaches the stress and resilience class for the new recruits at the Police Academy and is also trained in CISM (Critical Incident Stress Management). She is currently studying forensic psychology at Walden University.

Robert Pedroza

Robert Pedroza has been a Licensed Clinical Psychotherapist (LCP) in the state of Kansas. Starting his mental health career in 2008, his experience encompasses a broad range of environments including schools, community services, private practice, and almost a decade in corrections. He currently lectures nationally on criminal justice topics.

Jonathon Roy

Jonathon Roy, Ph.D, LPC-MHSP is the assistant director of counseling and teaches adjunct at Trevecca Nazarene University. He also sees private practice clients in Franklin. Recently assisted in supervision trainings across the state of Tennessee.

Alyssa Royce

Alyssa is a recent graduate from Carson-Newman University and is currently on track to receive licensure under the supervision of Alicia Stewart. Her clinical experience has consisted of caring for individuals of all ages, with diverse needs, where she offers a collaborative and holistic approach to therapy.

Anslie Ruckman

Anslie Ruckman received her Master's Degree in Marriage and Family Therapy at Trevecca Nazarene University in December 2021 and is trained in EFT as well as EFFT. Anslie works with teens and families and leads a LGBTQ+ Support Group at Replenish Her Counseling in Brentwood, TN.

Aleyda Sanchez

Aleyda Sanchez LPC-MHSP is the founder of Central Care Counseling Services LLC. Aleyda has experience in working with adolescents, young adults, adults, and families who are dealing with life-span transition, depression, self-esteem, suicide prevention, social skills, and or behavioral issues, and in addition people with disabilities.

Becca Schwanke

Becca Schwanke, MA, has a temporary LPC-MHSP and graduated from Trevecca Nazarene University with her Master's in Clinical Mental Health Counseling in 2022. Since then, she has obtained her temporary license and enjoyed transitioning to work within a private practice setting with a focus on trauma work. Becca is currently a student in Trevecca's PhD in Clinical Counseling: Teaching and Supervision program, with the goal of teaching in the future.

2023 PRESENTERS

Anna Seiple

Anna C. Seiple (MA, LPC-MSHP, LCMHC, NCC) is a counselor in Knoxville. She loves working with people through painful circumstances, helping provide movement out of what seemingly stuck spaces. Her background is in attachment and trauma. She currently specializes in creating therapeutic spaces for helping professionals and outdoor-based therapy approaches.

Rachel Sellers

Rachel Sellers is currently on the road to licensure as a mental health counselor and works as an associate therapist in private practice. She specializes in working with eating disorders, trauma, and body image and frequently writes and speaks about eating disorder prevention. She is a member of IADEP.

Paige Seymour

Paige Seymour is an LPC-MHSP and Ph.D. student at Tennessee Technological University. She has extensive experience in treating many mental health issues with both adults and children. She serves as Vice-President of Operations for Power of Putnam and is actively involved in addressing substance use issues within her local community.

Derrick Shepard

Dr. Shepard is an Assistant Professor of Counseling at the University of Tennessee, Martin. Dr. Shepard received his doctoral degree in Counselor Education and Supervision from the University of Tennessee, Knoxville, in December 2021. His research interest includes social class pedagogical practices in counseling.

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.

Marcy Steffy

Marcy Steffy has ten years as a former Veteran Health Administration Transition Care Management & Polytrauma/TBI Case Manager. She received Montana National Guard Patriot Award & AW2 Commendation for work with veterans. Marcy is currently a mental health therapist with secondary schools, and a non-profit (Safe Harbor of Hope Counseling).

2023 PRESENTERS

Alicia Stewart

Alicia Stewart is the Director of Clinical Services at Village Behavioral Health and co-founder of Two Step Revolution Equine Therapy Center. Licensed and practicing for over 25 years, Alicia is certified in EMDR, REBT and trained in several evidence-based treatment modalities. She is an approved supervisor for the state Tennessee.

Patricia Stewart-Hopkins

Dr. Stewart-Hopkins, Ed.D., LPCC-S, is an educator, clinician, and supervisor. She works as an Assistant Professor and Resident Faculty Supervisor in the School of Professional Counseling at Lindsey Wilson College. Past presentations have focused on counselor supervision, trauma-informed care, trauma-informed schools, and self-care. ACA, ACES, KCA, OCA, AACC Membership

Laura Strate

Lara Strate is a Ph.D. student in Counselor Education and Supervision at Tennessee Tech University (TTU). She is a student representative of TLPCA, the Secretary/Treasurer of CSI at TTU, and a member of ACA and ACCA. Lara works with students at the TTU Counseling Center as a clinical graduate assistant.

Dayna Sykes

Dayna Sykes is a Licensed Professional Counselor Supervisor/Mental Health Service Provider, Registered Play Therapist, TraumaPlay™ Certified Supervisor, and EMDR Trained Clinician. She has over 20 years of experience specializing in Complex Trauma with children, teens, and adult women. She works in private practice and provides supervision and consultation services.

K.J. Thompson

K.J. Thompson, M.A., LPC-MHSP, NCC, MPA, 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.

Julie Wakeman

Julie Wakeman, LPC-MHSP, works as the Police Crisis Counseling Supervisor with Metro Nashville Police Department's Family Intervention Program. She received her M.Ed in Clinical Mental Health Counseling from Vanderbilt University. She offers crisis intervention and counseling for victims of violent crimes, including domestic violence, sexual assault, and homicide.

2023 PRESENTERS

Michelle West

Michelle West is the 988 Project Director in the Office of Crisis Services and Suicide Prevention at the TN Department of Mental Health and Substance Abuse Services. She is a Cincinnati, OH native who came to Nashville, TN on a job offer for the TN Army National Guard where she served as their Suicide Prevention Coordinator for seven years. A year later she connected with Family and Children's Service and became their Survivors of Suicide Loss Coordinator for six years. Her experience in Cincinnati was mostly community mental health services and suicide/crisis care. She managed Cincinnati's suicide/crisis line for over seven years before she moved to Nashville. This is where her passion for suicide prevention, intervention and postvention began. Michelle is also a Master Trainer in ASIST with 59 classes trained under her belt. She is also a trainer in safeTALK and QPR. While Michelle has many professional years in mental health services, she also has been affected personally, as many of us are... she is a survivor of suicide loss herself, with the loss of her uncle in 2018.

Marissa White

Dr. White, a licensed professional counselor with over 14 years of experience as a counselor educator, is passionate about advocating and teaching others about working with marginalized client populations.

Mickey White

Mickey E. White, PhD, NCC, LPC-MHSP (temp), BC-TMH is an Assistant Professor of Counseling at East Tennessee State University. His research and clinical interests include intersections of identity with trans and gender expansive communities, LGBTQ+ issues in higher education and counseling, and advocacy in counselor preparation.

Ray White

Ray A. White, Ed.S., LPC/MHSP/AS, NCC, ACS works in higher education and maintains a professional private practice in Johnson City, TN called Whitewood Counseling & Consultation. As an advocate within the LGBT+ community, he serves as both educator and counselor.

Aprile Tamara Whitfield

Ms. Whitfield has more than 15 yrs. with the Georgia Dept. of Corrections (juveniles & adult female). She is published in the Winter 2018 edition "Correct Care", a leading corrections magazine. The featured article titled: "The Impaired Clinician: When Frontline Staff Raise Workplace Risk" detailed issues with maladaptive professional behaviors.

Jonathan Wiley

Jonathan Wiley, Ph.D., LPC(VA), NCC, is an Assistant Professor in the Department of Counseling and Psychology at Tennessee Tech University.

2023 PRESENTERS

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.

LeAnn Wills

LeAnn Wills is a first-year doctoral student in counselor education at the University of Tennessee-Knoxville. LeAnn is a Licensed Professional School Counselor (TN) and NCC. She is a member of ASCA, TCA, CSI, and ACA, including ACAC and AMCD. Her experience includes leading psychoeducational groups, curricula development, and crisis response.

Candyce Wilson

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

Peter Wilson

Peter Wilson, Ed.D., has been working full-time at Trevecca for 28 years. As a counselor educator, he has supervised numerous practicum and internship students. He has also supervised post-master graduates working toward licensure. He is a member of ACA, ACES, SACES, TLPCA and TCA.

Anthony Witt

With over 10 years of experience participating in mastermind groups, and nearly 7 years of facilitating their use, I've seen firsthand how they can transform therapeutic practice as a therapist and a coach. In addition, I've spent time teaching others how to start and run their own mastermind groups.

2023 PRESENTERS

Allison Yeager

Allison oversees TSR's Equine programs. She has worked with kids and young adults in both inpatient and outpatient mental healthcare treatment centers for over 10 years, and incorporates riding, equestrian vaulting, and general horsemanship into individual treatment plans. She also coaches TSR's nationally-recognized competitive Equestrian Vaulting team.

Bianca Younan

Bianca Younan LPC-MHSP, has been with the Sexual Assault Center (SAC). She has experience in community mental health, rape crisis, and domestic violence work. Bianca primarily sees Spanish-speaking adolescents and adults in her practice. She is passionate about serving and bringing awareness on the impact of sexual violence.

Attention: Mental Health Providers Needed!!

Dr. Rob Moore, TLPCA member, and Associate Professor, needs licensed mental health providers (LPCs, School Counselors, LMFTs, etc.) and/or those with experience working with adolescents to complete an anonymous survey that contains two instruments. The goal is to decrease the risk of violent adolescent behavior (especially school shootings) by providing an instrument to those who work with adolescents. It only takes about 15 minutes and can be completed on a smart device. **As a special offer to those attending the TLPCA conference,** those who complete the survey and leave a non-identifying email address (e.g., goVandy87@gmail.com) in the last text box will receive a **\$10 Amazon Gift Card!**

https://liberty.col.qualtrics.com/jfe/form/SV_3C1z4yPNd7EuV3E



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.

NOTES

[illegible]

[illegible]

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



Interesting in getting involved with TLPCA? Please contact Ann White at annsparling@gmail.com.

