

# 2024

A vibrant, multi-colored graphic of a city skyline, likely Nashville, is positioned above the text. The skyline is composed of various building silhouettes filled with a rainbow of colors. The entire graphic is surrounded by a dynamic splash of paint in matching colors, creating a sense of energy and creativity.

**COUNSELING AND  
THERAPY SUMMIT**

**June 14-15, 2024 • Trevecca Nazarene University  
333 MURFREESBORO PIKE, NASHVILLE, TN 37210**

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2024 CONFERENCE

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# PRESIDENT'S WELCOME

Welcome counselors,

The time is here for another wonderful TLPCA Counseling and Therapy Summit. As the incoming TLPCA President, I want to extend a very warm welcome to each one of you. Like the theme of this year's conference, "Past, Present, and Future", I celebrate the growth we have seen over so many years, cherish the successes we have experienced as an organization, and know there are challenges we continue to face.

We always desire to keep in mind our goals: unite, train, and advocate. TLPCA supports counselors in this way year-round. During our annual summit, I would like to challenge each one of you to seek ways in which you can also help our growing TLPCA community meet those goals. We are as different as the populations we serve, and that excites me as we come together to learn how to serve our clients and our profession through training and advocacy.

I am so grateful for the wealth of expertise and knowledge present at this year's summit. Please take advantage of these resources and soak it all in! (Not that any of you need a reminder during all this learning... Have fun! Reconnect!)

Blessings to all,

**Ellen Crossman, Ph.D.,  
LPC-MHSP-S, CCTP, NCC**

President-Elect



# SUMMIT AT A GLANCE

## Friday, June 14

8am - 8:30am	Breakfast and Registration; Exhibitor Setup (optional)
9am - 12pm	Pre-Conference #1 (Supervision); Pre-Conference #2 (AI/Technology & Counseling); Pre-Conference #3 (Private Practice)
12pm - 1 pm	Lunch
1:30pm - 4:30pm	Pre-Conference #4 (Ethics); Pre-Conference #5 (Trauma [Internal Family Systems]); Pre-Conference #6 (Suicide Assessment/Intervention)

## Saturday, June 15

7:30am - 8am	Breakfast and Registration; Exhibitor Setup (optional)
8am - 8:30am	Welcome and Introductions
8:30am - 9:30am	Keynote
9:30am - 10am	Break - Visit Sponsor & Exhibitors/Student Posters
10am - 10:50am	Session 1/Roundtables
11am - 11:50am	Session 2
12pm - 1:25pm	Business & Awards Luncheon
1:30pm - 2:00pm	Regional Meetings
2:10pm - 3:00pm	Session 3
3:10pm - 4pm	Session 4
4:10pm - 5:00pm	Session 5



# SCHEDULE

FRIDAY, JUNE 14, 2024

8am - 8:30am	Breakfast/Registration; Exhibitor Setup		
Room	Boone Convocation Center	Quick Lecture Hall	Boone 115
Pre-Conference Sessions 9am - 12pm	<b>AI in Mental Health Counseling: Balancing Innovation and Client Safety</b>  Lisa Henderson	<b>Supervision over time: A review of developmental tasks and approaches</b>  Chelsea Alexander William Feck April L. Lamoreaux Susan Lahey Jeannette Muller Mikaila Robinson	<b>The Nuts and Bolts of Starting and Operating a Private Practice</b>  Christopher J. Quarto Rose Crouch
12pm - 1pm	Lunch - Boone Convocation Center		
Room	Boone Convocation Center	Quick Lecture Hall	Boone 115
Pre-Conference Sessions 1:30pm - 4:30pm	<b>Legal and Ethical Tips for Risk Reduction</b>  Rob Moore	<b>An Introduction to Internal Family Systems Therapy (IFS)</b>  Jennifer Jordan	<b>Two Best Practices for Suicide Assessment and Intervention</b>  Casey A. Barrio Minton

# SESSION SCHEDULE

SATURDAY, JUNE 15, 2024

2024 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	<b>Roundtables</b> <i>(See below for titles)</i>	<i>Social Media, Online Presence, and Professional Ethics: Practical Considerations</i> <b>Cara Cochran</b>	<i>No Longer Far-fetched or Futuristic: Navigating the Ethics of AI in Counseling</i> <b>Marisa White</b>	<i>Emergency Department Boarding, Ethical Dilemmas, and How to Advocate for Clients in Crisis</i> <b>Suzanne Blackwood</b> <b>Elliot Pinsly</b>	<i>Replenishing Drum Circle Experience</i> <b>Vanessa Davis</b>
Room 102/104	<i>What's in a Name? Ethical and Professional Importance of Discerning Titles and Credentials</i> <b>Jenny French</b>	<i>Expressive Arts Therapy in the Treatment of Eating Disorders</i> <b>Megan Barbee</b>	<i>Thoughts from a Police Therapist: Mass Violence and Dehumanization in a First Responder Context</i> <b>Roxanne Miller</b>	<i>Navigating Inner Experiences: Preparing for &amp; integrating experiences of psychedelic medicine</i> <b>Doug Taylor</b>	<i>Music ≠ Universal Language: Conceptualizing Music &amp; Harm</i> <b>Sawyer Small</b>
Room 106/108	<i>Is Your Client the Next Active Shooter?</i> <b>Rob Moore</b>	<i>Wait, THEY have the highest suicide rates by occupation?</i> <b>Andrea Kirk-Jenkins</b>	<i>Applying Adlerian Therapy with Clients in Recovery From Addiction</i> <b>Adam Barfoot</b>	<i>A Call for Professional Excellence in the Treatment of Sexual Addiction and the Disclosure Process</i> <b>Michael Christian</b> <b>Shelly Erdman</b>	<i>The Body in Session: Incorporating Somatic Practices Into Your Talk Therapy Practice</i> <b>Kim Rate</b> <b>Megan Thomas</b>
Room 111	<i>Eating Disorders and Postpartum: Staying Connected to Self and Recovery</i> <b>Angela Kaloudis</b>	<i>The Interplay of Therapeutic Factors in Group Development and Client Outcomes</i> <b>Tammy Knipp</b> <b>Alec Porter</b> <b>Jasmine Reynolds</b> <b>Mark Loftis</b>	<i>Healing The Whole Person: Interdisciplinary Interventions for Trauma Work</i> <b>Dakota Lawrence</b> <b>Kaylin Lawrence</b>	<i>Ethics of ERP for OCD: Leading with Compassion</i> <b>Benjamin Craft</b> <b>Kelly Flanagan</b> <b>Courtney Bottoms</b> <b>Gustafson</b> <b>Amy Mariaskin</b>	<i>Embracing Diversity: Navigating Multicultural Competence in Counseling Immigrants and Refugees</i> <b>Ravi Patel</b> <b>Lara Strate</b> <b>Ye (Agnes) Luo</b>
Room 113	<i>Cofacilitation: The Unseen Therapeutic Factor in Group Experience</i> <b>Jasmine Reynolds</b> <b>Regina Beach</b> <b>Paige Seymour</b> <b>Lara Strate</b> <b>Ravi Patel</b> <b>Alec Porter</b> <b>Tammy Knipp</b> <b>Mark Loftis</b>	<i>Transitioning to Parenthood: Understanding the Mental Health Challenges &amp; Healthy Ways to Cope</i> <b>Hannah Feliciano</b> <b>Kate Springer</b>	<i>Mastering the Art of Ethical, Client-Centered Note Writing: Strategies for Effective Counseling Documentation</i> <b>Christine Finnegan</b>	<i>Caregiver Engagement in Their Child's Mental Health Services</i> <b>Andrew Holmgren</b>	<i>Equipping Mental Health Professionals to Counsel Adolescents and Their Families in the Digital Age</i> <b>Lydia Thompson</b>

# SESSION SCHEDULE

SATURDAY, JUNE 15, 2024

	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
Room 109	<i>Celestial Mother and Psychology: Healing Childhood Developmental Trauma</i>  <b>Sharla Mize</b> <b>Jenna Longmire</b>	<i>Fostering Therapeutic Presence: Cultivating Counselors in Training, Mindful Experiential Learning</i>  <b>Sara Hopkins</b> <b>Amanda Grieme-Bradley</b> <b>Lisa Long</b>	<i>Back to Basics: 11 Universal, Common Themes in Counseling Practice</i>  <b>Tanya Hanner</b> <b>Jerri Cross</b>	<i>LPC-MHSP - A Roadmap to Licensure</i>  <b>Peter Wilson</b> <b>Stephanie Evans</b>	<i>LPC-MHSP - A Roadmap to Licensure, con't</i>  <b>Peter Wilson</b> <b>Stephanie Evans</b>
Room 110		<i>Licensure Q &amp; A</i>  <b>Kim Speakman</b>	<i>Legislative Update</i>  <b>Heather Mechell</b> <b>Clay Harris</b> <b>April Lamoreaux</b>		
Room 114	<i>Terminology Matters: Deconstructing "Self-care" while Nourishing Culturally Relevant Wellness</i>  <b>Marisa White</b>	<i>The Benefits of Using ACEs to Guide Trauma Work With Clients</i>  <b>Kendra Bradford</b>	<i>Kink in the Clinic: Clinical Guidelines for Working with Clients in the Kink/BDSM Scene</i>  <b>Ray White</b>	<i>Healing the Healers: Interventions for Addressing Secondary Trauma in Healthcare Providers</i>  <b>Katie Casey</b>	<i>Accessibility Issues in Private Practice: Ensuring Accessible Support for People with Disabilities</i>  <b>Shayla Reynolds</b> <b>Angelica Woods-Smith</b>
Room 115	<i>Grief Through the Eyes of Attachment</i>  <b>Ellen Crossman</b>	<i>Moral Suffering &amp; Resilience - The spiritual side of trauma &amp; recovery</i>  <b>Amanda Dooley</b>	<i>Interprofessional Transgender-affirming Care: Gatekeepers No More!</i>  <b>Jeremy Henderson-Teelucksingh</b>	<i>Positive Childhood Experiences: Engaging the Other Side of ACEs</i>  <b>Aimee Isenberg</b> <b>April Lamoreaux</b>	<i>A Paradigm Shift in Mental Health: The Rise of Psychedelic-Assisted Therapy</i>  <b>Tozia Ware</b>
Quick Lecture Hall	<i>When Anxiety Gets in the Way: Effective Supervision of Anxious Clinicians to Improve Client Outcomes</i>  <b>Kelly Flanagan</b> <b>Ben Craft</b> <b>Courtney Bottoms Gustafson</b>	<i>From Genogram to Genealogy in Clinical Supervision</i>  <b>Carol Harp</b>	<i>Innovative Integration: Utilizing AI in Counseling Education and Supervision</i>  <b>John Kennedy</b> <b>Sara Hopkins</b>	<i>Integrating Supervision with Trauma-Informed Principles</i>  <b>Kim Street</b>	<i>Ethics of Gatekeeping in Supervision Counseling Practice</i>  <b>Kristen Thompson</b> <b>Alexandria "Aly" Barnette</b>
Roundtables					
Session 1	<i>The Role of Counseling in Crisis Stabilization</i>		Kristen Thompson Cindy Thomas		
Session 2	<i>Counselor Relevance and the Counseling Relationship when Working Alongside Young Adult Clients</i>		Alexandria Barnette		
Session 3	<i>The Practice &amp; Ethics of Counseling Sexual Offenders</i>		Malinda Davenport Crisp Jack Tracy		
Session 4	<i>Strong Mind &amp; Strong Body: The Common Factors of Improving Mental Health and Fitness</i>		Adam Barfoot		
Session 5	<i>LPC/MHSP: Supervision Process for Licensure</i>		Aimee Isenberg Kim Street		

# 2024 Counseling and Therapy Summit Etiquette

Attending a conference requires a certain level of professionalism and etiquette to make the most of the experience and leave a positive impression. Here are some key points on conference etiquette and/or helpful tips for the 2024 TLPCA Counseling and Therapy Summit.

## During the Summit:

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

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

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

## **3. Sessions and Workshops:**

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

## **4. Meals and Breaks:**

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

## **5. Professional Etiquette**

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

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

# 2024 TLPCA Counseling and Therapy Summit Safety and Inclusion Statement

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

All people are welcome at the 2024 TLPCA Counseling and Therapy Summit BUT NOT all behavior. TLPCA is committed to providing a respectful and inclusive environment where everyone is treated with dignity and respect. Discrimination based on race, ethnicity, gender, sexual orientation, religion, disability, age, or any other characteristic will not be tolerated. Any violation of these standards will result in appropriate action, up to and including removal from the Summit. If removal from the Summit is the resulting action, Summit registration will be forfeited.

We encourage all members of our community to report any incidents of inappropriate behavior, discrimination, harassment, or retaliation to [report@tlpca.net](mailto:report@tlpca.net).

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





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## Our Committee Chairs

### **Bylaws**

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

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

### **Ethics**

Dr. Mark Loftis, **Chair**

### **Media/Public Relations**

Vacant

### **Supervisor Liason**

Shari McClaren

### **Membership**

Katlyn Wyatt, **Chair**

### **Public Policy**

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

# TLPCA LEADERSHIP

## CURRENT LEADERSHIP

### Regional Representatives

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Rebecca Stein**East**Nancy Truett  
Anthony Fuller**Upper East**Hunter Cook  
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### Middle Tennessee

**Upper Middle**Kim Coggins  
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Stephanie Grissom

**Upper Cumberland**

Ben Higgins

**Middle**

Tozia Ware

**South Central**Anne Marie Hall  
Maya Hughes

### West Tennessee

**West Central**Jenny French  
Kimberly Hendrix**West**Tristan McKenzie  
Christina Burns**Northwest**

Vacant

# TLPCA LEADERSHIP



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

**Together, we're  
stronger!**





# Join Us and Help Make a Difference

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# PRE-CONFERENCE SESSIONS

## Supervision over time: A review of developmental tasks and approaches

Presented by **Chelsea Alexander, William Feck, April L. Lamoreaux, Susan Lahey, Jeannette Muller, and Mikaila Robinson**

Multiple facets of the supervisory process occur uniquely dependent on the experience level of the supervisee. From student intern to almost licensed, clinical experiences such as basic counseling skills, case conceptualization, and theory application vary. Additionally, application of multicultural competencies, ethical decision making, and the supervisory working relationship are applied differently. This session will focus on developmental approaches to supervision, and specifically how each supervisee's skill set emerges over time. The supervisor's approach to delivering critique and compliments directly influences the supervisory experience. An effective supervisory relationship allows for the supervisee to reach full potential as a clinician.

**Objectives:**

- **As a result of this session, participants will distinguish between the varied developmental levels in supervisees.**
- **As a result of this session, participants will apply developmental theories to various factors including supervisory working alliance, skill development, and professional identity.**
- **As a result of this session, participants will differentiate between multicultural competencies and ethical decision making within the varied developmental levels.**



**Chelsea Alexander** is a licensed professional counselor and mental health service provider (LPC/MHSP). She works as the therapist/treatment coordinator of the Day Reporting Center at Mid-Cumberland Human Resource Agency Community Corrections in Dickson, TN. She also is a current 2023 NBCC Minority Fellowship recipient for the work she has been involved in with the justice-involved population. She is pursuing her PhD in Clinical Counseling at Trevecca Nazarene University and also working on her dissertation regarding BIPOC counselors-in-training, sense of classroom community, and academic resilience. Chelsea is a nationally certified counselor (NCC).

**Susan Lahey, PhD** is the Director of Graduate Counseling Trevecca Nazarene University. Dr. Lahey has also trained supervisors for many years through the TLPCA and AAMFT organizations. She is a licensed marital and family therapist with a private practice. Dr. Lahey is committed to the mentoring and development of counselors, supervisors, and educators. In her work as dissertation chair over the last 15 years, her desire to serve her students' pursuit of counselor identity has only deepened. Dr. Lahey's research interests involve, but are not limited to, clinical supervision, counselor educator training, marital crisis, family cohesion, and leadership skills.



**William Feck** is a licensed professional counselor and mental health service provider (LPC/MHSP). In addition to working as a primary therapist at Integrative Life Center, he is a faculty member at Middle Tennessee State University for the professional counseling program supervising practicum and teaching courses, such as theories and addictions. He is pursuing a PhD in Clinical Counseling at Trevecca Nazarene University and working on a dissertation regarding combat-related PTSD and attachment styles. He recently served as a doctoral intern for the American Association of State Counseling Boards (AASCB), in which he conducted research for state counseling boards across the nation. He is a nationally certified counselor (NCC) and a certified sex addiction therapist (CSAT).



**Jeannette Muller** is a school counselor working in Clarksville, TN. Jeannette's preferred modalities include Cognitive Behavioral Therapy and Solution Focused Therapy. She is passionate about helping students learn about coping skills to help build confidence within themselves to deal with daily struggles and any mental health diagnosis they may have such as ADHD, depression, anxiety, etc.



**April L. Lamoreaux** graduated from Cincinnati Christian University with a Bachelor of Science in Bible and Psychology and a Master of Arts in Counseling. April has worked in the mental health field for eleven years training counselors as an adjunct professor and overseeing a college counseling training center. April is currently the Practicum and Internship Coordinator for the graduate counseling program at Trevecca Nazarene University where she is also pursuing a PhD in counselor education and supervision. She was recently named the Public Policy Chair for TLPCA.

**Mikaila Robinson** is a licensed professional counselor and mental health service provider (LPC-MHSP) currently practicing in Brentwood, TN working with the child and adolescent population. Her preferred modalities include Cognitive Behavioral Therapy and Acceptance Commitment Therapy. Mikaila is pursuing a PhD in Clinical Counseling: Teaching & Supervision. She is passionate about strengthening emotional knowledge, enhancing personal strengths, and increasing confidence and positive self-image amongst children and adolescents, with a special focus on those within communities of minoritized people.



# PRE-CONFERENCE SESSIONS

## AI in Mental health Counseling: Balancing Innovation and Client Safety

Presented by Lisa Henderson

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We find ourselves in a once-in-a-generation transformation in counseling practice; one with the potential to offer groundbreaking methods, redefine interventions, and help counselors deliver more effective care, more efficiently, and to more people. However, like any tool, its only as good as the person using it. AI in the hands of an unskilled or unethical counselor can have negative outcomes for clients. This presentation will discuss the positive and negative roles AI may play in mental health care. It will identify the ethical considerations for counselors to consider. Attendees will apply the three-legged stool of evidence-based practice as it relates to new AI tools entering our practice. AI seems to have exploded out of nowhere in the past year. However, the concepts of AI and machine learning were first published in 1950. The first chatbot, ELIZA, was released in 1966 as a conversational agent. Despite being created as a problem-solving tool, people soon started to share with ELIZA their thoughts and feelings. What has changed in the last year is the speed that AI acquires information, commercial investment in AI tools, and availability of those tools to the public. That will only continue. Moore's Law, which estimates that computer memory and speed double each year, is one reason for the explosion of AI tools. With that in mind, counselors must identify safe and ethical uses of AI tools in order to protect their clients in counseling.

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### Objectives:

- **Identify the positive and negative implications of AI in mental health.**
  - **Administrative efficiencies**
  - **Client care**
- **Navigate ethical considerations for counselors using AI tools in their mental health practice.**
- **Apply the Evidence-Based Practice framework to counselors using AI tools.**
  - **Research Evidence: Staying abreast of the rapidly-growing evidence base.**
  - **Clinical Expertise: Evaluate counselor competency in selecting and using AI tools.**
  - **Client's Values, Preferences, and Characteristics: Informed consent with clients about where AI does/does not support their care.**



**Lisa Henderson, LPC-MHSP** is Co-Founder and Chief Brand Officer at Synchronous Health, which provides mental health services and an AI-enabled digital platform to support people between sessions. As a licensed professional counselor, Lisa has supported people across the continuum of care, diagnosing and treating mental and behavioral health conditions. Since co-founding Synchronous Health in 2016, Lisa and team have operationalized behavioral health and well-being programs that leverage the best of what both humans and technology have to offer. Lisa has served the American Counseling Association as chair of the Southern Region, trustee for the Foundation, and committee member for revision of the 2014 Code of Ethics. Lisa has been an adjunct faculty member of the Vanderbilt Peabody Human Development Counseling graduate program and is a member of the Forbes Health advisory board. She holds two masters degrees, one in Health & Human Performance and one in Mental Health Counseling.



# PRE-CONFERENCE SESSIONS

## The Nuts and Bolts of Starting and Operating a Private Practice

Presented by Christopher J. Quarto & Rose Crouch

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!

### Objectives:

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



**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, M.Ed, LPC-MHSP, NCC**, completed her Masters in Clinical Mental Health Counseling at MTSU in 2017, and spent the next few years working as a primary therapist 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 fully virtual, private pay caseload and has maintained a healthy, values-based practice that centers trauma-informed care, markets to aligned clients through social media and peer networking, and allows space for rest and passion projects. In her clinical work, Rose integrates ACT, EMDR, EFT, and other somatic practices, and she specializes in working with religious trauma, sexual trauma, and ethical non-monogamy. Rose loves mentoring other therapists and has provided clinical consultation for graduate interns as well as mentorship and leadership for pre-licensed therapists for the last 6 years. Rose has been honored with receiving the 2017 Outstanding Graduate Student Award in Clinical Counseling from MTSU and the 2020 Outstanding Field Supervisor Award from the Tennessee Association for Counselor Education and Supervision. Outside of doing therapy Rose enjoys reading, writing, traveling as often as possible, cuddling with her dogs, and of course, spending time with her husband, son, and loved ones.





# PRE-CONFERENCE SESSIONS

## Legal and Ethical Tips for Risk Reduction Presented by Rob Moore

---

While some attention is given to suicide assessment and prevention in counselor education and continuing education, insufficient attention is given to homicide/harm assessment, prevention, and reduction. This session will review the TN Code and the ACA Code of Ethics, provide research findings, and review practical ways to improve practice effectiveness while reducing risk/liability by ensuring that specific areas are addressed in counseling.

---

### Objectives:

- **This session will review the importance of addressing homicide/harm assessment, prevention, and reduction in their practice.**
- **This session will identify practical strategies and interventions for assessing and addressing homicide and harm in counseling practice.**
- **This session will present research findings and statistics related to homicide and harm, including risk factors, warning signs, and prevalence rates.**
- **This session will explore evidence-based approaches for preventing violence and reducing risk and liability in counseling settings.**
- **This session will enhance counselors' ability to recognize and respond effectively to situations involving potential harm to self or others.**

**Dr. Rob Moore** is a licensed professional counselor and licensed counseling psychologist who has conducted homicide risk assessments since the 1990s for public schools, and more recently risk assessments for Amazon and general mental health assessments for Vanderbilt Health. He is currently completing research on an assessment tool that he developed for early identification and prevention of homicide to be used by LPCs, school counselors, and psychologists. He is an associate professor at Liberty University in the Clinical Mental Health Counseling (CMHC) program and is the Subject Matter Expert for Assessment Techniques in Counseling for the CMHC and Marriage and Family Counseling programs. He earned his doctorate from the Department of Human Development Counseling at Vanderbilt University in Counselor Education and Supervision. He is a past president of TLPCA and is honored to conduct this ethics training at the TLPCA Summit.



# PRE-CONFERENCE SESSIONS

## An Introduction to Internal Family Systems Therapy (IFS)

Presented by Jennifer Jordan

---

In this experiential training participants will have the opportunity to learn, observe, and practice the IFS model. The IFS model is a compassionate, non-pathologizing approach to understanding the human psyche based on the organization and functioning of “parts”. You will learn what parts are, how to identify them, what purpose they serve, and how to get to know the parts and understand what they are protecting. Although this workshop will not prepare you to be an IFS partitioner, you will walk away from the workshop with many IFS techniques you can use immediately with your clients.

---

### Objectives:

- **Participants will learn knowledge and skills related to internal family systems (IFS)**
- **Participants will develop specific IFS skills including parts and what they are protecting**
- **Participants will develop IFS techniques to utilize with clients**



**Dr. Jennifer Jordan** is Professor in the Department of Counseling, Leadership, and Educational Studies at Winthrop University in Rock Hill, South Carolina. She received a Ph.D. in Counselor Education and Supervision from Mississippi State University, a M.A. in Psychological Counseling from Nicholls State University, and a B.A. in Psychology from the University of Central Florida. She is a National Certified Counselor (NCC), Licensed Professional Counselor (LPC), and Licensed Professional Counselor Supervisor (LPC-S). She currently serves as the President of the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, Addiction Counselors, and Psych-Educational Specialists. Dr. Jordan serves as the Executive Director of the South Carolina Counseling Association and oversees the annual conference. She has served as president of the Southern Association for Counselor Education and Supervision (SACES), a past board member and secretary of the Association for Counselor Education and Supervision (ACES), and a current member of the American Association of State Counseling Boards (AASCB).

Dr. Jordan received the 2015 LaRoche Graduate Faculty Award for Excellence in Graduate Instruction. She has co-edited two books with former students, written nine book chapters with students, and presented with over 30 students at state and national conferences.

# PRE-CONFERENCE SESSIONS

## Two Best Practices for Suicide Assessment & Intervention

Presented by Casey A. Barrio Minton

---

In this practical session, we will explore two best practices for suicide assessment and intervention. First, participants will learn how to use the Columbia Suicide Severity Rating Scale (C-SSRS) and converge C-SSRS results with additional contextual information to identify the necessary level of care for clients with suicidal ideation. Then, participants will learn considerations for outpatient management of low to moderate suicide risk including how to conduct the Safety Planning Intervention (SPI). The presentation will incorporate demonstration, application, and discussion throughout.

---

### Objectives:

- **Integrate the Columbia Suicide Severity Rating Scale (C-SSRS) into comprehensive suicide assessment.**
- **Utilize C-SSRS results and additional contextual information to identify appropriate level of care for individuals with suicidal ideation**
- **Apply Safety Planning Intervention (SPI) in context of counseling relationship.**

**Casey A. Barrio Minton, PhD, NCC**, is a Professor of Counselor Education and Interim Head of the Department of Educational Psychology and Counseling at the University of Tennessee, Knoxville. Her scholarly work focuses on crisis intervention, clinical mental health issues, and professionalization through teaching and leadership. She most enjoys teaching doctoral courses in teaching and master's-level courses in multicultural counseling, diagnostic issues, and crisis intervention. Dr. Barrio Minton is author or editor of several books including *Practical Approaches to Applied Research and Program Evaluation for Helping Professionals*, the *DSM-5-TR Learning Companion for Counselors* (2nd edition, forthcoming), *Professional Counseling Excellence through Leadership and Advocacy* (now in 2nd edition), and *Critical Incidents in Counselor Education*. Dr. Barrio Minton is a Past-President of Chi Sigma Iota International, the Association for Assessment and Research in Counseling, and the Association for Counselor Education and Supervision. She is a Fellow of the American Counseling Association.







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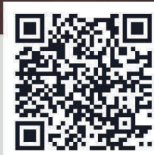
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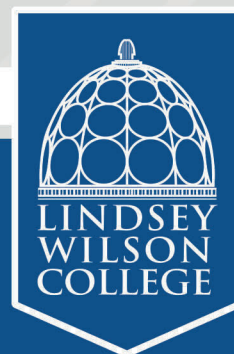
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# 2024 STUDENT POSTER PRESENTERS

**Taylor Baird**

"Maternal Mental Health: What all Counseling Professionals Need to Know"

**Hunter Braden, Laura Enciso,  
Lauren Anthony, and Enchantice  
Laws**

"Spiritual Abuse: Implications for Mental Health Counseling"

**Stacey Buford**

"Exploring Adult Autism Spectrum Disorders and Comorbid Mental Health Diagnosis"

**Kit Donovan**

"PIACE Therapy: Play Therapy for Adults with Adverse Childhood Experiences (ACEs)"

**Mason Hale**

"Promoting Campus Wellness Through the Lens of Mental Health Counselors"

**Jeremy Henderson-Teelucksingh**

"Address Minority Stress to Prevent Human Immunodeficiency Virus Transmission"

**Tammy Knipp**

"Strive vs. Thrive: The Power of One Caring Adult in Former Foster Youths' Trajectory to Success"

**Lydia Lomahan, Lauren Farias,  
and Dr. Mitchell Waters, LPC**

"Exploring Emotional Neglect and God-Attachment: Best Counseling Practices for Assessment and Intervention"

**Mikaila Robinson**

"Exploring Multigenerational Bowenian Systemic Relations Application Amongst Diverse Clients"

**Paige Seymour**

"The Intersection of Attention-Deficit/Hyperactivity Disorder and Internet Gaming Disorder"

**Amelia Stuedemann**

"How Adverse Childhood Experiences Affect Marital Satisfaction"

**Dominique Walker**

"The Relationship Between Mental & Spiritual Health; Why Religion and Spirituality is Becoming More Important for Human Development and Overcoming Mental Health Issues"

**Christian Williams and Chandler  
Coley**

"The Role of Coaches in the Mental Health of Youth Athletes"



# SPECIAL THANKS TO OUR VOLUNTEERS!

**Charleston Southern  
University**

Sophie Moorman

**East Tennessee State  
University**

Khadija Abdul-Samed  
Alexandra Rathert

**Liberty University**

Laura Fulbright

**Lipscomb University**

Kelly Diehl  
Lexie Taylor  
Caroline Yenzler

**Middle Tennessee State University**

Mahlet Akilie  
Stacey Buford  
Tayler Butner  
Kit Donovan  
Robin Gwaro  
Maria Makary  
Anna Mills  
Jesse Penland

**Northwestern University**

Karen Kessler

**Tennessee Technological  
University**

Brandon Brown  
Abby Jones

**Trevecca Nazarene University**

Lela Altman  
Sarah Barns  
Michael Graziano  
Ken Hoskins  
Jessamyn Martin  
Benjamin Nelson  
Haley Reed  
Madalyn Renfrow  
Kate De Santis  
Mariah Thelen  
Wendy Twit  
Samantha Way  
Brittany Whitenack  
Julie Witt

**University of Memphis**

Cayla Harden

**University of Tennessee at Martin**

Victoria LeBruno

# **THANK YOU TO OUR KEYNOTE SPONSOR!**

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challenges discover the  
strength to heal.**

# WELCOME TO OUR KEYNOTE SPEAKERS

## Greg Searls

Greg Searls is a licensed funeral service practitioner in the State of Wyoming. He began his work in the regulatory world when he was appointed by the Governor of Wyoming to serve on the Board of Funeral Service Practitioners in 2010. In 2016, he resigned from the Board when he was hired as an Executive Director in the State of Wyoming Professional Licensing Board office.



Greg served as the Executive Director for the Mental Health Professions Licensing Board, Board of Registration in Podiatry, Board of Midwifery, Board of Examiners in Speech-Language Pathologists and Audiologists, Board of Hearing Aid Specialists, Board of Athletic Trainers, and Board of Occupational Therapist.

During his time as executive director, Wyoming passed the statutes to join the ASLP-IC, Occupational Therapy Compact, and Counseling Compact. He served as the ex-officio representative to the Counseling Compact Commission for AASCB until Wyoming joined the compact and he was named commissioner for his home state.

He has a bachelor's degree in Mortuary Science and a certificate of Gerontology from Gannon University in Erie, Pennsylvania, and an Associate's Degree in Specialized Funeral Service Technology from the Pittsburgh Institute of Mortuary Science.

Greg is co-author of the article Counseling and the Interstate Compact: Navigating Ethical Practice Across State Lines published in The Professional Counselor in the fall of 2023.

# WELCOME TO OUR KEYNOTE SPEAKERS

## William Feck

**William Feck** is a licensed professional counselor and mental health service provider (LPC/MHSP). In addition to working as a primary therapist at Integrative Life Center, he is a faculty member at Middle Tennessee State University for the professional counseling program supervising practicum and teaching courses, such as theories and addictions. He is pursuing a PhD in Clinical Counseling at Trevecca Nazarene University and working on a dissertation regarding combat-related PTSD and attachment styles. He recently served as a doctoral intern for the American Association of State Counseling Boards (AASCB), in which he conducted research for state counseling boards across the nation. He is a nationally certified counselor (NCC) and a certified sex addiction therapist (CSAT).



## Kim Speakman

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



# KEYNOTE PRESENTATION

## Understanding the Past, Present, and Future

**Presented by Greg Searls, William Feck, and  
Kim Speakman**

---

Professional counseling is an evolving profession in Tennessee and across the country. The presenters will provide a historical perspective on counseling, changes that have occurred, and what the future holds for their ability to practice in Tennessee and across the country.

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### **Objectives:**

- **Attendees will understand how counselors became licensed in Tennessee and the evolution of the profession in the state.**
- **Attendees will understand what reciprocity is and how licensing requirements vary from state to state affecting the ability to obtain the ability to practice in another state.**
- **Attendees will understand the basics of the Counseling Compact and its effect on their ability to practice across state lines.**





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



## **OUR PROGRAMS**

Women's Residential Program

Men's Residential Program

Intensive Outpatient Program (IOP)

Partial Hospitalization Program (PHP)

# ROUNDTABLES

10AM-10:50AM

BOONE CENTER

## #1: The Role of Counseling in Crisis Stabilization

Presented by Kristen Thompson and Cindy Thomas

Crisis situations can significantly impact individuals' mental well-being, requiring effective interventions to stabilize and support them during challenging times. This presentation proposal aims to explore the crucial role of counseling in crisis stabilization, focusing on providing timely and tailored psychological support to individuals facing various crises including but not limited to, suicidality, aggression, and altered mental states.

### Program Objectives:

- To promote positive mental health outcomes for individuals in crisis.
- To empower individuals in crisis to develop effective coping mechanisms.
- To enhance counselors' crisis preparedness and self-efficacy in providing effective crisis assessment, referral, and intervention.

### Content Areas:

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

## #2: Counselor Relevance and the Counseling Relationship when Working Alongside Young Adult Clients

Presented by Aly Barnette

We know the counselor-client relationship is integral to growth and success. What about how young adult (YA) clients in particular feel they can relate to their counselor? During this roundtable discussion, the facilitator and attendees will grapple with the importance of relatability and how counselors can exude relevance when working alongside YA clients. Attendees can expect a brief introduction to the topic, examples from the facilitator, and time spent sharing their own ideas and experiences.

### Program Objectives:

- Following this presentation, participants will be able to identify at least two ways that they can relate to clients, especially young adults.
- Following this presentation, participants will be able to share ways that they already practice being relatable or relevant when working with their clients.
- Following this presentation, participants will be able to expand their knowledge on the importance of the counselor-client relationship and how this pertains to counselor relevance.

### Content Areas:

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



# ROUNDTABLES

10AM-10:50AM

## BOONE CENTER

### #3: The Practice & Ethics of Counseling Sexual Offenders

Presented by Malinda Davenport Crisp and Jack Tracy

When taking on a client with a sexual offense conviction, a clinician may feel like they have entered a territory outside of their scope of practice. Some with sexual offenses come to therapy in denial or minimizing their offense or clinicians may be unsure of their role or are not aware of how to proceed. This discussion will bring clarity and ensure remains within their scope of practice.

---

#### Program Objectives:

- To learn the differences between traditional mental health clientele and sex offender clientele, dynamics, and effective treatment techniques including an overview of the containment model, the preconditions that lead to sexual abuse and the categories of offending behavior.
- To understand the special requirements and ethics of becoming an approved sex offender treatment provider.
- To differentiate appropriate treatment goals a non-board approved counselor may develop with members of this population.

#### Content Areas:

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



10AM-10:50AM  
**BOONE CENTER**

## **#4: Strong Mind & Strong Body: The Common Factors of Improving Mental Health and Fitness**

Presented by Adam Barfoot

Resilience, courage, self-confidence, and emotional intelligence are skills and traits that can be learned and strengthened. In this presentation, Adam Barfoot, M.Ed., LPC-MHSP, will discuss these, among other, common factors of improving in the areas of mental health and fitness. Attendees of this presentation will learn in-depth how to implement skills to grow stronger in their counseling practice and their personal lives.

### **Program Objectives:**

- Following this presentation, participants will be able to understand how to implement skills with clients to build resilience, courage, self-confidence, and emotional intelligence.
- Following this presentation, participants will be able to understand how their own resilience, courage, self-confidence, and emotional intelligence can help improve client outcomes.
- Following this presentation, participants will be able to identify common factors of improving mental health and fitness.

### **Content Areas:**

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

## **#5: LPC/MHSP: Supervision Process for Licensure**

Presented by Aimee Isenberg and Kim Street

This session will explore the required supervision process to qualify for the LPC/MHSP in Tennessee. A general overview of the licensure process will be presented, but supervision requirements will be emphasized. The supervision process will be broken down into understandable steps including discussion around appropriate clinical settings and qualified supervisors. This session will most benefit current students in graduate counseling programs or post-master's graduates who are getting ready to pursue licensure.

### **Program Objectives:**

- Following this presentation, participants will be able to identify the LPC/MHSP licensure process.
- Participants will be able to explain standards regarding required post-master's supervision.
- Participants will be able to identify common pitfalls in the licensure supervision process and how to avoid them.

### **Content Areas:**

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

# SESSION 1

33

10AM-10:50AM

## Breakout Sessions

What's in a Name? Ethical and Professional Importance of  
Discerning Titles and Credentials

Is Your Client the Next Active Shooter?

Eating Disorders and Postpartum: Staying Connected to Self and  
Recovery

Cofacilitation: The Unseen Therapeutic Factor in Group Experience

Celestial Mother and Psychology: Healing Childhood Developmental  
Trauma

Terminology Matters: Deconstructing "Self-care" while Nourishing  
Culturally Relevant Wellness

Grief Through the Eyes of Attachment

When Anxiety Gets in the Way: Effective Supervision of Anxious  
Clinicians to Improve Client Outcomes

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**What's in a Name? Ethical and Professional Importance of  
Discerning Titles and Credentials**

Presented by Jenny French

**Room 102/104**

Professional credentials are meant to help communicate scope of practice; however, this is often not the case. Look no further than any internet search or popular therapist listing site to find an array of acronyms, titles, or list of trainings confounding “what is this person’s scope of practice?”

This presentation will help attendees understand the ethical importance of scope of practice, bounds of practice for counselors in Tennessee and how to verify licenses to improve professional listings and referrals.

**Program Objectives:**

- By the end of this presentation, participants will be able to list at least three ethical principles related to importance of clearly identifying and communicating scope of practice.
- By the end of this presentation, participants will be able to list at least two reasons why understanding scope of practice is valuable to the professional and the profession.
- By the end of this presentation, participants will be able to search to find primary source of credentials (e.g., state licensure sites) to clarify scope of practice.

**Content Areas:**

- Counselor Professional Identity and Practice Issues
- Ethics

**Is Your Client the Next Active Shooter?**

Presented by Rob Moore

**Room 106/108**

Two-thirds of active shooters have mental health issues. Given the possibility they may be receiving counseling services before becoming an active shooter, counselors must be aware of which factors increase the likelihood that our clients will be involved in an active shooting. This session will identify these factors, how to assess them, and how to reduce the risk of harm.

**Program Objectives:**

- This session will review the pre-attack behaviors of those who were active presentation.
- This session will enhance counselors' ability to recognize situations involving potential harm to others.
- This session will identify practical strategies and interventions for assessing and addressing homicide and harm in counseling practice.

**Content Areas:**

- Assessment
- Suicide Assessment/ Intervention



# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Eating Disorders and Postpartum: Staying Connected to Self and Recovery**

Presented by Angela Kaloudis

**Room 111**

The transition into parenthood is a stressful life event. Individuals with eating disorders are at a risk for relapse during the postpartum period and are more likely to meet criteria for a perinatal mood and anxiety disorder, yet regular screening for EDs during postpartum is uncommon in routine obstetrical care. This presentation will focus on navigating eating disorder recovery during postpartum. It will further demonstrate how to best support individuals with EDs to decrease relapse risk.

---

#### **Program Objectives:**

- Participants will be able to identify 2-3 warning signs of relapse in the postpartum period with their eating disorder clients.
- Participants will be able to describe the benefits of continued eating disorder assessment within a year postpartum.
- Participants will be able to describe the connection between eating disorders and the elevated risk of Perinatal Mood and Anxiety Disorders (PMADs) during the postpartum period

#### **Content Areas:**

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

### **Cofacilitation: The Unseen Therapeutic Factor in Group Experience**

Presented by Jasmine Reynolds, Regina Beach, Paige Seymour, Lara Strate, Ravi Patel, Alec Porter, Tommy Knipp, and Mark Loftis

**Room 113**

This presentation explores the dynamics of co-facilitation factors that exist amongst group members and provides a conceptual structure based on Yalom's therapeutic factors. Presenters will provide a review of pertinent literature on co-facilitation dynamics, strategies amongst doctoral and master's students and discuss group facilitation concepts in counselor education programs.

---

#### **Program Objectives:**

- Following this presentation, participants will be able to identify key therapeutic factors based on Yalom's curative factors.
- Following this presentation, participants can utilize co-facilitation strategies among master's and doctoral level students.
- Following this presentation, participants will gain increased awareness about co-facilitation experiences from a pedagogical and practical use perspective.

#### **Content Areas:**

- Group Dynamics and Counseling

# SESSION 1

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Celestial Mother and Psychology: Healing Childhood Developmental Trauma**

Presented by Sharla Mize and Jenna Longmire

**Room 109**

In this presentation, Jenna and Sharla will be defining and exploring the origin of the mother wound. We will look at helping clients understand how having a mother wound impairs their relationship to self, emotions, others, and the earth itself. The presentation will assist in integrating the psychological, spiritual, and cultural implications of the mother wound for a more holistic view of its impact on both the individual and the human collective.

---

#### **Program Objectives:**

- Following the presentation, participants will be able to understand and identify the impact of the mother wound on client well-being, functioning, and behavior. They will be able to recognize the core attachment fracture that has contributed to a client's symptoms, such as lack of self-identity, inability to differentiate from others, people-pleasing, and inability to maintain relationships due to fear of abandonment, avoidance, or because of high reactivity.
- Participants will be able to explain the mother wound to their clients in clear and concise language. Participants will learn how to utilize psycho-education around the signs of childhood developmental trauma and will be able to validate their client's survival techniques, while offering them tools to grow and move from broken to whole.
- Participants will gain a better understanding of the significance of the mother wound within a larger cultural, historical, and spiritual context. With this information, participants will be better equipped to help clients resolve developmental trauma resulting from familial, cultural, and spiritual wounding. Participants will be able to utilize the tools gained to better advocate and participate in social justice along with and for their clients.

#### **Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Terminology Matters: Deconstructing "Self-care" while  
Nourishing Culturally Relevant Wellness**

Presented by Marisa White

**Room 114**

This session will explore the cultural implications linked to the philosophy of "self-care". Specifically, we will explore how the concept of wellness morphed into self-care and consequently became culturally irrelevant to many. Terminology and self-care models will be reviewed and analyzed from different worldviews. In addition, the Multicultural and Social Justice Counseling Competencies will be used to demonstrate how counselors can develop wellness plans that are aligned with the culture of the client/student/supervisee.

**Program Objectives:**

- Following this presentation, attendees will be able to identify the cultural implications linked to the philosophy of "self-care". Specifically, attendees will be able to explain how the concept of wellness morphed into self-care and consequently became culturally irrelevant to many.
- Following this session, attendees will be able to apply the Multicultural and Social Justice Counseling Competencies to wellness plans, assessing the cultural relevance of such plans.
- Following this presentation, participants will be able to create a culturally sensitive wellness plan that could be used for counselors, educators, students, or clients.

**Content Areas:**

- Social and Cultural Foundations
- Wellness
- Ethics
- Professional Issues

**Grief Through the Eyes of Attachment**

Presented by Ellen Crossman

**Room 115**

Attachment styles impact our relationships from "the cradle to the grave" according to John Bowlby. The current presentation will provide an overview of how attachment influences bereavement. The interplay between our clients' attachment styles and their ability to mourn will be discussed. Varied manifestations of this interplay across cultures will be highlighted. Clinical considerations for ethical treatment will also be presented.

**Program Objectives:**

- Following this presentation, participants will be able to identify how attachment influences bereavement.
- Following this presentation, participants will be able to comprehend the interplay between attachment styles and mourning.
- Following this presentation, participants will be able to conceptualize clinical considerations related to grief for their clients.

**Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**When Anxiety Gets in the Way: Effective Supervision of  
Anxious Clinicians to Improve Client Outcomes**

Presented by Kelly Flanagan, Ben Craft, and Courtney Bottoms Gustafson

**Quick Lecture Hall**

While much of supervision focuses the mental health of the client, effective supervision should incorporate counselor wellness as well. New clinicians are especially vulnerable to anxiety in the therapy room, and their anxiety affects the treatment they provide. This program focuses on identifying signs of anxiety in supervisees and specific ways that counselor anxiety negatively affects client outcomes. Additionally, attendees will learn effective ways to support and challenge their supervisees to lead sessions with confidence.

**Program Objectives:**

- Following this presentation, participants will be able to identify signs of anxiety in a supervisee.
- Following this presentation, attendees will be able to identify ways supervisee anxiety can be a barrier to client success.
- Following this presentation, attendees will be able to identify parallel processes involved in treating anxious clients and supervising anxious supervisees and utilize supervision techniques to improve treatment delivery.

**Content Areas:**

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

# The Renfrew Center for Eating Disorders



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# SESSION 2

39

11AM-11:50AM

## Breakout Sessions

Social Media, Online Presence, and Professional Ethics: Practical Considerations

Expressive Arts Therapy in the Treatment of Eating Disorders

Wait, THEY have the highest suicide rates by occupation?

The Interplay of Therapeutic Factors in Group Development and Client Outcomes

Transitioning to Parenthood: Understanding the Mental Health Challenges & Healthy Ways to Cope

Fostering Therapeutic Presence: Cultivating Counselors in Training, Mindful Experiential Learning

Licensure Q & A

The Benefits of Using ACEs to Guide Trauma Work with Clients

Moral Suffering & Resilience - The spiritual side of trauma & recovery

From Genogram to Genealogy in Clinical Supervision

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Social Media, Online Presence, and Professional Ethics: Practical Considerations**

Presented by Cara Cochran

**Boone Center**

Mental health professionals have many avenues by which to create an online presence. This presentation addresses how professionals can ethically navigate the challenges of their personal social media accounts and their professional online presence in a manner that maintains their personal privacy and upholds the ethics code of their profession.

#### **Program Objectives:**

- Learners will be able to describe common challenges with regard to the clinician's personal privacy online.
- Learners will be able to summarize the primary ethical considerations related to social media use for the mental health clinician.
- Learners will be able to list specific steps to take to ensure their professional online presence adheres to professional codes of ethics.

#### **Content Areas:**

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

### **Expressive Arts in the Treatment of Eating Disorders**

Presented by Megan Barbee

**Room 102/104**

Engaging in creative techniques allows clients to gain insight into their current symptoms by accessing thoughts and feelings that often lie outside of their conscious awareness. Since eating disorders are such somatic manifestations of trauma and internalized beliefs, it is helpful to use approaches that access the body and activate the limbic system in order to facilitate deeper processing around the roots of eating disorder behaviors and symptoms.

#### **Program Objectives:**

- Following this presentation, participants will be able to identify different presentations and diagnoses of eating disorders and understand common misconceptions that limit us from our understanding of their deeper function.
- Following this presentation, participants will understand how expressive arts facilitates effective therapeutic growth for clients' with eating disorders.
- Following this presentation, participants will be able to understand how expressive arts can facilitate deeper change in therapy and be able to utilize basic expressive arts activities / creative interventions with clients.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Wait, THEY have the highest suicide rates by occupation?**

Presented by Andrea Kirk-Jenkins

**Room 106/108**

Within this presentation, the presenter will cover an array of different professions and the rates those occupations are effected by suicide and the different possible rationales behind them. Additionally, the presenter will be covering a 3-step intervention plan, which is commonly known as QPR (Question, Persuade and Refer). During the presentation, participants will learn applicable skills and techniques on how to work specifically with each identified population.

#### **Program Objectives:**

- Following this presentation, participants will be able to list three professions with high rates of suicide.
- Following this presentation, participants will be able to explain how the QPR intervention plan works.
- Following this presentation, participants will be able to utilize new techniques and skills learned.

#### **Content Areas:**

- Social and Cultural Foundations
- Assessment
- Wellness
- Systemic
- Ethics
- Professional Issues
- Trauma
- Suicide Assessment/ Intervention

### **The Interplay of Therapeutic Factors in Group Development and Client Outcomes**

Presented by Tammy Knipp, Alec Porter, Jasmine Reynolds, and Mark Loftis

**Room 111**

Yalom (2020) proposes 12 therapeutic factors, along with modifying forces, that are "in play virtually every moment" during group therapy. In this interactive session, vignettes are provided allowing attendees to identify therapeutic factors and their influence on individual and group experiences. Attendees will examine the perceived value of therapeutic factors and forces through the lens of both the client and the therapist.

#### **Program Objectives:**

- Following this presentation, participants will be able to recognize the interplay of Yalom's proposed therapeutic factors in group therapy.
- Following this presentation, participants will be able to describe strategies to maximize the therapeutic forces for improved client outcomes.
- Following this presentation, participants will be able to differentiate the comparative value of therapeutic factors between clients and therapist views.

#### **Content Areas:**

- Group Dynamics and Counseling

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Transitioning to Parenthood: Understanding the Mental Health Challenges & Healthy Ways to Cope**

Presented by Hannah Feliciano and Kate Springer

**Room 113**

Participants will gain an understanding of the various mental health challenges and diagnoses in the perinatal and postpartum periods.

Participants will leave the presentation empowered with new vocabulary and ways of thinking to help de-pathologize the transition to new parenthood, especially motherhood. Participants will explore the layers of grief around infertility and infant loss.

Participants will gain tools to help empower clients to create more internal and external support to manage the transition to parenthood.

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#### **Program Objectives:**

- Participants will be able to understand and explain the most common mental health challenges and diagnoses in the perinatal and postpartum stages for both mothers and fathers.
- Participants will be able to understand innovative perspectives on the transition to parenthood, fostering a less pathologizing approach; in addition, they will explore the intricacies of infertility and infant loss within this transition to gain insight on how to best support individuals and couples navigating this significant life stage.
- Participants will be able to identify how to help clients create the internal and external supports and coping strategies needed to manage the transition to parenthood in a healthier way.

#### **Content Areas:**

- Human Growth and Development
- Social and Cultural Foundations
- Wellness



PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Fostering Therapeutic Presence: Cultivating Counselors in  
Training, Mindful Experiential Learning**

Presented by Sara Hopkins, Amanda Grieme-Bradley, and Lisa Long

**Room 109**

This presentation will share the initial discoveries from experiential learning groups that focused on teaching the concept of therapeutic presence to master's-level counselors in training enrolled in internships. Presenters will share themes from the group experiences, including the influence of mindfulness-based pre- and post-session practices on students' perceived level of therapeutic presence during the sessions. Implications for integration in supervision will be explored, including the relationship of therapeutic presence to multicultural safety.

**Program Objectives:**

- Participants will be able to define and apply the concepts therapeutic presence and counselor self, both resources for counselors in training.
- Participants will analyze how a group focused on learning the concepts of therapeutic presence and pre and post session practices served as a resource for counselors in training, including student barriers to implementing the practices.
- Participants will gain an understanding of the links between therapeutic presence and counselor self-development to multicultural safety and counselor well-being.

**Content Areas:**

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

**Licensure Q & A**

Presented by Kim Speakman and Greg Searls

**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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**The Benefits of Using ACEs to Guide Trauma Work with Clients**

Presented by Kendra Bradford

Room 114

This presentation will inform participants of the power of utilizing the ACEs assessment with clients, the benefits of providing psycho-education centered on the ways trauma effects the brain, and the usefulness of guiding clients to increase their self-compassion as they delve into their traumatic past.

**Program Objectives:**

- Following this presentation, participants will be able to identify the benefits of administering an ACEs questionnaire during the intake session with clients that have a trauma history.
- Following this presentation, participants will be able to utilize specific psycho-education resources to aid clients in understanding how their past affected them and informs their trauma responses.
- Following this presentation, participants will be able to understand the importance of guiding clients to increase their self-compassion as they explore and process their traumatic past.

**Content Areas:**

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

**Moral Suffering & Resilience - The spiritual side of trauma & recovery**

Presented by Amanda Dooley

Room 115

Moral suffering describes the lasting negative impact that can occur following exposure to a moral event, from minor ethical dilemmas to severe moral transgressions. Certain professions appear to be especially at risk due to frequent occupational exposure to moral stressors. Participants will gain a broad overview of moral suffering and its effects, while also learning about practical strategies that can be utilized to promote moral resilience and recovery.

**Program Objectives:**

- Participants will gain an understanding of what a moral stressor is, populations commonly affected by moral stress, and both positive and negative outcomes that can result from exposure to moral stressors, including: moral distress, moral injury, and moral resilience.
- Participants will learn practical individual and organizational strategies to address moral suffering and promote moral resilience that can be utilized with clients, supervisees, students, and for self-care.
- Participants will be able to identify additional resources for clinicians and clients related to moral suffering and resilience.

**Content Areas:**

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

# SESSION 2

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **From Genogram to Genealogy in Clinical Supervision**

Presented by Carol Harp

**Quick Lecture Hall**

Clinical supervision is a mentoring relationship with the two-fold aim of developing counselor skills and encouraging self-awareness in the person-of-the-therapist. Family-of-origin work will bring to light any history of trauma. Epigenetic studies now explain how the biological effects of trauma, although not permanent, can persist over many generations. Case examples and testimonials illustrate the efficacy of supporting supervisees in genealogical research to explore the effects of intergenerational trauma.

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#### **Program Objectives:**

- Following this presentation, participants will be able to discuss the relationship between person-of-the-therapist and family-of-origin work in clinical supervision.
- Participants will be able to understand how epigenetics informs biological research on intergenerational trauma.
- Participants will be able to utilize family history and genealogical research as an option in working on person-of-the-therapist in supervision

#### **Content Areas:**

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

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# SESSION 3

47

2:10PM - 3:00PM

## Breakout Sessions

No Longer Far-fetched or Futuristic: Navigating the Ethics of AI in Counseling

Thoughts from a Police Therapist: Mass Violence and Dehumanization in a First Responder Context

Applying Adlerian Therapy with Clients in Recovery from Addiction

Healing the Whole Person: Interdisciplinary Interventions for Trauma Work

Mastering the Art of Ethical, client-Centered Note Writing: Strategies for Effective Counseling Documentation

Back to Basics: 11 Universal, Common Themes in Counseling Practice

Legislative Update

Kink in the Clinic: Clinical Guidelines for Working with Clients in the Kink/BDSM Scene

Interprofessional Transgender-Affirming Care: Gatekeepers No More!

Innovating Integration: Utilizing AI in Counseling Education and Supervision

# SESSION 3

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **No Longer Far-fetched or Futuristic: Navigating the Ethics of AI in Counseling**

Presented by Marisa White  
Boone Center

Technology is constantly changing the world in which we live. The arrival of AI is no different. In short, AI is here and it is impacting clients and counselors alike. This session will discuss the basics of AI, including emerging AI technologies. The presenter will also cover clinical applications such as carebots, automated notetaking, and data analysis for diagnosis. Finally, essential ethical considerations will be noted to help counselors identify and prevent ethical violations.

#### **Program Objectives:**

- Following this presentation, participants will be able to identify the basics of AI. Specifically, they will be able to explain how AI use is currently being used in the counseling profession.
- Following this presentation, participants will be able to describe the benefits of using AI in various counseling settings (education, supervision, and clinical).
- Following this session, participants will be able to analyze ethical considerations to help counselors identify and prevent ethical violations related to AI use in counseling.

#### **Content Areas:**

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

### **Thoughts from a Police Therapist: Mass Violence and Dehumanization in a First Responder Context**

Presented by Roxanne Miller

Room 102/104

Incidents of mass violence are becoming more prevalent and the subconscious practice of dehumanization seems to be on the rise. Participants will become familiar with three types of dehumanization in a first responder context as well as increase their awareness on how these two experiences can impact first responders as well as the person of the therapist. Trigger warning: Some incidents of school shootings and other acts of mass violence will be referenced and discussed.

#### **Program Objectives:**

- Following this presentation, participants will be able to:
- Identify three types of dehumanization in a first responder context.
  - Explain how incidents of mass violence may impact first responder wellness.
  - Understand how incidents of mass violence may impact therapists of first responders.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

# SESSION 3

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **Applying Adlerian Therapy with Clients in Recovery from Addiction**

Presented by Adam Barfoot

**Room 106/108**

In this presentation, Adam Barfoot, M.Ed., LPC-MHSP, will discuss how counselors can apply the philosophical foundations of Adlerian therapy to help clients strengthen their recovery from addiction. People in recovery often have untapped reserves of strength, and this presentation will help counselors help their clients identify those powerful strengths. Specific therapeutic techniques that can be beneficial to this population of clients will also be discussed.

#### **Program Objectives:**

- Following this presentation, participants will be able to identify 3 core philosophical components of Adlerian therapy that are related to helping clients strengthen their recovery from addiction.
- Following this presentation, participants will be able to understand how to apply Adlerian therapy to help their clients who are in recovery from addiction.
- Following this presentation, participants will be able to utilize 2 Adlerian techniques to help their clients.

#### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Wellness

### **Healing the Whole Person: Interdisciplinary Interventions for Trauma Work**

Presented by Dakota Lawrence and Kaylin Lawrence

**Room 111**

Trauma is more than “what happened” to us; it’s the ripples of dysregulation that linger in nervous systems, sensory systems, relationships, and our sense of self. “Trauma treatment” must address all of these components. The problem? No one provider possesses the depth and breadth of knowledge to adequately address every domain. In this training, participants will practice hands-on strategies for addressing the somatic effects of trauma and will leave equipped to begin interdisciplinary collaboration.

#### **Program Objectives:**

- Following the presentation, participants will be able to identify and explain the effects of trauma on the nervous system, sensory system, brain, and social support systems.
- Following the presentation, participants will be able to utilize evidence-based “bottom-up” strategies to help clients manage, process, and regulate the somatic, social, and functional impacts of trauma symptoms.
- Following the presentation, participants will be equipped to begin the process of building their own interdisciplinary teams and improve interdisciplinary communication between care providers for current clients.

#### **Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Mastering the Art of Ethical, Client-Centered Note Writing: Strategies for Effective Counseling Documentation**

Presented by Christine Finnegan

Room 113

This presentation equips clinicians with a structured template and process for writing client-centered notes, enhancing clinical outcomes and boosting confidence in documentation. Attendees will learn to approach note writing through an ethical and liability-focused lens, ensuring thorough coverage of important aspects while maintaining client-centeredness.

**Program Objectives:**

- Following this presentation, participants will be able to identify the key components of effective and client-centered note writing.
- Following this presentation, participants will be able to utilize a structured template and process for documenting counseling sessions.
- Following this presentation, participants will be able to explain the ethical and liability considerations involved in documentation and understand their importance in improving clinical outcomes.

**Content Areas:**

- Assessment
- Ethics

**Back to Basics: 11 Universal, Common Themes in Counseling Practice**

Presented by Tanya Hanner and Jerri Cross

Room 109

What are the more common themes that present in almost every clinical counseling/therapy session? "Back to Basics" training will help the participants to identify the topics that are prevalent in individual, couples, family, or group counseling with children, adolescents, and adults. The presenter will demonstrate an integrative therapy skills-based approach that the participant can consider as complementing their personal style to address these universal themes. It's never too late to get "back to basics".

**Program Objectives:**

- Following this presentation, participants will be able to both identify 11 common themes that frequently present in most any counseling session as well as analyze the themes' diverse and multi-faceted meanings for the purpose of targeting individual client symptoms and needs.
- Following this presentation, participants will be able to understand 11 common personal, social, relational, and familial presentations that underlie clinical and/or diagnostic symptomatology and how to apply the counselor's personal theoretical approach to address these themes.
- Following this presentation, participants will be able to utilize the 11 common themes as a case formulation or case conceptualization tool to create complementary treatment interventions more effectively.

**Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Legislative Update**

Presented by Heather Mechell, Clay Harris, and April Lamoreaux

**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:**

- 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.

**Content Areas:**

- Professional Issues

**Kink in the Clinic: Clinical Guidelines for Working with Clients in the Kink/BDSM Scene**

Presented by Ray White

**Room 114**

The research suggests that nearly 50% of all people share an interest in some form of Kink, either through fantasy and/or practice. With the availability of the internet and social media the awareness/interest in Kink has grown significantly. However the number of "Kink-Aware Counselors" remains exceedingly low. The result is that many clinicians still embrace the outdated pathology model of Kink/BDSM.

This workshop will provide clinical guidelines for working with clients with kink interests.

**Program Objectives:**

- Following this presentation, participants will be able to understand the fundamentals of BDSM, Kink, and Fetish.
- Following this presentation, participants will be able to differentiate Kink/BDSM as a pathology vs. pacification.
- Following this presentation, participants will be able to identify at least 3 clinical guidelines which should underlay working with Kink practicing clients.

**Content Areas:**

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



PRESENTATION SPEAKERS AND  
DESCRIPTIONS

Interprofessional Transgender-Affirming Care: Gatekeepers No More!

Presented by Jeremy Henderson-Teelucksingh

Room 115

This presentation demystifies integrated gender-affirming healthcare for mental health practitioners who are often asked to work across the industry with other professionals on behalf of a client. Topics explored include adolescent and adult transgender-affirming care, discrimination and minority stress, healthcare barriers, and an understanding of various clinical pathways a transgender client can use to achieve their goals. Furthermore, assessment and documentation opportunities are proposed. This session is designed to be highly interactive. Questions are encouraged.

Program Objectives:

- Following this presentation, participants will be able to describe the various gender identities commonly included in the transgender population.
- Following this presentation, participants will be able to understand the options available to transgender clients when seeking gender-affirming care.
- Following this presentation, participants will be able to apply gender-affirming care standards to their individual and interprofessional practices.

Content Areas:

- Counseling Theory/ Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Assessment
- Research and Program Evaluation
- Counselor Professional Identity and Practice Issues
- Wellness
- Ethics
- Professional Issues
- Trauma
- Suicide Assessment/ Intervention

Innovative Integration: Utilizing AI in Counselor Education and Supervision

Presented by John Kennedy and Sara Hopkins

Quick Lecture Hall

We explore the innovative use of AI in counselor education and supervision, emphasizing its potential applications in various aspects of counselor education, including syllabus development, course creation, and assignment design. Participants will learn practical strategies for leveraging AI to enhance teaching effectiveness and streamline administrative tasks. Ethical considerations related to the use of AI in education will be discussed, with a focus on maintaining academic integrity and safeguarding student privacy.

Program Objectives:

- Utilize AI to develop syllabi, courses, rubrics, assignments, and select texts in counselor education and supervision. (Application level - Apply)
- Evaluate ethical considerations associated with the use of AI in counselor education and supervision. (Analysis level - Evaluate)
- Analyze the potential effects of AI on academic creativity and originality in counselor education. (Evaluation level - Analyze)

Content Areas:

- Counselor Professional Identity and Practice Issues

# SESSION 4

3:10PM - 4:00PM

## Breakout Sessions

Emergency Department Boarding, Ethical Dilemmas, and How to Advocate for Clients in Crisis

Navigating Inner Experiences: Preparing for & integrating experiences of psychedelic medicine

A Call for Professional Excellence in the Treatment of Sexual Addiction and the Disclosure Process

Ethics of ERP for OCD: Leading with Compassion

Caregiver Engagment in Their child's Mental Health Services

LPC-MHSP - A Roadmap to Licensure, Part 1

Healing the Healers: Interventions for Addressing Secondary Trauma in Healthcare Providers

Positive Childhood Experiences: Engaging the Other Side of ACEs

Integrating Supervision with Trauma-Informed Principles

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Emergency Department Boarding, Ethical Dilemmas, and How to Advocate for Clients in Crisis**

Presented by Suzanne Blackwood and Elliot Pinsky  
Boone Center

Significant access barriers at psychiatric hospitals have resulted in many patients being “boarded” in the emergency department (ED) for multiple days during a mental health crisis as they await appropriate inpatient care. Participants will learn about “ED boarding” of patients who present to the emergency room with a mental health crisis; the impact of boarding practices on clients; ethical dilemmas counselors may encounter; and how to effectively advocate for clients throughout a mental health crisis.

**Program Objectives:**

- Following this presentation, participants will be able to explain the meaning of and identify the causes of “Emergency Department Boarding.”
- Following this presentation, participants will be able to understand the potential adverse effects of “Emergency Department Boarding” on their clients.
- Following this presentation, participants will be able to identify ways to work through ethical dilemmas involving “Emergency Department Boarding” by advocating for their clients on both individual and systems levels and providing a continuum of care.

**Content Areas:**

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

**Navigating Inner Experiences: Preparing for & integrating experiences of psychedelic medicine**

Presented by Doug Taylor  
Room 102/104

Research into psychedelic medicine reveals impressive results, treating issues from PTSD to depression, addiction to chronic pain. Psychedelics open new states of consciousness, bring freedom from fear/pain, create conditions for healing. Mindfulness skills, conscious breathing and present moment awareness are essential for stabilizing new consciousness into functioning identity. Yoga/meditation practice cultivates these self-regulating tools, helpful in overwhelming and disorienting experiences. This presentation offers practical tools for supporting clients in preparation and integration of psychedelic work.

**Program Objectives:**

- Following this presentation, participants will have greater understanding of how to assist clients in preparing for psychedelic medicine sessions.
- Following this presentation, participants will have greater knowledge of practical tools helpful to clients in navigating their inner experiences through altered states of consciousness.
- Following this presentation, participants will be able to identify practices helpful in assisting clients to understand and integrate their new experiences following a session of psychedelic medicine.

**Content Areas:**

- Human Growth and Development
- Wellness

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**A Call for Professional Excellence in the Treatment of Sexual  
Addiction and the Disclosure Process**

Presented by Michael Christian and Shelly Erdman

Room 106/108

Sex addiction is an issue encountered within various clinical treatment settings today. The betrayed partner is often the primary client seeking effective treatment. Today's focus looks at the trauma perspective when treating the impact of intimate betrayal on the partner. This presentation calls for a professional excellence in the early treatment of both compulsive sexual behavior and partner intimate betrayal as it relates to the disclosure process.

**Program Objectives:**

- Following this presentation, participants will have a thorough understanding on the current research and definitions using the ICD-11 criteria for compulsive sexual behavior in the context of the disclosure process.
- Following this presentation, participants will be equipped to identify the indications and contraindications for a formal therapeutic disclosure process in clinical treatment.
- Following this presentation, participants will know the risks and benefits associated with an incomplete and nonprofessional disclosure process.

**Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

**Ethics of ERP for OCD: Leading with Compassion**

Presented by Benjamin Craft, Kelly Flanagan, Courtney Bottoms Gustafson, and Amy Mariaskin

Room 111

Within the community of treatment providers, there is much discussion and concern surrounding the ethics, proficiency, and possible harm related to utilizing Exposure Response Prevention (ERP) for the Treatment of Obsessive Compulsive Disorder (OCD). The presenters will resolve these concerns by highlighting the relevant research that is counter to the fears and assumptions noted in public forums, the steps and protocols of ERP, which include compassion and consent, while utilizing specific case study examples.

**Program Objectives:**

- Following this presentation participants will be able to identify and understand the basic tenets and goals of ERP based on relevant research.
- Following this presentation participants will have a full understanding of the ethical principles necessary to utilize ERP, noting it as beneficial and not traumatic, with an emphasis on consent and compassion.
- Following this presentation, participants will have a detailed understanding of how to utilize the previous 2 learning objectives with difficult and/or taboo OCD cases, which often bring the previously noted concerns to the forefront.

**Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Caregiver Engagement in Their Child's Mental Health Services**

Presented by Andrew Holmgren

Room 113

This presentation explores the benefits of caregiver engagement in their child's mental health services and introduces the Parent Involvement Project Questionnaire (PIPQ) and its associated theory, the Hoover-Dempsey and Sandler Model of Parental Involvement (2005) as a means of assessing and conceptualizing this engagement and barriers to engagement behaviors. Implications regarding improving caregiver engagement, supervising students and clinicians providing child and adolescent counseling, and researching community mental health agencies and services will also be explored.

**Program Objectives:**

- Following this presentation, participants will be able to understand the modification and use of the PIPQ to measure caregiver engagement in mental health counseling, barriers to these engagement behaviors, and relationships between engagement behaviors and caregiver factors.
- Following this presentation, participants will be able to explain implications and barriers for studies and dissertations seeking to validate new assessment measures.
- Following this presentation, participants will be able to understand potential participation barriers for studying clinicians, clients, or caregivers in community mental health.

**Content Areas:**

- Counseling
- Theory/Practice and the Counseling Relationship
- Social and Cultural Foundations
- Assessment
- Research and Program Evaluation
- Counselor
- Professional Identity and Practice Issues
- Professional Issues
- Supervision



COUNSELING AND  
THERAPY SUMMIT



PRESENTATION SPEAKERS AND DESCRIPTIONS

LPC-MHSP - A Roadmap to Licensure, Part 1

Presented by Peter Wilson and Stephanie Evans

Room 109

The purpose of this presentation is to provide direction to individuals who are navigating the LPC-MHSP licensure process. The presentation will involve two back-to-back, 50-minute sessions. Part 1 will focus on Academic Requirements, Licensure Exams & Post-Master's Experience. Part 2 will focus on Supervision Requirements, the Application Process, and time permitting, the Counseling Compact. A detailed PowerPoint serving as a roadmap to licensure will be provided to participants attending the two-part presentation.

Program Objectives:

- Following this two-part presentation, participants will be able to understand the Academic Requirements for licensure as an LPC-MHSP as well as the licensure exams that must be passed.
- Following this two-part presentation, participants will be able to explain what is expected during the post-master's experience as well as supervision requirements.
- Following this two-part presentation, participants will be able to utilize the application process including documentation that is required from the applicant, from others, fees involved, and the timing of the process.

Content Areas:

- Professional Issues

Healing the Healers: Interventions for Addressing Secondary Trauma in Healthcare Providers

Presented by Katie Casey

Room 114

This presentation will explore effective future interventions to address and prevent secondary trauma in healthcare professionals. Delve into the unique challenges faced by healthcare providers, recognize early signs, and discover evidence-based coping strategies. Learn how organizational support, peer collaboration, and individual self-care practices will contribute to a resilient and thriving healthcare workforce. Gain practical insights through future case studies and leave equipped with the tools to foster a culture of well-being among healthcare providers.

Program Objectives:

- Identify the unique challenges of addressing and preventing secondary trauma in healthcare professionals.
- Recognize early signs of secondary trauma for proactive well-being.
- Summary evidenced-based coping skills and other clinical interventions for this population.

Content Areas:

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS

**Positive Childhood Experiences: Engaging the  
Other Side of ACEs**

Presented by Aimee Isenberg and April Lamoreaux  
**Room 115**

Research regarding Adverse Childhood Experiences (ACEs) has been prolific, insomuch that the risks associated with ACEs have almost become common knowledge among counselors. Fortunately, there is more to the story! Come learn about emerging research regarding Positive Childhood Experiences (PCEs) & how they seem to be connected to adulthood. Research indicates that PCEs may act as protective factors even in the presence of ACEs. State-specific information and diverse populations will be discussed.

**Program Objectives:**

- Learners will be able to explain and define adverse childhood experiences (ACEs) and Positive Childhood Experiences (PCEs).
- Learners will be able to assess for PCEs including identifying state-specific and multicultural implications of PCEs.
- Learners will be able to list at least 2 ways that information about PCEs can be incorporated into graduate counseling curriculum or therapeutic settings.

**Content Areas:**

- Human Growth and Development
- Assessment

**Integrating Supervision with Trauma-Informed Principles**

Presented by Kim Street  
**Quick Lecture Hall**

In this session, participants will learn about what it means to do trauma-informed supervision. Trauma-informed principles will be discussed along with how to infuse those principals into a supervision context, both for the clients of supervisees and the supervisees themselves. The developmental context of supervisees will also be discussed and how a trauma-informed lens can aid in the development of supervisees.

**Program Objectives:**

- Following this presentation, participants will be able to:
- Utilize trauma-informed principals in supervision.
  - Explain the developmental levels of supervisees in the Integrated Developmental Level.
  - Understand how trauma-informed principals impact the person of the therapist for supervisees

**Content Areas:**

- Trauma
- Supervision



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# SESSION 5

4:10PM - 5:00PM

## Breakout Sessions

Replenishing Drum Circle Experience

Music ≠ Universal Language: Conceptualizing Music & Harm

The Body in Session: Incorporating Somatic Practices Into Your Talk  
Therapy Practice

Embracing Diversity: Navigating Multicultural Competence in  
Counseling Immigrants and Refugees

Equipping Mental Health Professionals to Counsel Adolescents and  
Their Families in the Digital Age

LPC-MHSP - A Roadmap to Licensure, Part 2

Accessibility Issues in Private Practice: Ensuring Accessible Support  
for People with Disabilities

A Paradigm Shift in Mental Health: The Rise of Psychedelic-Assisted  
Therapy

Ethics of Gatekeeping in Supervision Counseling Practice

# SESSION 5

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### Replenishing Drum Circle Experience

Presented by Vanessa Davis

Boone Center

Would your clients benefit from this drum circle? Yes! But today, I'm interested in taking care of YOU. Take a break from your diligent learning and gathering of resources to support clients and spend some time connecting to your Self and colleagues through laughter and creativity! No musical experience or ability necessary, just show up and Vanessa will do the rest!

**Program Objectives:**

- Following this presentation, participants will have a basic understanding of the benefits of drumming for the nervous system, and access to research articles.
- Following this presentation, participants will be able to state that they are musical and creative beings.
- Following this presentation, participants will be able to be proud of themselves for stepping out of their comfort zones to try something new and creative.

**Content Areas:**

- Wellness

### Music ≠ Universal Language: Conceptualizing Music & Harm

Presented by Sawyer Small

Room 102/104

What is Music-Induced Harm? Recent research explores this question and how clinicians can recognize when music produces physical, cognitive, emotional, interpersonal, spiritual, and identity forms of harm (Murakami, 2021; Silverman, Gooding, & Yinger, 2020). Participants will be introduced to examples of physiological, psychological, and neurological music phenomena, as well as insights from research on how music can promote safety and regulation from a trauma- and multicultural-informed lens.

**Program Objectives:**

- Following this presentation, participants will be able to identify at least one example of physical, cognitive, emotional, interpersonal, spiritual, and identify forms of music-induced harm.
- Following this presentation, participants will be able to identify at least two multicultural/diversity considerations when using music with clients.
- Following this presentation, participants will be able to locate available research-based music protocols for trauma-informed care with clients.

**Content Areas:**

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



# SESSION 5

## PRESENTATION SPEAKERS AND DESCRIPTIONS

### **The Body in Session: Incorporating Somatic Practices Into Your Talk Therapy Practice**

Presented by Kim Rate and Megan Thomas

**Room 106/108**

The emerging research is overwhelming clear that the body plays a pivotal role in trauma recovery and optimizing mental wellness. During this program, you will have the chance to learn, practice, and take forth somatic interventions and frameworks to supplement your existing talk therapy practice.

#### **Program Objectives:**

- Describe the role the body plays in overcoming trauma and optimizing mental wellness.
- Develop an embodied understanding of how bringing the body into the conversation deepens the human experience.
- Utilize somatic interventions in conjunction with their existing therapeutic modalities to improve client outcomes.

#### **Content Areas:**

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

### **Embracing Diversity: Navigating Multicultural Competence in Counseling Immigrants and Refugees**

Presented by Ravi Patel, Lara Strate, and Ye (Agnes) Luo

**Room 111**

“Embracing Diversity: Navigating Multicultural Competence in Counseling Immigrants and Refugees” explores the critical role of multicultural humility in counseling refugees and immigrants. This session will address and explore the definitions and terms, challenges in counseling these populations, and practical implications for counselors. In addition, relevant constructs such as code switching and the significance of White Allies will be discussed, offering attendees valuable insights and practical strategies for working with this populations.

#### **Program Objectives:**

- Following this presentation, participants will cultivate a deeper understanding multicultural humility in counseling refugees and/or immigrants.
- Following this presentation, participants will gain an understanding of current research and relevant constructs to the field within aspects of providing services for refugees and/or immigrants.
- Following this presentation, participants will gain perspectives of relative clinical skills to enhance therapeutic techniques relevant to client populations regarding refugees and/or immigrants.

#### **Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Equipping Mental Health Professionals to Counsel Adolescents and Their Families in the Digital Age**

Presented by Lydia Thompson

Room 113

In this discussion, we explore the critical need for improved education in counseling adolescents. We delve into the challenges facing today's teens, notably the impact of technology and social media on mental health. We explore the gaps in current training programs and propose effective strategies for working with adolescents and their families. Join us as we discuss practical solutions and advocate for equipping mental health professionals to better serve this vulnerable population.

**Program Objectives:**

- Participants will be able to identify at least three specific challenges adolescents face in the digital age.
- Participants will demonstrate an understanding of effective therapeutic techniques for working with adolescents.
- Participants will be able to articulate recommendations for bridging the gap in therapist education around counseling adolescents.

**Content Areas:**

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

**Accessibility Issues in Private Practice: Ensuring Accessible Support for People with Disabilities**

Presented by Shayla Reynolds and Angelica Woods-Smith

Room 114

Private practices are tasked with the mission of making sure their “safe spaces” are truly inclusive, accessible, and accommodating to the majority and minority. However, there are limitations to accessibility for persons with disabilities in a private practice setting. This session will provide insight, areas of consideration and implications of accessibility for private practices when serving persons with disabilities, as well as competency needs for this population in counselor education.

**Program Objectives:**

- Following this presentation, participants will be able to understand ADA's history and its impact on how individuals with disabilities access the world in relation to receiving services in a private practice setting.
- Following this presentation, participants will be able to identify areas of consideration when choosing location, EHR software and practice documentation that will intentionally provide inclusivity in private practice.
- Following this presentation, participants will be able to conceptualize aspects of disability culture specific to various disabilities to highlight competency challenges in private practice.

**Content Areas:**

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

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**LPC-MHSP - A Roadmap to Licensure, Part 2**

Presented by Peter Wilson and Stephanie Evans

Room 109

The purpose of this presentation is to provide direction to individuals who are navigating the LPC-MHSP licensure process. The presentation will involve two back-to-back, 50-minute sessions. Part 1 will focus on Academic Requirements, Licensure Exams & Post-Master's Experience. Part 2 will focus on Supervision Requirements, the Application Process, and time permitting, the Counseling Compact. A detailed PowerPoint serving as a roadmap to licensure will be provided to participants attending the two-part presentation.

**Program Objectives:**

- Participants will be able to understand the Academic Requirements for licensure as an LPC-MHSP as well as the licensure exams that must be passed.
- Participants will be able to explain what is expected during the post-master's experience as well as supervision requirements.
- Participants will be able to utilize the application process including documentation that is required from the applicant, from others, fees involved, and the timing of the process.

**Content Areas:**

- Professional Issues

**A Paradigm Shift in Mental Health: The Rise of Psychedelic-Assisted Therapy**

Presented by Tozia Ware

Room 115

Dive into the world of psychedelic-assisted therapy! This presentation will unveil the basics, from the types of psychedelics used and the therapy stages, to the therapist's role in guiding the experience. We'll then explore the exciting future of this field, including ongoing research, potential applications for mental health, and evolving legal aspects. Finally, discover the path to becoming a psychedelic-assisted therapist and the qualifications needed for safe and ethical practice.

**Program Objectives:**

- Following this presentation, participants will be able to identify the core principles of psychedelic-assisted therapy, including the types of psychedelics used, the therapeutic components involved (e.g., preparation, integration sessions), and the role of a trained therapist in facilitating the process.
- Following this presentation, participants will be able to utilize their understanding of the current research landscape to discuss the potential future applications of psychedelic-assisted therapy for treating mental health conditions in diverse populations.
- Following this presentation, participants will be able to explain the qualifications and training required to become a psychedelic-assisted therapist, including any legal and ethical considerations specific to this emerging field.

**Content Areas:**

- Social and Cultural Foundations
- Wellness
- Systemic
- Ethics
- Trauma

PRESENTATION SPEAKERS AND  
DESCRIPTIONS**Ethics of Gatekeeping in Supervision Counseling Practice**

Presented by Kristen Thompson and Aly Barnette

**Quick Lecture Hall**

This presentation proposal delves into the ethical considerations surrounding gatekeeping in supervision counseling practice, emphasizing the importance of upholding professional standards and ensuring the competence of counselors-in-training. The presentation aims to shed light on the ethical dilemmas, best practices, and implications of gatekeeping in the field of counseling. By examining how a multicultural framework can inform supervisees' perceptions of culturally competent supervision, we will underscore the importance of inclusivity and cultural competence in gatekeeping practices.

**Program Objectives:**

- To enhance participants' understanding of ethical decision-making processes in gatekeeping within supervision counseling practice.
- To promote cultural competence in gatekeeping practices.
- To foster supervisory skills for effective gatekeeping.

**Content Areas:**

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



**VTN VOICES**  
**SUPPORT  
TRAINING  
AVAILABLE**

# 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**

## Ellie Mental Health

<https://elliementalhealth.com>



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

**Corporate  
Sponsor**

## LifeStance Health

<https://lifestance.com/>



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

**Luncheon  
Sponsor**



# SPONSOR INFORMATION

## Trevecca Nazarene University

<https://www.trevecca.edu/>



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

**Venue  
Sponsor**

## Connections Wellness Group

<https://connectionswellnessgroup.com>



Connections Wellness Group provides effective and compassionate mental health treatment to individuals ages 13 and up. Our mission is to help our patients reach their recovery and wellness goals in our intensive outpatient treatment and partial hospitalization programs. We offer psychiatry services and group therapy programs for anxiety, depression, trauma, anger management, substance use disorder, and more.

**Gold  
Sponsor**

## TN Voices

<https://tnvoices.org/>



Statewide and national source of referral, support, and advocacy for families and the systems that serve them.

TNV has reached more than 50,000 parents / caregivers, family members, and professionals.

**Silver  
Sponsor**

# SPONSOR INFORMATION

## The Renfrew Center

<https://www.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 and virtual treatment available in 30+ states through Renfrew@Home, Renfrew has helped more than 100,000 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.

**Bronze  
Sponsor**

A graphic for the Counseling and Therapy Summit. It features a colorful, abstract city skyline with various buildings in shades of blue, green, yellow, and orange. The skyline is surrounded by a large, vibrant splash of paint in similar colors. The text "COUNSELING AND THERAPY SUMMIT" is written in a bold, white, sans-serif font across the center of the graphic.

**COUNSELING AND  
THERAPY SUMMIT**

# EXHIBITOR INFORMATION

## Alive's Grief Center

<https://www.alivehospice.org>

We help terminally ill patients and their loved ones write the final chapter they want together. Our care is personalized, so patients can live as well as possible until the very end, focusing on what matters to them and making the most of precious time with those they love.

As the only nonprofit hospice in our region, we pride ourselves on offering services that go above and beyond standard Medicare offerings to enrich the lives of our patients and their families.

Our services include adult and pediatric hospice care, palliative care, financial support, community education, memorials, and a Grief Center that helps families heal from loss.



## Bradford Health Services

<https://www.bradfordhealth.com>

Bradford Health Services provides addiction treatment programs, resources, and community for every aspect of recovery. Through our premier drug and alcohol rehab facilities across the Southeast, we provide affordable, evidence-based addiction treatment with proven outcomes at every level of care. We're guided by unity and dedicated to meeting and treating every patient right where they are. Bradford is more than a healthcare network; we are recovery communities for every stage of the journey.



## 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.



## GRIT at Magnolia Meadows

<https://www.magnoliameadows.com>

The GRIT residential treatment program at Magnolia Meadows is for First Responders and addresses the mental health symptoms associated with work related stress and workplace induced trauma. Our evidence-based treatment program is designed to bring help, healing, and hope and improve the lives of First Responders and their families. We exist to bring help for PTSD, substance use, anxiety, depression and suicidal thoughts, dual diagnosis and related mental health issues. Our 15 bed, male only facility is on 32 acres in Waverly, TN, where healing and restoration will take place, providing hope for a better future. Please visit our booth at the conference for more information!



## HOPE Family Health

<https://www.hopefamilyhealth.org>



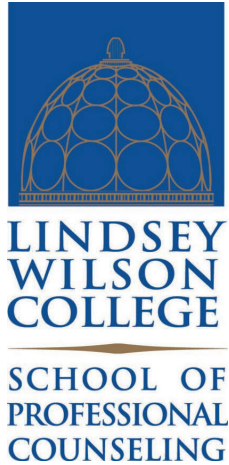
Our goal is to provide individuals and families in our community with high-quality, comprehensive behavioral health services so they may experience optimal emotional health, heal from painful experiences, enjoy a sense of personal wholeness and achieve their dreams.



# EXHIBITOR INFORMATION

## Lindsey Wilson College

<https://online.lindsey.edu>



Lindsey Wilson College offers bachelor's, master's, and doctoral programs. The Bachelor of Arts degree in human services & counseling is an interdisciplinary program comprised of coursework in psychology, sociology, and social work in combination with broad-based general education courses. The M.Ed. in counseling, with specialization in clinical mental health counseling, is an application-oriented experience designed to enhance the skills of bachelor-level practitioners presently employed or planning a professional career in counseling. The program is accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP). CACREP grants accredited status to graduate-level programs in the professional counseling field. In most circumstances, graduates also are immediately eligible for provisional or temporary licensure in the state where they received coursework.

The counselor education & supervision program is accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP). CACREP grants accredited status to graduate-level programs in the professional counseling field.

2024  
Exhibitor

## Mind Body Optimization

<https://mindbodyo.com/>



Mind Body Optimization is a mental health practice that takes both your mind and body into the equation of optimizing your patient experience. With a cohesive line of services from therapy to psychiatry to hormone testing, we are dedicated to leaving no stone unturned when it comes to finding a course of treatment that is specifically curated for you. Together, we can pave a path worth following. One where everyone can find sustainable change — because sustainable change starts here.

2024  
Exhibitor

## Mind the Gap Therapy and Consulting

<https://MindTheGapTN.com>

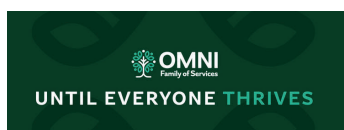


Mind The Gap is an integrative therapy practice offering whole-person mental healthcare to the the Middle Tennessee area. We provide individual therapy, occupational therapy, and group therapy and believe that quality care incorporates mind, body, spirit, culture, community. Our providers are specially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

2024  
Exhibitor

## The Omni Family of Services

<https://www.theomnifamily.com>



The Omni Family of Services is a multi-state human services agency serving adults and children. In addition to being a foster care agency, at the heart of our organization, we employ an Omni-developed trauma competent model of care focused on bridging the gap between behavioral and physical health services and social services to help keep kids, families and the communities they live in strong and healthy.

2024  
Exhibitor



# EXHIBITOR INFORMATION

## Sexual Assault Center

<https://sacenter.org>



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

2024  
Exhibitor

## The Refuge Center for Counseling

<https://refugecenter.org/>



The Refuge Center  
FOR COUNSELING

The Refuge Center exists to offer excellent, accessible and affordable mental and emotional healthcare services in support of a transformational impact on communities.

2024  
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.

2024  
Exhibitor

## Village Behavioral Health

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



Village Behavioral Health is a Residential Facility for males and females aged 9-17. We treat mental health patients and secondary substance misuse disorder. We are located in Louisville, TN approximately 30 miles from the Great Smoky Mountains. Our campus sits on 65 acres of land in a semi-wilderness, open concept layout. We have an accredited school called Village Academy where the kids get education, so they don't fall behind on schoolwork. We provide one on one therapy, group therapy, family therapy, activity therapy, Equine therapy and so much more. Most children that get approved at Village have failed a lower level of care such as IOP or CCFT services. We accept most insurances including TennCare, commercial, and Tricare policies. Our average length of stay is 60-120 days. For more information, please visit our website.

2024  
Exhibitor



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Alled & Mental Health  
Malpractice Insurance



# 2024 PRESENTERS

## Megan Barbee

Megan Barbee, LPC-MHSP is a therapist at Marigold Counseling in East Nashville. She earned an MS in Clinical Mental Health Counseling with a specialization in play/expressive arts from Lipscomb University. She specializes in integrating play, art, and movement in treating trauma and eating disorders.

## Adam Barfoot

Adam Barfoot, M.Ed., LPC-MHSP, enjoys helping his clients improve their emotional intelligence and strengthen their recovery from addiction, while also helping athletes improve their performance. Adam is a CrossFit Level-Two Trainer, and hosts the Counseling and Functional Fitness podcast, which focuses on the integration of mental health and fitness.

## Aly Barnette

Aly (she/her) is currently pursuing her license (LPC-MHSP) and works as a Therapist with Healthy Transitions (Frontier Health grant program). She has a doctorate in Counselor Education and is an Adjunct Professor at ETSU. Aly's areas of expertise include grief/loss across the lifespan, trauma experiences and recovery, and wellness/self-care.

## Regina Beach

Regina Beach is a licensed clinical mental health counselor who has been practicing for ten years. She is passionate about working with people who have trauma, the LGBTQEQIAP+ community, and children and young adults. She is a doctoral student in the Counseling and Supervision program at Tennessee Tech University.

## Courtney Bottoms

Courtney is the Head of Student Development and provides psychotherapy at Nashville OCD & Anxiety Treatment Center. She has specialized in OCD, anxiety disorders, and OCD-spectrum disorders since 2016. She is passionate about OCD advocacy and teaching mental health clinicians how to implement Exposure & Response Prevention.

## Suzanne Blackwood

Suzanne Blackwood, MS, LPC-MHSP, practices with "This Hope" Counseling in Woodbury and was formerly Clinical Director for the Family Counseling Center of Middle Tennessee in Manchester. She chairs the Emergency Departments Committee for the Tennessee Diversion Coalition and has been very active in the area of mental health advocacy.

## Kendra Bradford

Kendra is a therapist at Lantern Lane Farm and has been practicing there for two years. She is also a graduation advisor at a MNPS high school and provides career counseling to graduating seniors. She is a member of ACA and TCA.

## Katie Casey

Katie, founder of Abundant Hope Therapy, specializes in complex trauma, secondary trauma, helping professional burnout, and chronic pain/illness. With over a decade of EMDR practice, she passionately supports clients on their healing journey. As an NBCC ACEP provider, Katie has a great passion for education and teaching via CE trainings.

# 2024 PRESENTERS

## Michael Christian

Michael is a licensed professional counselor who specializes in: couples therapy, is a National Certified Counselor, is a board certified sex addiction therapist supervisor, a board certified sex therapists, and has 15 years experience working with partners who struggle with intimate betrayal trauma.

## Cara Cochran

Dr. Cara Cochran is a licensed professional counselor, mental health service provider, and an Approved Clinical Supervisor who has over thirty-five years' experience in education, including adult education, undergraduate and graduate programs, counselor education, and higher education administration. Her areas of expertise include professional ethics, supervision, and higher education administration.

## Benjamin Craft

Benjamin Craft, MS, LPC-MHSP is a licensed counselor and the Head of Education and Training at Nashville OCD & Anxiety Treatment Center, and he has specialized in the treatment of Anxiety Disorders, OCD, and related disorders for the past 5 years.

## Jerri Cross

Jerri Cross Ed.S., LPC/MHSP, CPSII, NBCC - Source of Strength Counseling (SOS Counseling) - is a member of the TN Licensed Professional Counselors Association, Board Certified Counselor by National Board of Certified Counselors, American Association of Christian Counselors, & a Certified Prevention Specialist II. Jerri Cross has been working in social services and counseling providing quality services in the Upper Cumberland area for the past 20+ years. Jerri grew up and attended school locally. Jerri enjoys spending time with her husband, children, family, friends and pets !! Jerri is an avid reader and enjoys a sunny afternoon reading.

## Ellen Crossman

Dr. Ellen Crossman is an Assistant Professor of Clinical Counseling at Charleston Southern University in Charleston, SC. Locally, she work with clients focusing on healing trauma through the use of both EMDR and Brainspotting techniques. Her current academic research is identifying trauma-responsive practices to reduce vicarious trauma and compassion fatigue.

## Malinda Davenport-Crisp

Malinda has a PhD in Clinical Counseling and Supervision, is an approved sex offender treatment provider but the Tennessee Sex Offender Treatment Board. She has worked with people impacted by incarceration for 25 years and counseled people with sexual offenses for 14 years. From Chattanooga, she lives in Nashville.

## Vanessa Davis

Vanessa Davis, LPC-MHSP, ACS, MT-BC is Clinical Supervisor and Therapist with Replenish Her Counseling. Outside of supporting individual clients and supervisees, Vanessa specializes in two creative modalities: therapeutic drum circles and therapeutic role-playing games. Vanessa is a Certified Therapeutic Game Master and is a trained HealthRHYTHMS Group Empowerment Drumming Facilitation.

# 2024 PRESENTERS

## 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.

## Shelly Erdman

Shelly G. Erdman, M.A., is a Licensed Professional Counselor/Mental Health Service Provider, a Certified Clinical Partner Specialist, and a National Certified Counselor. Shelly is a betrayal trauma specialist with advanced training in the formal therapeutic disclosure process. In addition to her clinical experience, Shelly is a doctoral student at Trevecca.

## Stephanie Evans

Stephanie is an LPC-MHSP, Approved Supervisor and NCC. She has served in mental healthcare for over 18 years, 14 of which were in community mental health. Stephanie received her Ph.D. in Clinical Counseling: Teaching and Supervision from Trevecca Nazarene University.

## Hannah Feliciano

Hannah Feliciano, LMFT, has a person-centered approach to therapy, specializing in multicultural issues, life transitions, trauma, chronic pain and mood disorders. She currently sees children, individuals, couples and families in her private practice in Murfreesboro, TN. She can be reached at [hannahfelicianomft@gmail.com](mailto:hannahfelicianomft@gmail.com) or [www.hannahfelicianomft.com](http://www.hannahfelicianomft.com).

## Christine Finnegan

I am the founder and clinical director at Replenish Her Counseling, est 2017. Over the last 14+ year, i've worked across diverse settings: Inpatient Psych, IOP, Residential, and ICU, contributing to documentation systems. Currently, I mentor graduate counseling students and pre-licensed clinicians, fostering their client-centered counseling skills and confidence.

## Kelly Flanagan

Kelly is a Licensed Professional Counselor, Counselor Supervisor, and Clinical Director at Nashville OCD and Anxiety Treatment Center. She has been working with clients with OCD and related concerns in PHP, IOP, and outpatient levels of care since 2014, seeing clients across the lifespan.

## Jenny French

Jenny is licensed as an LPC/MHSP, holds an NCC through NBCC, is co-regional representative in the West Central region for TLPCA, and is a member of AMHCA and ACA. As a private practice counselor she works to educate herself and other counselors on legal and ethical concerns impacting the profession.

# 2024 PRESENTERS

## Amanda Grieme-Bradley

Dr. Grieme-Bradley earned her Masters in Marriage and Family Therapy and her Doctorate in Clinical Counseling, Supervision, and Teaching from Trevecca. Dr. Grieme-Bradley is an Associate Professor of Mental Health Counseling at Belmont University.

## Tanya Hanner

Tanya is an LPC/MHSP in TN and has been working in the mental health and social service field since 1991 as a counselor, supervisor, teacher, and administrator. Since 2014, she has been a faculty member for Capella University.

## Carol Harp

Carol Harp, PhD, LPC-MHSP, ACS, maintains a private practice since retiring as Behavioral Health Services Manager for the Metro Police Department in 2020. Carol was a founding member, secretary, and president of TLPCA. She is an AMHCA Diplomate and Clinical Mental Health Specialist in Trauma. She is an amateur genealogist.

## Jeremy Henderson-Teelucksingh

Jeremy Henderson-Teelucksingh is a counselor, leadership coach, and corporate human relations consultant. As a counselor, Jeremy collaborates with adults who experience PTSD/trauma, anger, obsessive-compulsive disorder, relationship issues, and more. Jeremy also works with the LGBTGEQIAP+ population and is an "out" counselor.

## Andrew Holmgren

Andrew is a doctoral graduate of the University of New Orleans and recipient of the 2023 AARC Donald Hood Student Research Grant. Andrew currently works as a Clinical Therapist at Family Care Center in Franklin specializing in child and adolescent counseling and is a member of ACA, AARC, and TLPCA.

## Sara Hopkins

Sara earned her Masters in Marriage and Family Therapy from Trevecca in 2005, and finished the Doctorate in Clinical Counseling program August 2011. Since earning her Masters, Dr. Hopkins has worked therapeutically with individuals and couples. Sara provides supervision for the Counselors at the Center and works individually with clients.

## Aimee Isenberg

Dr. Aimee Isenberg has 17 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 Nazarene University's Graduate Counseling Program and sees clients part-time in a private practice setting.



# 2024 PRESENTERS

## Angela Kaloudis

Angela Kaloudis, LMHC, PMH-C, is a Clinical Training Specialist for The Renfrew Center and maintains a private practice. Angela has a passion for treating individuals with eating disorders, trauma, and birthing individuals. In her presentation, Eating Disorders and Postpartum, she will discuss how to support clients during this vulnerable time.

## John Kennedy

John joined the Graduate Counseling Department in 2013 as an associate professor. He holds credentials in Tennessee as a licensed marriage & family therapist (LMFT) and as a licensed professional counselor-mental health service provider (LPC-MHSP). He serves individuals, couples and families in his private practice.

## Andrea Kirk-Jenkins

Dr. Andrea Kirk-Jenkins is excited to join Middle Tennessee State University's Professional Counseling Department as an Associate Professor. She has extensive training in Crisis and is a certified QPR Suicide Prevention Gatekeeper Instructor. Her research interests include supervision, counselor development, eating disorders; college student population; addictions, and crisis.

## Tammy Knipp

Tammy Page Knipp is a M.A. student in Clinical and Mental Health at TN Tech University. Retired from public education, she currently serves at C5 Counseling as an intern in Cumberland County, TN. She co-facilitates addiction group counseling. Tammy is a member of CSI, Pi Gamma Mu, and Psi Chi.

## April Lamoreaux

Ms. Lamoreaux graduated from Cincinnati Christian University with a Master of Arts in Counseling. April's work history includes fourteen years in the field as an adjunct professor, overseeing a college counseling training center, and currently, a PhD student at Trevecca Nazarene University. Current member of ACES, TLPAC, and CSI.

## Dakota Lawrence

Dakota Lawrence LPC-MHSP, NCC graduated from Vanderbilt's Human Development Counseling program in 2019. He currently co-owns Mind the Gap: Therapy and Consulting with his wife, Kaylin. Their practice is a trauma focused practice based in interdisciplinary, whole-person care. Dakota specializes in trauma, mindfulness, chronic pain/illness, and self-harm/suicide.

## Kaylin Lawrence

Kaylin obtained her master's degree in Occupational Therapy from Belmont University. Upon graduation, she created an OT position with Rutherford County's Recovery Court, one of the first positions of its kind in the nation. Kaylin co-owns Mind The Gap Therapy & Consulting and teaches as an Adjunct Professor at NSCC.

# 2024 PRESENTERS

## Mark Loftis

Dr. Mark A. Loftis is a Professor in the Counseling and Psychology Department at Tennessee Tech University. He is a Licensed Professional Counselor-Mental Health Service Provider-Approved Supervisor, Senior Psychological Examiner-Health Service Provider, Licensed Alcohol and Drug Counselor II, and Master Addiction Counselor. Dr. Loftis provides counseling, supervision, consultation, and more.

## 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). She is a member of Chi Sigma Iota.

## Jenna Longmire

Jenna Longmire, MA, LPC is a healer and ordained pastoral counselor. She studied energetic and somatic modalities, receiving her Master of Arts in Clinical Psychology at Spalding University in Louisville, KY. For 30 years, Jenna has been integrating the Divine Feminine spiritual path with mental health and the healing arts.

## Amy Mariaskin

Amy Mariaskin, Ph.D. is a licensed clinical psychologist and founding director of the Nashville OCD and Anxiety Treatment Center in Brentwood, TN. She works with individuals with OCD, anxiety, and OC spectrum disorders across the lifespan. She is passionate about working with children, families, and couples, and the LGBTQ+ community.

## Roxanne Miller

Roxanne Miller is a Police Crisis Counselor with the MNPD Professional Wellness Section. She has been with the department since 2016 and is currently enrolled at Walden University for a PhD in Forensic Psychology. A TLPCA member since 2017, she is experienced in crisis and trauma counseling for first responders.

## Sharla Mize

Sharla Mize is a seasoned, licensed Clinical Counselor in CA, TN, and KY. Her foundational training has been in DBT and Neuro-Affective Relational Model. Ms. Mize is a CEU provider who has trained hundreds of therapists, including be-spoke trainings for non-profits. Her latest passion is healing the mother wound.

## Rob Moore

Dr. Moore is an LPC and counseling psychologist who has conducted homicidal risk assessments over the past 25 years. He is completing research on an instrument that will aid in detecting and preventing harm to others.

## Ravi Patel

Ravi Patel, is the Clinical Coordinator at Tennessee Tech University. He is a Ph.D. student in Counseling & Psychology and is a member of Chi Sigma Iota. He is currently licensed in Tennessee with his LPC/MHSP and is actively involved in the Cookeville community in private practice.

# 2024 PRESENTERS

## Elliot Pinsly

Elliot Pinsly, MSW, LCSW, is President & CEO of the Behavioral Health Foundation, a nonprofit policy center driving meaningful systems and policy changes that reduce stigma and improve access to voluntary, evidence-based mental health and addiction care. He is also an award-winning advocate and co-founder of the Tennessee Diversion Coalition.

## Alec Porter

Alec Porter is a Ph.D. student in Counseling and Supervision at Tennessee Tech University. He has a professional background in School Counseling and currently serves as a School Counselor to a rural K-8 population. Additionally, he serves as a qualitative research assistant for the Tennessee Tech Center for Rural Innovation.

## Kim Rate

Kim Rate (she/her), MA, LPC-MHSP, SEP is certified as a Somatic Experiencing Practitioner and is passionate about working with birthers who have experienced birth trauma, medical professionals navigating burnout and vicarious trauma, and people living with autoimmune disorders.

## Jasmine Reynolds

Jasmine Reynolds is a Ph.D. student in Counselor Education and Supervision at Tennessee Tech University. She works as a school counselor, private clinician, and with incarcerated individuals. She is an admin at Network for Antiracist Teaching in Counseling (NARTIC), CSI Member and she is working towards TN licensure.

## Shayla Reynolds

Shayla is currently a doctoral student at the University of Memphis, a TLPC with Ferren Family Counseling, and contractor for State of TN VR Services. Shayla also holds a certificate as a Vocational Rehabilitation Vision Specialist from Mississippi State University as well as a Certified Rehabilitation Counselor.

## Rachel Sellers

Rachel Sellers (LPC-MHSP) is a therapist, speaker, and teacher. She sees clients across the lifespan, specializing in the treatment of eating disorders. She is the author of A Body Image Workbook for Every Body and enjoys teaching on the subjects of diet-culture, trauma, and the disordered eating spectrum.

## Paige Seymour

Paige Seymour is an LPC-MHSP and Ph.D. student at Tennessee Technological University. She has extensive experience in treating mental health issues with all age populations. She is a CSI member, Vice-President of Operations for Power of Putnam, and is actively involved in addressing substance use issues within her local community.

## Sawyer Small

Sawyer Small is a board-certified music therapist (MT-BC) and temporary LPC-MHSP. He currently serves as Manager of Clinical Services at TriStar Skyline Madison Campus, specializing in inpatient/outpatient hospital mental healthcare, and grief/loss. He is a current member of ACA & TLPCA, and actively supports NAMI Davidson through his hospital position.

# 2024 PRESENTERS

## Kate Springer

Kate Springer, MMFT, is a dedicated Master's Marriage and Family Therapist. Her fervor lies in aiding individuals and couples as they navigate the transition to parenthood and reproductive mental health. For consultations and further information, Kate can be contacted via email at [kate@readynestcounseling.com](mailto:kate@readynestcounseling.com) or visited online at [www.readynestcounseling.com](http://www.readynestcounseling.com).

## Lara Strate

Lara Strate is an international Ph.D. student in Counselor Education and Supervision at Tennessee Tech University. She is currently the president of Tennessee Tech's chapter of CSI, and a student representative of TLPCA. Lara is working towards licensure in the state of Tennessee at the Counseling Center on campus.

## Kim Street

Dr. Kim Street is a core faculty in the Clinical Mental Health Counselor department at Freed-Hardeman University. Kim has been licensed as an LPC-MHSP since 2007 and is an approved supervisor for Tennessee since 2012. She is a Registered Play Therapist and working towards being an EMDR consultant.

## Jesika Stuart

Dr. Jesika Stuart is a Clinical Faculty member at Adams State University. She started her career as an SA Advocate Coordinator supporting victims of SA in rural Georgia and became a high school counselor in 2017 serving as department chair until May 2023.

## Doug Taylor

Doug Taylor practices as a licensed professional counselor in Nashville, Tennessee. MEd in Human Development Counseling; MA in Spiritual Psychology; Comprehensive training in Hakomi method of somatic psychotherapy; Advanced studies in Yoga Therapy through Yoga Well Institute; Current board member of Nashville Psychotherapy Institute.

## Cindy Thomas

Cindy works presently as a therapist working with chronically disabled individuals with an insurance company and also works as a therapist at a psych hospital. Cindy has many years of experience working within the crisis setting.

## Megan Thomas

Megan Thomas (she/her), MA, LPC-MHSP, SEP is certified as a Somatic Experiencing Practitioner and is passionate about working with LGBTQIA+ and neurodivergent trauma survivors.

## Kristen Thompson

KJ is in her final semester of her doctoral program of Counselor Education and Supervision and work presently as a therapist at a psych hospital, and an addiction clinic, and teach adjunct at ETSU in the Counseling and Human Services department.

# 2024 PRESENTERS

## Lydia Thompson

Lydia Thompson, LPC-MHSP, owns Concord Family Counseling, specializing in working with adolescents and their parents since 2018. She's skilled in play therapy, EMDR, and TBRI. With her experience and a deep commitment to adolescent mental health, she brings invaluable expertise to her work with adolescents.

## Jack Tracy

Mr. Tracy is the owner and founder of Sexual Assault Prevention LLC (ASAP). He has worked with the sexual offender population since 1998. He has worked with victims and families impacted by incarceration for several decades.

## Tozia Ware

Tozia Ware is an LPC-MHSP (temp) who holds a Specialist in Education (Ed.S.) degree in Clinical Mental Health Counseling with a trauma-informed focus from Middle Tennessee State University. He holds training and certifications in Internal Family Systems (IFS), Brainspotting, Somatic Experiencing, Ketamine-Assisted Psychotherapy, Psychedelic Therapy and Integration, and MDMA-Assisted Therapy.

## Maria White

Dr. White is an Associate Professor at Lindsey Wilson College. As a counselor educator, she identifies as one who facilitates learning as well as a supervisor, researcher, author, and advocate. She specializes in ethics in counseling, multicultural counseling, addiction counseling, and technology use in counseling.

## Ray White

Ray A. White, Ed.S., is licensed by the State of Tennessee as a Licensed Professional Counselor/MHSP, and works in higher education as both a Clinical Counselor and Adjunct Instructor. He maintains a professional private practice as: Whitewood Counseling & Consultation in Johnson City, TN. providing both counseling and supervision.

## Peter Wilson

Peter Wilson, Ed.D., has been teaching at Trevecca for 29 years. He received the Ed.D. in counseling psychology from Tennessee State University. Dr. Wilson is a licensed psychologist and maintains a part-time practice at the BabbCenter in Hendersonville, TN.

## Angelica Woods-Smith

Angelica Woods-Smith is a clinical therapist with Nashville Collaborative Counseling Center and doctoral student at University of Holy Cross. Angelica is also a Certified Rehabilitation Counselor (CRC) for ten years, working with individuals with disabilities.

## Ye (Agnes) Lou

Dr. Ye (Agnes) Luo, LPC (TX, TN), NCC is a bilingual English/Chinese counselor, a counselor educator, and an avid researcher. She has a Master's Degree in Community Counseling and a Ph.D. in Counselor Education. Dr. Luo's research interests include bilingual and multicultural counseling and Asian racial and cultural identities.



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



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

