

Charly 2026 Counseling and Therapy Summit – Session Schedule

| | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 |
|-----------------------|--|--|---|--|--|
| | 9:45 to 10:45 AM | 11:00 AM – 12:00 PM | 2:00 – 3:00 PM | 3:15 – 4:15 PM | 4:30 – 5:30 PM |
| Boone Center | | | | When Insight Isn't Enough: Somatic Tools to Complete the Stress Cycle <i>Mara Giovanni</i> | Rhythms of Renewal: A Drum Circle for Counselor Replenishment and Connection <i>Vanessa Davis</i> |
| Room 102/104 (ethics) | Ethical Use of Music in Counseling: Professional Identity, Boundaries, and Clinical Decision-Making <i>Jena Collins</i> <i>Jessie Meehan</i> <i>Hailey Mason</i> | The Ethical Considerations of Professional Changes and Career Transitions <i>Shelly Erdman</i> <i>Joy Conklin</i> <i>Michael Christian</i> | When Clients Stay: Ethical Decision Making and Clinical Pitfalls in Domestic Violence Cases <i>Angie Galyean</i> | Ethical Considerations Across Eating Disorder Treatment and Supervision <i>Heidi Hensley</i> | |
| Room 106/108 (grief) | Supporting Clients Through Death Anxiety, Dying, and Existential Distress <i>Carla Archuletta</i> | Supporting the Growth of Bereaved Clients through Meaning Reconstruction and Posttraumatic Growth <i>Mason Hale</i> <i>John Kennedy</i> | A Shipwreck, A Decision, and Excellence: Implementing Stoic Philosophy in the Therapy Room <i>Adam Barfoot</i> | Ambiguous Loss in Clinical Practice: When Grief Has No Funeral <i>Christal Pennic</i> | The Addicted, Developing Brain: Biological Implications and Treatment Suggestions <i>Jeremy Northrop</i> |
| Room 109 | Beyond the Binky: Bringing Clinical Practice to the Nursery <i>Kendra Cook</i> | Play With Purpose: Using Tabletop Role-Playing Games in Group Therapy with Neurodivergent Middle and High School ?? <i>Allison Battles</i> | Doing It Scared: Falling Forward into the Clinical Growth Zone <i>Rebecca Bray</i> | Know Your Worth: Fee Setting and Revenue Planning for Counselors <i>Katya Brewington</i> | |
| Room 110 | Counseling Compact Update <i>Greg Searls</i> | Legislative Update <i>Heather Meshell</i> <i>April Lamoreaux</i> <i>Clay Harris</i> | Licensure Q & A <i>Kim Speakman</i> | | |
| Room 111 | Resentment Drift: Why Clients Get Stuck in Bitterness—and How Counselors Help Them Return to Healthy Anger <i>Andy Melton</i> | Understanding First Responder Culture: Keys for Clinicians <i>Lori Morrow</i> <i>Christine Webb</i> | Community Mental Health as Specialty Practice: Elevating and Sustaining High-Complexity Care <i>Paige Seymour</i> | When Your Past Meets Your Practice: Working with Childhood Wounds as a Neurodivergent Clinician <i>Yunetta Smith</i> | Counseling First Responders <i>Sarah Steger</i> |
| Room 113 | Poetry Summit for Marginalized Students: Poetry Therapy and Coping Mechanisms on College Campuses <i>Jeremy Berry</i> | Historical Trauma, Contemporary Pain: Examining Culture and Mental Health in BIPOC Communities <i>Kimberly Proctor-White</i> | I'm Not Your Superwoman: Black Women & Depression <i>April Riddick</i> | From Therapy Room to Frontline: Exploring Co-Response Careers <i>Roxanne Miller</i> | The Power of Triangles: A Clear Framework for Psychodynamic Case Formulation <i>Jeff Devine</i> |

| | <i>Patrick Whitfill</i> | | | | |
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| Room 114 | Furthering Eating Disorder Treatment: Fat is Not a Dirty Word - Countertransference in the Diet Culture Era <i>Ashley Vicari</i> | Designing Opt-Out Counseling: A Theory-Informed Approach to Normalizing Support <i>Lucy White</i> | Dads Matter: Appreciating the Unique Role of Fathers Within the Family <i>Ronny Nevo</i> | Counselors at the Table: Navigating the Future of Counseling Regulation in Tennessee <i>Susan Baker</i> <i>Mekenzie Russell Lane</i> | Sonorous Sessions: How to Integrate Music into Your Practice <i>Cassandra Meredith</i> |
| Room 115 (trauma) | Balancing Safety and Activation: A Trauma-Informed Approach to ERP <i>Allyson Melcher</i> <i>Amy Blount</i> | Addressing Sexual Dysfunction in General Practice: What Neuroscience and Safety Theory Reveal <i>Olivia Felts</i> | Counseling in Times of Collective Trauma and Crisis <i>Marisa White</i> | Helping Families Heal Together: Engaging Caregivers in Child Trauma Therapy <i>Chase Sanders</i> <i>Mikaela Rowland-Pearce</i> | Betrayal Bonding and Trauma Bonding: Neurobiology, Relational Dynamics, and Clinical Applications <i>Michael Christian</i> <i>Joy Conklin</i> |
| Quick Lecture Hall (Supervision) | Developing Psychologically Safe Clinical Supervision Framework For Your Clinical Supervision Practice <i>Charly Bjornsen</i> | When Coping Skills Backfire: A Neurobiological Reframe <i>Katie Casey</i> | From Practice to Power: Relational and Liberatory Frameworks for Clinical Work and Supervision <i>Anna Morgan-Mullane</i> | Application of Acceptance and Commitment Therapy in Supervision to Enhance Growth Mindset and Reduce Burnout <i>Amanda Russell</i> | When Trust Becomes Survival: A Unified Model of Betrayal Trauma and Moral Injury <i>Lisa Long</i> <i>Shelly Erdman</i> |
| Wakefield Auditorium (trauma) | Deep Brain Reorienting: The Neurobiological based Trauma Treatment <i>Alexis Castle</i> | Working with Betrayal Trauma: Clinical Strategies for Post-Infidelity Stress <i>Detra Flowers</i> | | Fragmentation to Integration: Treating Dissociation in Complex Trauma <i>Dakota Lawrence</i> | Sexual Behaviors of Children: Normative v. Problematic and How Can We Best Help Children <i>Stefanie Golper</i> |
| Greathouse, Room 211 | Marriage and the Family: Helping Clients Navigate Intergenerational Boundaries <i>Sarah Bracey</i> | Intergenerational Narratives and Emerging Adults' Perceptions of the Sexual Double Standard: An Exploration <i>Margaux Seitz</i> <i>Christopher Hipp</i> | Why Counseling Students Leave—and How Entrepreneurship Interrupts That Pattern <i>Cecily Moore</i> | Reclaiming the Narrative: Bridging Mental Health, Culture, and Spirituality <i>Parris Charmai Leisure</i> | When the body speaks: Treating Conversion Disorder <i>Kara Werner</i> <i>Megan Loving</i> |
| Greathouse, Room 212 | Recovering the Self: Helping Women Heal from Destructive Relationships <i>Tara Forrest Greene</i> | The Transformational Nature of Anger: Clinical Applications for Treatment of Adult Clients <i>Francesca Giordano</i> | Hospitalization as Last Resort: A Posture of Competence and Compassion When Treating Suicidality <i>Nathan Harris</i> | When "Toxic" Becomes a Verb: Navigating the 3 Faces of Workplace Toxicity <i>Don Harvey</i> | Addressing Emerging Addictive Technology and Media Therapeutically: A Guide for Treatment Conceptualization <i>Kevin Hull</i> <i>Chelsea Alexander</i> <i>Rebecca Felt</i> <i>Kimmy Gains</i> |

Roundtables

9:45 to 10:45 AM - Boone Center

| | Session Title | Presenter(s) |
|-----------|---|--------------------------------------|
| Session 1 | The Great Exchange: Gen Z's Switch from Smartphones to Flip Phones, A Qualitative Phenomenological Analysis | Cory Bishop |
| Session 2 | Inmate or Resident? How Language Influences Beliefs and Hinders Client Access to Therapy in Carceral Settings | Miranda Buell; Jess Kemp |
| Session 3 | Emetophobia: Supporting Clients with the Fear of Vomit and Vomiting | Benjamin Craft; Amy Mariaskin |
| Session 4 | PDA: Complex and Misunderstood | Kari Daevel |
| Session 5 | Sharing the Silence: A Roundtable on Loss and Counselor Well-Being | Laura Enciso; Enchantice Laws |
| Session 6 | Bridging Mental Health Services and School Counseling: Partnering Across Systems to Support Children | Nicole Golden |
| Session 7 | You Have a Seat at the Table: A Roundtable on Facilitating Therapeutic RPG Groups | Vanessa Davis |

11:00 AM – 12:00 PM - Boone Center

| | Session Title | Presenter(s) |
|-----------|--|----------------------|
| Session 1 | Mental Health Treatment Considerations for Adult Women who Experienced Purity Culture in Adolescence | Emily Oliver |
| Session 2 | Water from an Empty Well: Restoring the Healer Within | Lorice Parker |
| Session 3 | Toys, Not Just for Tots: What Kids Can Teach Us About Working with Adults | Tori Rokicki |
| Session 4 | The Power of Performance: How to Navigate Performing in Life | Burgess Rye |
| Session 5 | Assisting College Students Manage Their Anxiety and Worries | James Sapp |

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| Session 6 | What School Didn't Prepare Me For: A Reflective Discourse Regarding Treatment of Outcasted Individuals | Meagan Thompson |
| 2:00 – 3:00 PM - Boone Center | | |
| | Session Title | Presenter(s) |
| Session 1 | Witnessing Loneliness: A Relational and Experiential Group Therapy Model | Julie Thompson |
| Session 2 | Out of the Box Techniques to Relieve Stress in Five Minutes or Less Utilizing Items in Your Environment | Heather White; Douglas Devaney; Taneka Butler |
| Session 3 | The Pornification of Social Media | Ray White |
| Session 4 | Using Biculturalism to Help Immigrants and Families Build Identity and Belonging | Chenxi Zhu; Shellsea Morales |
| Session 5 | Improving Client Retention Through Building Authentic Rapport | Taylor Proberts |