

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	<i>Roundtables (See below for titles)</i>	<i>Roundtables (See below for titles)</i>	<i>Roundtables (See below for titles)</i>	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 Jessie Meehan Hailey Mason</i>	The Ethical Considerations of Professional Changes and Career Transitions <i>Shelly Erdman Joy Conklin 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 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 Students <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 April Lamoreaux Clay Harris</i>	Licensure Q & A <i>Kim Speakman Candyce Wilson</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 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 Patrick Whitfill</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 CoResponse Careers <i>Roxanne Miller</i>	The Power of Triangles: A Clear Framework for Psychodynamic Case Formulation <i>Jeff Devine</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 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 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 Mikaela Rowland-Pearce</i>	Betrayal Bonding and Trauma Bonding: Neurobiology, Relational Dynamics, and Clinical Applications <i>Michael Christian 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 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 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 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 Chelsea Alexander Rebecca Felt Kimmy Gains</i>
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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
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