

# 2026

A vibrant, multi-colored watercolor-style graphic of a city skyline, including the Nashville skyline with the AT&T Tower. The colors range from purple and blue to orange and yellow. The text 'COUNSELING AND THERAPY SUMMIT' is overlaid on the graphic in a white, bold, sans-serif font.

**COUNSELING AND  
THERAPY SUMMIT**

**May 29-30, 2026 • Trevecca Nazarene University**

**333 MURFREESBORO PIKE, NASHVILLE, TN 37210**

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# PRESIDENT'S WELCOME

Welcome TLPCA Members and Guests,

As we step into a new year together, I want to personally welcome all of our TLPCA members, colleagues, and guests to this year's conference. It's truly exciting to gather with professionals from across the state who care so deeply about the work we do and the people we serve.

One of my favorite things about TLPCA is that this organization is more than just a professional association—it's a community. This conference gives us the opportunity to reconnect, learn from one another, challenge ourselves, and return to our work energized for the year ahead. In a profession that asks so much of us emotionally, spaces like this matter.

This year's conference comes at an important time for the counseling profession. Mental health continues to be at the forefront of conversations in our communities, schools, healthcare systems, and workplaces. Counselors are being called upon in bigger ways than ever before, and I believe that creates both opportunity and responsibility for us as leaders, clinicians, supervisors, educators, and advocates.

At TLPCA, our mission to unite, train, and advocate continues to guide everything we do. Whether you are here to gain new clinical insight, connect with peers, explore leadership opportunities, or simply recharge, I encourage you to fully engage in the experience. The conversations you have in hallways, over coffee, and between sessions are often just as impactful as the presentations themselves.

I also want to sincerely thank our presenters, volunteers, board members, and attendees who make this conference possible. Your willingness to share your time, expertise, and passion strengthens not only this organization, but the counseling profession as a whole.

I'm grateful to be part of this community with all of you, and I look forward to the conversations, learning, and momentum that will come from our time together. Here's to a new year of growth, advocacy, connection, and continued impact.

With gratitude,

**Jacob Henry, LPC-MHSP-S, NCC, ACS**  
**President, TLPCA**



# SUMMIT AT A GLANCE

## Friday, May 29

<b>8am - 8:30am</b>	Registration & Breakfast; Exhibitor Setup (optional)
<b>9am - 12pm</b>	Pre-Conference #1 (Suicide); Pre-Conference #2 (Supervision); Pre-Conference #3 (Wellness)
<b>12pm - 1:15pm</b>	Lunch
<b>1:30pm - 4:30pm</b>	Pre-Conference #4 (Ethics); Pre-Conference #5 (Trauma); Pre-Conference #6 (Advocacy & Leadership)

## Saturday, May 30

<b>7:30am - 8am</b>	Registration & Breakfast; Exhibitor Setup
<b>8am - 8:15am</b>	Welcome and Introductions
<b>8:15am - 9:15am</b>	Keynote
<b>9:15am - 9:45am</b>	Break - Visit Sponsors, Exhibitors, & Student
<b>9:45am - 10:45am</b>	Posters Session 1/Roundtables
<b>11am - 12pm</b>	Session 2/Roundtables
<b>12:15pm - 1:15pm</b>	Business & Awards Luncheon
<b>1:20pm - 1:55pm</b>	Regional Meetings
<b>2pm - 3pm</b>	Session 3/Roundtables
<b>3:15pm - 4:15pm</b>	Session 4
<b>4:30pm - 5:30pm</b>	Session 5

# PRE-CONFERENCE SCHEDULE

<b>8 - 8:30am</b>	Breakfast/Registration; Exhibitor Setup		
<b>Room</b>	Boone Center	Wakefield Auditorium	Quick Lecture Hall
<b>9am - 12pm</b>	<p><b>Suicide Prevention, Intervention, and Postvention: Evidence-Based Strategies and Emerging Resources</b></p> <p>Kearee Jackson Harper-Grace Rice</p>	<p><b>Issues in Supervision</b></p> <p>Peter Wilson Chelsea Alexander</p>	<p><b>Balm for the Bold: Thriving at the Intersection of Purpose &amp; Well-Being</b></p> <p>PaQuita Pullen</p>
<b>12 - 1:15pm</b>	Lunch - Boone Convocation Center		
<b>Room</b>	Boone Center	Wakefield Auditorium	Quick Lecture Hall
<b>1:30 - 4:30pm</b>	<p><b>When Ethics Meet Emotion: Countertransference, Burnout, and the Business of Therapy</b></p> <p>Jacob Henry Jeff Devine</p>	<p><b>The Role of Lifespan Integration in Healing Trauma</b></p> <p>Stephanie Davis</p>	<p><b>Skillful and Sustainable Leadership in Changing Times: Advocating for Self, Community, and Clients</b></p> <p>Shelly Erdman Aimee Isenberg Susan Lahey April Lamoreaux</p>

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

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

# SESSION SCHEDULE

## 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

# CAMPUS MAP

**The Summit will be held in the following spaces:**

1. Boone Center
2. Quick Lecture Hall
3. Greathouse (Rooms 211 & 212)

Please see map below for directions.

**Please note:** Golf carts will be available for transportation between spaces.

The map displays the campus layout with 37 numbered buildings and various parking areas (P). Red arrows highlight the summit locations: Boone Center (1), Quick Lecture Hall (2), Greathouse (3), and Wakefield Auditorium (9). The map includes street names such as Murfreesboro Pike, Woodward Ave, Hart St, and others. A legend on the right lists all buildings and their sub-facilities.

1. Boone Business Building  
- Boone Convocation Center
2. Hardy Alumni Center
3. Waggoner Library  
- Office of Admissions  
- Post Office  
- Print Shop  
- Textbooks  
- Quick Lecture Hall
4. Wakefield Fine Arts Building
5. Greathouse Science Building
6. Health Sciences Wing
7. Benson Hall
8. McClurkan Building  
- Benson Auditorium
9. Mackey Building
10. Jernigan Student Center  
- Campus Store
11. Shinger Apartments
12. Arts Annex
13. Redford Apartments
14. Urban Farm
15. Bush Apartments
16. Picnic Pavilion
17. Smith House
18. Johnson Hall
19. Adams Administration Building
20. Martin Building
21. Bud Robinson Building  
- Center for Student Development
22. Georgia Hall
23. Residence Hall (Under Construction)
24. Jackson Center for Music & Worship Arts
25. Wise Apartments
26. Tennessee Hall
27. Trojan Fieldhouse
28. Tarter Student Activity Center
29. Tidwell Building
30. Baseball Field
31. Golf Facilities
32. Plant Operations Building
33. Soccer Field
34. Softball Field
35. Volleyball Field
36. Tennis Courts
37. University Terrace Apartments

P Parking

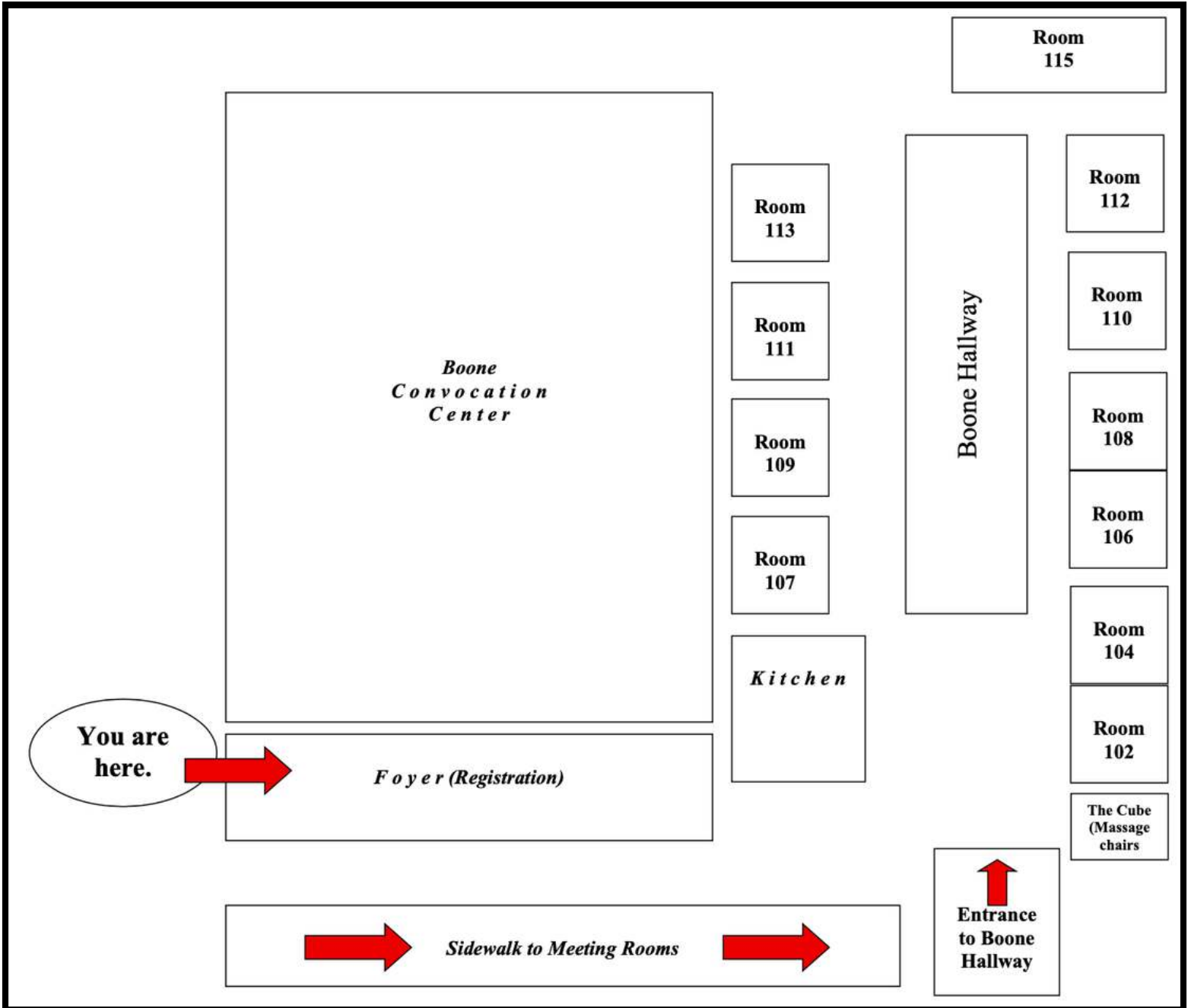
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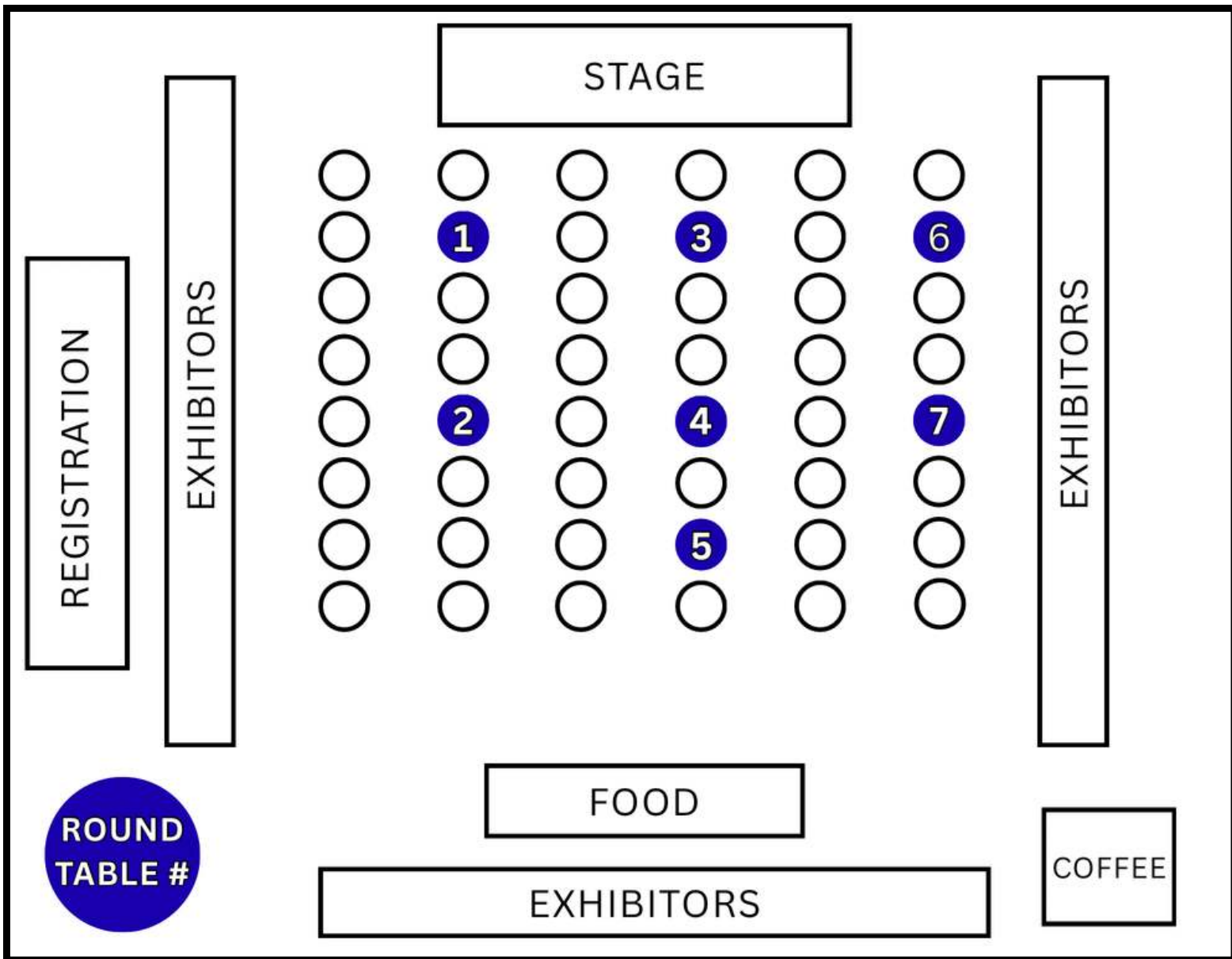
# BOONE CENTER

## BUSINESS MAP



# BOONE CENTER

## ROUNDTABLES



# GOLF CARTS

**Catch a ride with one of our volunteers! Golf cart transportation will be available—just meet us outside the Boone Center.**



# 2026 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 2026 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.

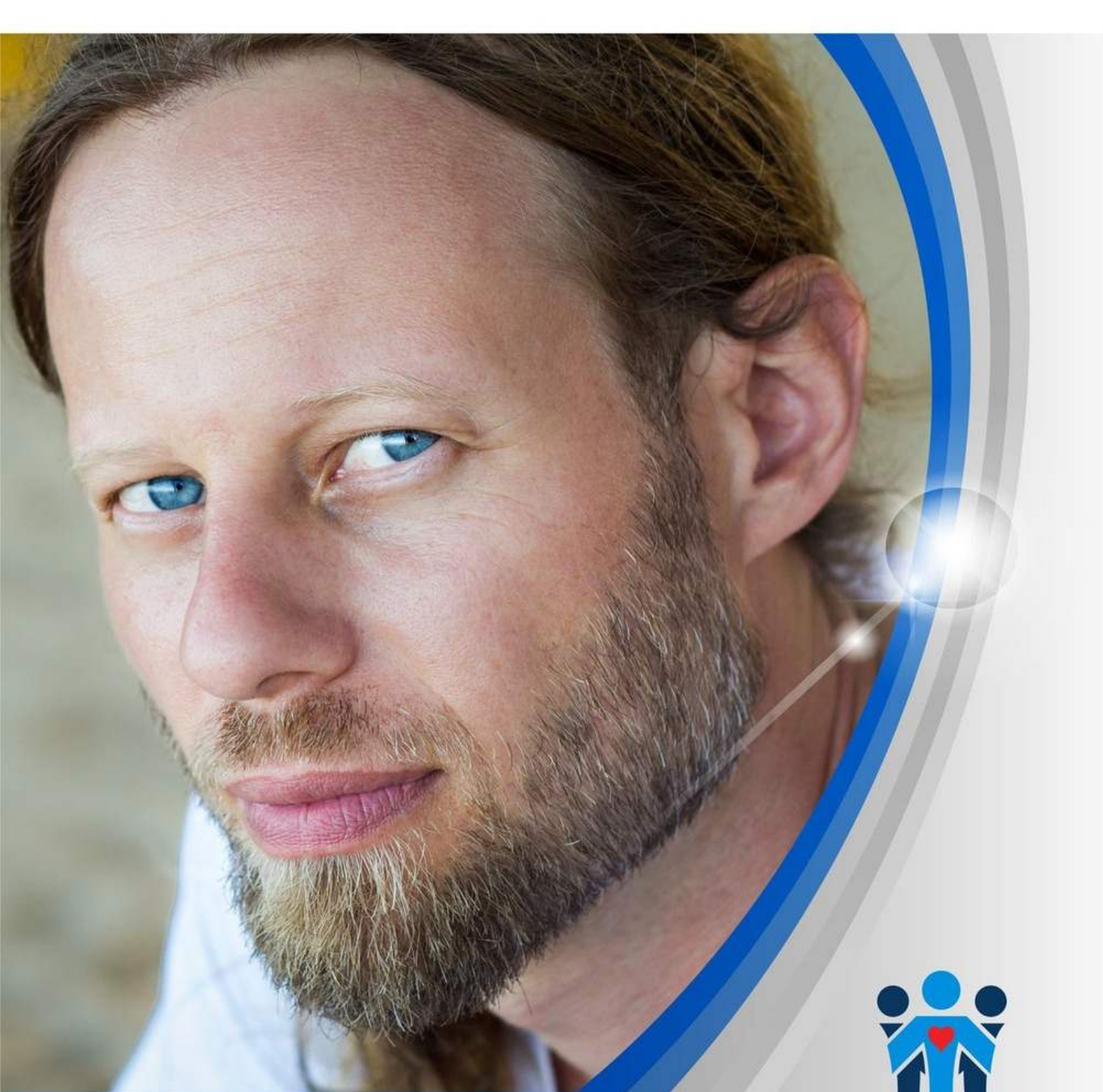
By adhering to these guidelines, you can ensure that you make a positive impression, gain valuable knowledge, and build meaningful professional relationships at the conference.

# 2026 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 2026 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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# TLPCA LEADERSHIP

## CURRENT LEADERSHIP



William Feck  
**President**



Jacob Henry  
**President-Elect**



Ellen Crossman  
**Past President**



Robin Lee  
**Executive Director**



Hunter Cook  
**Treasurer**



Stephanie Evans  
**Secretary**



Ann White  
**Executive Regional Representative Chair**

## Our Committee Chairs

### **Bylaws**

Dr. Markata Echols, **Chair**

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

Ben Roberts, **Co-Chair**

Brianna Velazquez, **Co-Chair**

### **Ethics**

Dr. Mark Loftis, **Chair**

### **Membership**

Katlyn Hansen, **Chair**

### **Professional Development**

Alvin Bonds, **Chair**

### **Public Policy**

Clay Harris, **Co-Chair**

April Lamoreaux, **Co-Chair**

### **Social Media**

Maghan Eversmith, **Chair**

### **Supervisor Liason**

Peter Wilson, **Co-Chair**

Chelsea Alexander, **Co-Chair**

# TLPCA LEADERSHIP

## REGIONAL REPRESENTATIVES

### Executive Regional Representative Chair

Ann White

### Student Representative

Katlyn Hansen

### East Tennessee

#### Southeast

Melanie Rothery  
Rebecca Stein  
Yohunnah Woods-Moton

#### East

Megan McCarter Cates  
Nathan West

#### Upper East

Hunter Cook  
Kendra Cook

### Middle Tennessee

#### Upper Middle

Stephanie Anderson  
Marty Caltabiano

#### Middle

Aaliyah Mathis  
Sarah Owen  
Tozia Ware

#### Upper Cumberland

Sarah Campbell-Benitez  
Ravi Patel

#### South

Brandon Antoskow  
Stephanie Grissom

#### South Central

Anne Marie Hall  
Maya Hughes  
Rosalind Seay

### West Tennessee

#### West

Amber Freeman  
Jenny French  
Kimberly Hendrix

#### Northwest

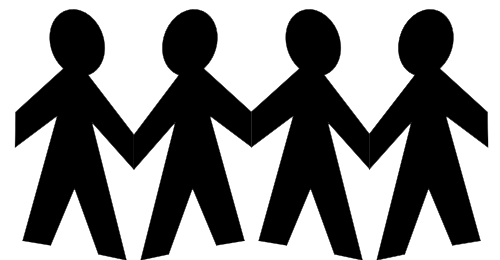
Christina Burns  
Tristan McKenzie  
Rebecca Price

# REGIONAL MEETINGS



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!**





## Regional Representative Meetings - **1:20 – 1:55 pm**

Please visit with your regional representatives after the Business Luncheon on Saturday to meet your representative to the board and other counselors in your region.

Room	Region	Counties in Region	Regional Representatives
Boone 102/104	Southeast	Grundy, Marion, Sequatchie, Hamilton, Bledsoe, Bradley, Polk, McMinn, Meigs, Monroe, Rhea	Yohunnah Woods-Moton Rebecca Stein Melanie Berg
Boone 106/108	East	Scott, Morgan, Roane, Loudon, Blount, Knox, Union, Anderson, Campbell, Claiborne, Grainger, Hamblen, Jefferson, Sevier, Cooke	Megan McCarter Cates Dr. Nathan West
Room 109	Upper East	Hancock, Hawkins, Greene, Washington, Sullivan, Carter, Johnson, Unicoi	Hunter Cook Kendra Cook
Boone 110	Upper Middle	Steward, Montgomery, Robertson	Marty Caltabiano Stephanie Anderson
Boone 111	South	Lawrence, Giles, Lewis, Maury, Marshall	Stephanie Grissom Brandon Antoskow
Boone 113	Upper Cumberland	Macon, Clay, Smith, Jackson, Putnam, DeKalb, White, Van Buren, Cumberland, Overton, Fentress, Pickett, Trousdale	Ravi Patel Sarah Campbell-Benitez
Boone 114	West	Haywood, Madison, Hardeman, Chester, McNairy, Hardin, Wayne, Perry, Henderson, Decatur, Lauderdale, Dyer, Crockett, Lake, Obion, Weakley, Gibson, Carrol, Henry, Benton	Jenny French Kimberly Hendrix Amber Freeman

Boone 115	Southwest	Shelby, Fayette, Tipton	Tristan McKenzie Christina Burns
Boone Convocation Center	Middle	Hickman, Humphreys, Houston, Dickson, Davidson, Wilson, Williamson, Cheatham, Sumner	<del>Tozia</del> Ware Sarah Owen Donna Ross
Boone Convocation Center	South Central	Bedford, Rutherford, Cannon, Coffee, Franklin, Warren, Lincoln, Moore	Anne Marie Hall Maya Hughes Rosalind (Roz) Seay

*Together, we're stronger!*



# THANK YOU TO OUR SPONSORS!

## Corporate



**Mental Health Cooperative**

## Corporate



**Ellie Mental Health**

## Venue



**Trevecca Nazarene University**

# THANK YOU TO OUR SPONSORS!

## Keynote



**LifeStance**  
HEALTH

**LifeStance Health**

## Silver



**TN VOICES**

Mental Health Support Services From Firsthand Experience

**TN Voices**

## Bronze



**KidLink Treatment Services**

# PRE-CONFERENCE SESSIONS

## Suicide Prevention, Intervention, and Postvention: Evidence-Based Strategies and Emerging Resources

Presented by Kearee Jackson and Harper-Grace Rice

This session will provide attendees with information, resources, and practical strategies related to suicide prevention, intervention, and postvention. Participants will engage in both large group and small group activities focused on evidence-based approaches to supporting individuals and communities. The session will highlight programs and initiatives such as Sources of Strength, Zero Suicide, the ESSENCE Alert System, and Mental Health Parity efforts. In addition, attendees will explore the intersection of substance use, misuse, and suicide and discuss ways to strengthen coordinated prevention and response efforts across communities and systems.

### Objectives:

#### Participants will:

- **Identify evidence-based suicide prevention, intervention, and postvention strategies, including Sources of Strength and Zero Suicide.**
- **Examine the role of the ESSENCE Alert System and Mental Health Parity initiatives in supporting suicide prevention and behavioral health response efforts across Tennessee communities.**
- **Explore the relationship between substance use, misuse, and suicide and discuss approaches for integrated prevention and intervention efforts.**



**Kearee Jackson** is a dedicated youth advocate with extensive experience working with Pre-K through 12th grade students across multiple roles including Social Worker, Program Coordinator, and Behavior Coach. He has partnered with numerous non-profit organizations to support academic success and youth development, and created Dad's Table Talk, a program connecting fathers to their role as positive role models. Since joining the Tennessee Suicide Prevention Network in 2022 as Youth Programs Director, Jackson has guided the implementation of evidence-based programs including the Good Behavior Game and Sources of Strength, leading to his 2025 promotion to Greater Nashville Regional Director and Middle Tennessee Team Lead. He currently serves on the Coordinated School Health Advisory Council and Child Fatality Review Board, and is pursuing a Master of Social Work at Chamberlain University.

**Harper-Grace Rice** graduated from the University of Southern California with her master's in social work with a concentration in social change and innovation in 2020. Before joining TSPN, she served as the Zero Suicide Initiative Director at Mental Health America of the MidSouth, overseeing its multi-year SAMHSA grant until its conclusion. She has also worked with the Tennessee Department of Health in the Office of Strategic Initiatives, where she oversaw the redesign and implementation of the Tennessee Vitality Toolkit. Harper-Grace currently serves as Vice Chair of the TDMHSAS Adult Statewide Planning and Policy Council Committee and is active within the statewide and local League of Women Voters. She is also a member of the Tennessee Cancer Coalition and the National Association of County and City Health Officials (NACCHO).



# PRE-CONFERENCE SESSIONS

## Issues in Supervision

Presented by Peter Wilson and Chelsea Alexander

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The three hours will be divided into three supervision topics:

- **What Supervision Formats are you using in Supervision?**
  - **What needs to be in your supervisor/supervisee contract/agreement?**
  - **What is new or changing in Tennessee related to supervisor expectations?**
- 



**Peter Wilson, Ed.D.**, has been working full-time at Trevecca for 31 years. For many years he served as the Director of the Graduate Counseling Program and currently is a full-time professor. He received the Master of Arts in psychology from Middle Tennessee State University and the Ed.D. in counseling psychology from Tennessee State University. Dr. Wilson is a licensed psychologist and maintains a part-time private practice in addition to his teaching duties at Trevecca. Prior to assuming responsibilities at Trevecca, Dr. Wilson served for two years as Clinical Director and six years as therapist at Christian Counseling Services. He is married to Deb and together they have four children and eleven grandchildren.

**Professor Chelsea Alexander** is a full-time assistant professor at Trevecca Nazarene University Grad Counseling Program and practicing licensed therapist working with individuals who are justice-involved and adjusting to life outside of incarceration. She was the recipient of the 2025 Tennessee Licensed Professional Counseling Association conference of the Presidential Award for Social Justice Counseling. She also is a 2023 NBCC Minority Fellowship recipient for the work she has been involved in with the justice-involved population. She is completing 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.



# PRE-CONFERENCE SESSIONS

## **Balm for the Bold: Thriving at the Intersection of Purpose & Well-Being**

Presented by PaQuita Pullen

---

Those who are called to serve, lead, disrupt, and care for others are often expected to do so at the expense of their own well-being. Balm for the Bold: Thriving at the Intersection of Purpose & Well-being is a reflective and experiential wellness session designed for professionals navigating burnout, compassion fatigue, leadership strain, and systems-level stress while doing purpose-driven work. Participants will explore the cost of chronic survival mode in helping professions, the connection between nervous system regulation and leadership capacity, rest as a protective factor against burnout and vicarious trauma, practical micro-rituals that support resilience in high-demand roles, and sustainable approaches to purpose-driven work that interrupt depletion cycles. Participants will leave with accessible, immediately applicable tools to support their personal well-being and extend wellness practices within their teams and organizations.

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### **Objectives:**

#### **Participants will:**

- **Be able to identify at least three indicators of survival-based functioning in professional roles.**
- **Be able to describe the relationship between nervous system regulation and sustainable leadership capacity.**
- **Learn and implement at least two restorative micro practices to mitigate burnout and compassion fatigue.**



**Dr. PaQuita R. Pullen, LPC-MHSP/S, NCC, RYT** is an innovative and quick thinker who uses her expertise and skills to better benefit others and the implementation of key wellness processes. Dr. P, as she is affectionately known, is an award winning mental health professional with over a decade of experience. She is creative in all endeavours and has a natural ability to see many different ways of getting things done. Dr. P's zone of genius lies in empowering individuals to get busy living and leading authentic lives. She has a keen ability to speak truth and tailors her words

# PRE-CONFERENCE SESSIONS

## When Ethics Meet Emotion: Countertransference, Burnout, and the Business of Therapy

Presented by Jacob Henry and Jeff Devine

This presentation explores the ethical and clinical impact of countertransference through the lens of counseling practice, supervision, and organizational systems. Grounded in the ACA Code of Ethics (I.1.b), it examines how clinicians use ethical decision-making models, consultation, and self-awareness to navigate complex emotional responses that arise in treatment. Beyond individual clinical work, the session expands into how countertransference influences burnout, business decisions, supervision, and clinic culture. Participants will explore how unconscious reactions can shape risk assessment, dual relationships, discharge decisions, and professional boundaries—ultimately affecting both client outcomes and organizational health. Through practical frameworks, real-world clinical applications, and reflective exercises, clinicians and supervisors will learn to recognize, regulate, and ethically respond to countertransference in ways that strengthen both client care and the broader clinical system.

### Objectives:

#### Participants will:

- **Define countertransference and apply the ACA ethical decision-making model (I.1.b) to identify and manage its impact in clinical and supervisory settings.**
- **Analyze how countertransference contributes to clinical decision-making errors, burnout, and boundary challenges across common practice scenarios such as risk assessment, dual relationships, and discharge planning.**
- **Evaluate the relationship between clinician self-awareness, ethical practice, and organizational culture, and implement strategies that support sustainable, high-quality client care.**



**Jacob Henry** is a licensed counselor in nine states, Executive Director, and mental health advocate committed to making care more accessible and conversations around mental health more approachable. He helped grow his Ellie Mental Health organization from one clinic to thirteen across six states, leading a team of more than 150 therapists. Jacob is a frequent presenter on behavioral health topics and enjoys engaging in conversations that help normalize and strengthen understanding of mental health. Jacob is also a contributing author to the THRIVE, brief recovery-focused suicide intervention, study and serves as President of the Tennessee Licensed Professional Counselor Association and NAMI Rutherford County. Known for his authentic and approachable leadership style, he enjoys running and being outdoors when he's away from work.

**Jeff Devine** is a licensed counselor and supervisor with over 25 years of experience in mental health settings. He earned his Ed.S. from Murray State University and now serves as Regional Director at Ellie Mental Health, supporting clinics across Tennessee, Oklahoma, Georgia, Alabama, and Florida.



# PRE-CONFERENCE SESSIONS

## The Role of Lifespan Integration in Healing Trauma

Presented by Stephanie Davis

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This presentation will explore Lifespan Integration (LI), an internationally recognized therapeutic approach that has proven highly effective for treating trauma and dissociative disorders. LI therapy enables clients to integrate fragmented memories and develop a cohesive sense of self, ultimately leading to deeper emotional resilience and more stable functioning. The unique benefits of LI's Timeline methodology will be highlighted including its role in repairing the neural connections disrupted by trauma. By anchoring traumatic memories in the broader context of the client's life, LI allows for enhanced neural integration, reduced fragmentation, increased resilience and emotional stability and accessible and compassionate reprocessing.

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### Objectives:

#### Participants will:

- **Identify and describe the foundational principles of Lifespan Integration therapy, including Complex Systems Theory, memory reconsolidation, therapist attunement, and the application of LI protocols for trauma integration and attachment repair.**
- **Gain a comprehension of Lifespan Integration's principal tool, the Timeline, and its foundational rationale, functioning as an instrument designed to help the brain process and access trauma memories in a healthy way. Further, learners will develop a deeper understanding concerning the use of active imagination in LI therapy.**
- **Describe frequently observed clinical findings in Lifespan Integration therapy and outline next steps for continued training, clinical implementation, consultation or supervision and ongoing professional growth.**

**Stephanie Davis** is a Nationally Certified Licensed Professional Counselor working in private practice in Birmingham, Alabama. She graduated from the University of Alabama at Birmingham with her MA in Counseling in 2013. She specializes in grief, women's issues, and trauma. She is a US based Lifespan Integration Instructor, Consultant and Certified Therapist.



# PRE-CONFERENCE SESSIONS

## Skillful and Sustainable Leadership in Changing Times: Advocating for Self, Community, and Clients

Presented by Shelly Erdman, Aimee Isenberg, Susan Lahey, and April Lamoreaux

Professional counselors often serve as supervisors, managers, educators, mentors, and advocates. Skills related to leadership and advocacy serve multiple benefits including longevity in the profession. Servant leadership (Greenleaf, 2002), specifically, was found useful with organizational leadership within the counseling profession (Prasath, et al, 2021). This presentation will emphasize the various leadership types including development of strategic planning in the work environment. The session will also dissect the current trends related to AI and technology (Li et al., 2026). A focus on advocacy efforts, whether at the legislative level or within specific counseling organizations, will occur. Finally, mentorship will be explored especially as a way to further leadership efforts in the profession.

### Objectives:

#### Participants will:

- Identify current trends through discussions related to the use of AI and technology in both leadership and clinical settings.
- Evaluate leadership roles within the workplace including methods to prolong a counseling career.
- Develop skills related to mentoring the new generation of leaders in the profession, including advocacy and strategic planning.

**Shelly Erdman, LPC/MHSP** is a National Certified Counselor, board-certified telemental health provider, board-certified betrayal trauma specialist, and the owner of Keyring Counseling PLLC in Brentwood, TN. Shelly is a member of the 2025-2026 Association for Counselor Education and Supervision research committee and was the 2024-2025 doctoral student intern for the American Association of State Counseling Boards. She is a doctoral candidate in Clinical Counseling: Teaching and Supervision at Trevecca Nazarene University.



**Dr. Aimee Isenberg** has 19 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 maintains a part-time private practice. Aimee holds a PhD in Clinical Counseling: Education & Supervision and teaches courses in Lifespan Development, Theories of Counseling & Psychotherapy, Effective Treatments, Technology & Teaching Strategies, and Dissertation Proposal as well as Internship. In her free time, Aimee enjoys time with her husband and two sons.



**Susan Lahey, PhD** is the Director of Graduate Counseling Trevecca Nazarene University, where she has served as full-time faculty since 2007 and director since 2017. Dr. Lahey has also trained supervisors for many years through the TLPCA and AAMFT organizations. She is a licensed marital and family therapist with a private practice. Dr. Lahey is committed to the mentoring and development of counselors, supervisors, and educators. In her work as dissertation chair over the last 16 years, her desire to serve her students' pursuit of their professional 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.



**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 the past fourteen years training counselors as an adjunct professor, clinical director, supervisor and consultant. She is a licensed counselor in Ohio (LPCC-S) and Tennessee (LPC-MHSP). April is currently the Practicum and Internship Coordinator for Trevecca Nazarene University's Graduate Counseling program where she is also pursuing a PhD in Counselor Education and Supervision. She is also the Public Policy Co-chair for Tennessee Licensed Professional Counseling Association, the PhD representative for Theta Nu Upsilon (the Chi Sigma Iota chapter for Trevecca Nazarene University) and a member of the American Counseling Association.





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# WELCOME TO OUR KEYNOTE SPEAKER

## Stephanie Davis



Stephanie Davis is a Nationally Certified Licensed Professional Counselor working in private practice in Birmingham, Alabama. She graduated from the University of Alabama at Birmingham with her MA in Counseling in 2013.

She specializes in grief, women's issues, and trauma. She is a US based Lifespan Integration Instructor, Consultant and Certified Therapist.

# KEYNOTE PRESENTATION

## **The Good Stuff: Cultivating Hope, Healing, and Integration Throughout the Lifespan**

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Stephanie will explore with attendees how the autobiographical narrative can heal trauma, restore what was missing, support psychological integration, cultivate hope and strengthen resilience for both clients and practitioners.

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### **Objectives:**

#### **Participants will:**

- **Explore the autobiographical narrative as a transformative healing tool: Attendees will understand how time mapping through personal narrative can enhance emotional regulation and expression, support trauma resolution, foster reconnection with the authentic self, and promote psychological integration-drawing on principles from, but not limited to, Lifespan Integration.**
- **Appreciate the dual nature of trauma and its impact on human development: Participants will deepen their understanding of trauma as encompassing both the adverse experiences endured and the positive experiences that were absent, and will value the vital role of “putting the good stuff back in” to foster meaningful healing for clients.**
- **Cultivate and sustain the audacity of hope in therapeutic practice: Listeners will be inspired to embrace and nurture enduring hope for personal and client healing, empowering them to persevere in their therapeutic roles and foster resilience in themselves and those they serve.**

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# ROUNDTABLES

9:45 - 10:45 AM

## #1 The Great Exchange: Gen Z's Switch from Smartphones to Flip Phones: A Qualitative Phenomenological Analysis

Presented by Cory Bishop

### Overview:

What happens when you remove the device that defines Gen Z? This presentation offers the findings from the first academic study to replace participant smartphones for flip phones for four weeks. Over the course of an hour, Dr. Bishop will explore the four themes and 13 subthemes that emerged from his qualitative interpretive phenomenological analysis about Gen Z experiences and perceptions of their mental health when switching devices. Implications include a new study design for future replication and considerations for counseling, educating, and raising Gen Z.

### Content Areas:

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

## #2 Inmate or Resident? How Language Influences Beliefs and Hinders Client Access to Therapy in Carceral Settings

Presented by Miranda Buell and Jess Kemp

### Overview:

Inmate. Felon. Convict. Thug. Addict. Criminal. These descriptors are often assigned to people who have been affected by incarceration. But words matter, and the language we use can shape not only our own internal beliefs about incarcerated folks, but can negatively impact client access to quality mental health care. Session attendees will learn about common biases and barriers facing incarcerated individuals and will engage in thoughtful reflection about how they might shift their own internal beliefs.

### Content Areas:

- Professional Issues
- Social and Cultural Foundations
- Systemic

## #3 Emetophobia: Supporting Clients with the Fear of Vomit and Vomiting

Presented by Benjamin Craft and Amy Mariaskin

### Overview:

Emetophobia (the fear of vomit and/or vomiting) causes a great deal of distress in those diagnosed, is often comorbid with other diagnoses, and can be difficult to identify and treat by clinicians. This presentation will provide information on assessment and differential diagnosis for Emetophobia, highlighting the heterogeneity of the condition from the clinicians' perspective. Presenters will also introduce empirically supported modalities for the treatment of emetophobia.

### Content Areas:

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

# ROUNDTABLES

9:45 - 10:45 AM

## #4 PDA: Complex and Misunderstood

Presented by Kari Daevel

### Overview:

This session seeks to help clinicians understand and serve anxiety-driven neurodivergent clients with PDA (Pathological Demand Avoidance/Persistent Drive for Autonomy). Viewed as an autism profile, it requires different support strategies than traditional autism. Characterized by high anxiety, surface sociability, and extreme control. Individuals are complex, frequently misdiagnosed, and struggle without proper support. This nervous system disability is not widely understood. Growing awareness in the US, but lags behind the UK. There is a need for better recognition and support. Through awareness and understanding, we can work toward improving the quality of life for those with PDA and their families.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Human Growth and Development
- Social and Cultural Foundations
- Suicide Assessment and Intervention
- Trauma

## #5 Sharing the Silence: A Roundtable on Loss and Counselor Well-Being

Presented by Laura Enciso and Enchantice Laws

### Overview:

This roundtable session will examine how counselors process and cope with the loss of a client to suicide. Presenters will facilitate discussion that normalizes the emotional and professional impact of client suicide, including common grief responses and ethical considerations. Practical strategies for peer support, supervision, and intentional self-care will be shared to promote healing and professional sustainability. Participants will reflect on shared experiences, reduce isolation, and identify meaningful ways to support themselves and colleagues after such losses.

### Content Areas:

- Counselor Professional Identity and Practice Issues
- Ethics
- Wellness

# ROUNDTABLES

9:45 - 10:45 AM

## #6 Bridging Mental Health Services and School Counseling: Partnering Across Systems to Support Children

Presented by Nicole Golden

### Overview:

School systems are central to most children's daily lives, yet therapists often face challenges collaborating with school counselors due to differences in roles, priorities, caseloads, and system procedures. This session explores how mental health professionals can bridge these gaps through partnership and communication. Attendees will learn strategies to align efforts, navigate confidentiality considerations, and strengthen collaboration across therapy and school systems. By understanding school counseling roles and integrating practical approaches, clinicians can foster stronger relationships with educators, improve care coordination, and support children's mental health, resilience, and overall development.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Counselor Professional Identity and Practice Issues
- Human Growth and Development
- Professional Issues
- Systemic

## #7 You Have a Seat at the Table: A Roundtable on Facilitating Therapeutic RPG Groups

Presented by Vanessa Davis

### Overview:

Tabletop role-playing games (TTRPGs) are emerging as powerful tools for connection, creativity, and therapeutic growth. This roundtable discussion offers clinicians a collaborative space to explore the use of RPGs in therapeutic settings. Whether you are curious about what therapeutic RPG groups look like, considering starting one, or already facilitating a group and seeking consultation and community, this session invites open dialogue, shared experiences, and practical insight from peers. Participants will discuss benefits, challenges, and best practices for integrating RPGs into clinical work.

### Content Areas:

- Group Dynamics and Counseling
- Human Growth and Development

# SESSION 1

9:45 - 10:45 AM

## Breakout Sessions

*Ethical Use of Music in Counseling: Professional Identity, Boundaries, and Clinical Decision-Making*

*Supporting Clients Through Death Anxiety, Dying, and Existential Distress*

*Beyond the Binky: Bringing Clinical Practice to the Nursery*

*Counseling Compact Update*

*Resentment Drift: Why Clients Get Stuck in Bitterness—and How Counselors Help Them Return to Healthy Anger*

*Poetry Summit for Marginalized Students: Poetry Therapy and Coping Mechanisms on College Campuses*

*Furthering Eating Disorder Treatment: Fat is Not a Dirty Word - Countertransference in the Diet Culture Era*

*Balancing Safety and Activation: A Trauma-Informed Approach to ERP*

*Developing Psychologically Safe Clinical Supervision Framework For Your Clinical Supervision Practice*

*Deep Brain Reorienting: The Neurobiological based Trauma Treatment*

*Marriage and the Family: Helping Clients Navigate Intergenerational Boundaries*

*Recovering the Self: Helping Women Heal from Destructive Relationships*

# SESSION 1

9:45 - 10:45 AM

## **Ethical Use of Music in Counseling: Professional Identity, Boundaries, and Clinical Decision-Making**

Presented by Jena Collins, Jessie Meehan, and Hailey Mason

**Room 102/104**

### **Overview:**

This presentation explores how counselors can ethically integrate music-based interventions into clinical practice while maintaining professional identity and scope-of-practice boundaries. Drawing from research on music's role in emotional regulation, participants will explore distinctions between clinical music therapy and counselor-delivered interventions. The session highlights culturally responsive and developmentally appropriate applications of music that strengthen the therapeutic alliance and support client autonomy. Attendees will gain practical strategies and ethical decision-making tools to responsibly integrate music into counseling while maintaining professional competence and clinical integrity.

### **Content Areas:**

- Counselor Professional Identity and Practice Issues

## **Supporting Clients Through Death Anxiety, Dying, and Existential Distress**

Presented by Carla Archuletta

**Room 106/108**

### **Overview:**

This presentation explores the clinical dimensions of death anxiety, existential distress, and psychological responses to terminal illness and dying. Participants will examine how fears related to mortality manifest in therapy, differentiate death anxiety from other anxiety presentations, and develop strategies for supporting clients facing serious illness, anticipatory grief, and end-of-life concerns. Emphasis will be placed on therapeutic presence, language, meaning-centered interventions, and increasing clinician comfort with death-related conversations.

### **Content Areas:**

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

# SESSION 1

9:45 - 10:45 AM

## Beyond the Binky: Bringing Clinical Practice to the Nursery

Presented by Kendra Cook

Room 109

### Overview:

How do you provide therapy to a client who cannot yet speak? This session pulls back the curtain on Infant Mental Health (IMH), a specialized field dedicated to the social and emotional well-being of our tiniest clients. Participants will explore the defining principles of IMH, receive a clinical overview of evidence-based dyadic treatments, and learn about Tennessee-specific resources including AIMHiTN for clinicians ready to deepen their knowledge of this specialized practice.

### Content Areas:

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

## Counseling Compact Update

Presented by Greg Searls

Room 110

### Overview:

The Counseling Compact is a groundbreaking initiative that enables Licensed Professional Counselors (LPCs) to practice in member states by obtaining a privilege to practice. This continuing education course provides an in-depth exploration of the Counseling Compact, including its purpose and operation.

### Content Areas:

- Counselor Professional Identity and Practice Issues



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# SESSION 1

9:45 - 10:45 AM

## **Resentment Drift: Why Clients Get Stuck in Bitterness—and How Counselors Help Them Return to Healthy Anger**

Presented by Andy Melton

**Room 111**

### **Overview:**

Resentment is a common but poorly understood clinical challenge. Many clients enter counseling feeling stuck in resentment toward a partner, colleague, or family member, often believing change is impossible unless the other person changes first. This presentation introduces the concept of Resentment Drift, a framework describing how clients move from problem-focused anger toward person-focused resentment and bitterness. Participants will learn how to recognize the stages of resentment drift and apply clinical strategies that help clients reclaim healthy anger, restore agency, and move toward repair, boundary-setting, or acceptance.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

## **Poetry Summit for Marginalized Students: Poetry Therapy and Coping Mechanisms on College Campuses**

Presented by Jeremy Berry and Patrick Whitfill

**Room 113**

### **Overview:**

The Poetry Summit for Marginalized Students is an innovative, trauma-informed intervention using poetry therapy to promote coping, resilience, and belonging on college campuses. This session explores how structured expressive writing and facilitated group dialogue can support students navigating systemic stressors, identity-based marginalization, and academic pressure. Attendees will gain practical strategies for implementing poetry-based groups within counseling centers and student support programs, along with discussion of ethical considerations and outcome evaluation.

### **Content Areas:**

- Social and Cultural Foundations
- Systemic
- Trauma
- Wellness

# SESSION 1

9:45 - 10:45 AM

## **Furthering Eating Disorder Treatment: Fat is Not a Dirty Word - Countertransference in the Diet Culture Era**

Presented by Ashley Vicari

**Room 114**

### **Overview:**

Body Image, Weight Stigma, Fat-Phobia, and Internal Bias may all show up at some point within the counseling room. When these biases are unconscious, transference, and countertransference can occur as these concepts arise and it can be helpful to clinicians to have a foundational understanding of how these manifest within the counseling room and how to appropriately respond. This workshop will offer both tools for the clinician as well as encourage the clinician to take inventory of their own beliefs in an effort to show up with humility, openness, and a willingness to engage in their own work.

### **Content Areas:**

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

## **Balancing Safety and Activation: A Trauma- Informed Approach to ERP**

Presented by Allyson Melcher and Amy Blount

**Room 115**

### **Overview:**

This presentation explores how to implement Exposure and Response Prevention (ERP) for OCD and anxiety disorders using a trauma-informed approach. Trauma histories can complicate exposure work, requiring clinicians to balance therapeutic activation with emotional safety. Presenters will differentiate trauma-related avoidance from OCD-related avoidance clarifying the distinct functions of trauma-focused versus OCD- and anxiety-focused exposures. Attendees will review readiness indicators for activation work and learn trauma-informed strategies that maintain ERP fidelity without reinforcing safety behaviors. Through case examples and practical guidance, participants will gain tools to support clinical progress while respecting trauma histories to sustain an effective behavioral treatment environment.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

# SESSION 1

9:45 - 10:45 AM

## **Developing Psychologically Safe Clinical Supervision Framework For Your Clinical Supervision Practice**

Presented by Charly Bjornsen

**Quick Lecture Hall**

### **Overview:**

This program aims to develop a Psychologically Safe Clinical Supervision Framework that fosters trust, clear boundaries, and ethical practice. The framework comes from Brene Brown's research and encourages continuous professional development while aligning with core values and ethics. Supervisors and leaders will be equipped to cultivate an environment where clinicians feel respected, supported, and empowered to explore challenges safely, ultimately enhancing the quality and effectiveness of clinical supervision practice

### **Content Areas:**

- Career Development and Counseling
- Ethics
- Supervision

## **Deep Brain Reorienting: The Neurobiological based Trauma Treatment**

Presented by Alexis Castle

**Wakefield Auditorium**

### **Overview:**

Deep Brain Reorienting (DBR) is a neurobiologically grounded trauma therapy that targets early brainstem-based responses to threat and attachment disruption, which are automatic reactions that occur before conscious thought or emotion. This presentation provides an overview of DBR's core principles, the foundational neuroanatomy behind the model, and the common physiological, emotional, and psychological shifts clients often experience. Participants will gain insight into how Deep Brain Reorienting works with pre-verbal and implicit nervous system patterns, why it is effective for complex trauma and dissociation, and how it facilitates embodied healing, emotional regulation, and lasting resilience, which reorients the brain towards healing.

### **Content Areas:**

- Trauma

# SESSION 1

9:45 - 10:45 AM

## **Marriage and the Family: Helping Clients Navigate Intergenerational Boundaries**

Presented by Sarah Bracey

**Greathouse, Room 211**

### **Overview:**

Whether your clients are Baby Boomers, Gen Z'ers, or somewhere in-between, their families have probably encountered difficult interpersonal boundaries at one time or another, especially as it relates to marital issues or childrearing. This seminar aims to help provide counselors (and, consequently, our clients) with the tools and knowledge to establish and maintain boundaries in marriage and the family, while also exhibiting healthy conflict management. Join us as we laugh at our own generation's quirks, but more importantly, how we can respect what each generation has to offer while not allowing boundary bulldozers to tear apart our client's interpersonal relationships.

### **Content Areas:**

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

## **Recovering the Self: Helping Women Heal from Destructive Relationships**

Presented by Tara Forrest Greene

**Greathouse, Room 212**

### **Overview:**

This presentation explores trauma-informed clinical approaches for working with women recovering from destructive intimate relationships. Survivors often enter therapy carrying confusion, fear, and self-doubt shaped by patterns of psychological manipulation. Systemic barriers, including legal stressors, loss of community, and co-parenting with unsafe partners, can further complicate recovery. Participants will gain insight into relational dynamics such as gaslighting, double binds, trauma bonding, and post-separation abuse. The session will address common clinical challenges, including survivor self-blame and ambivalence about leaving. Using a strengths-based, trauma-informed framework, attendees will learn practical strategies to restore agency, strengthen internal resources, and support resilience and relational healing.

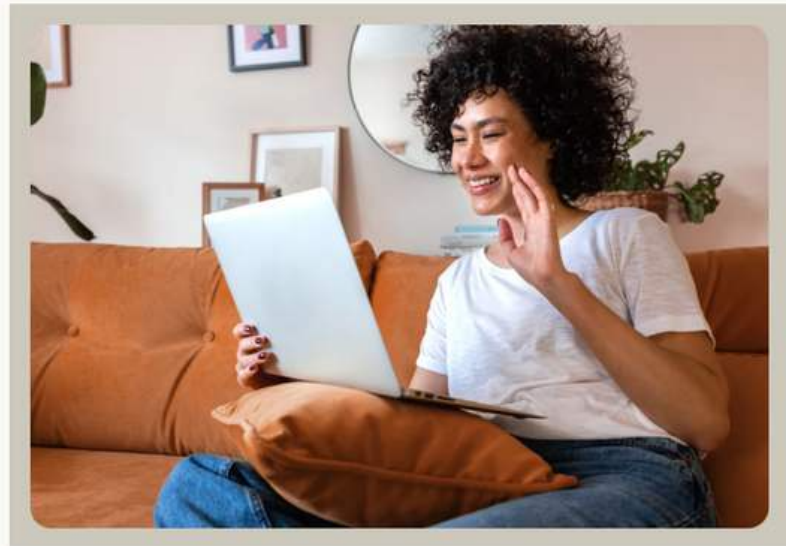
### **Content Areas:**

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



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# ROUNDTABLES

11 AM - 12 PM

## #1 Mental Health Treatment Considerations for Adult Women who Experienced Purity Culture in Adolescence

Presented by Emily Oliver

### Overview:

The Purity Culture Movement (PCM), a social movement focused on eliminating premarital sexual behavior, began in the 1990s and still continues today. The primary message of this movement includes the sinful nature of sexual behavior outside of marriage, as well as rhetoric related to the physical and psychological harm assumed for those who engaged in these behaviors. This presentation will focus on the long-term emotional, psychological, and sexual implications for women who came of age in the PCM. It will also address clinical implications for counselors working with this population and suggestions for treatment considerations.

### Content Areas:

- Human Growth and Development
- Social and Cultural Foundations
- Professional Issues

## #2 Water from an Empty Well: Restoring the Healer Within

Presented by Lorice Parker

### Overview:

Mental health Practitioners are trained to hold space for trauma, grief crisis, and complex emotional narratives. Many professionals continue pouring into others while neglecting their emotional reservoir. This training addresses compassion fatigue, burnout, secondary trauma and emotional depletion of the professional. This session emphasizes that self-care as an ethical responsibility

### Content Areas:

- Wellness

## #3 Toys, Not Just for Tots: What Kids Can Teach Us About Working with Adults

Presented by Tori Rokicki

### Overview:

Sometimes it's easy to forget that there is a child inside of us all. This presentation will provide a deep dive into some top counseling techniques that are typically used with children, and ways that they can be utilized with adults of all ages in the counseling setting. Hands-on examples and materials will be provided, as well as ideas for how to incorporate these techniques into your treatment plans.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship

# ROUNDTABLES

11 AM - 12 PM

## #4 The Power of Performance: How to Navigate Performing in Life

Presented by Burgess Rye

### Overview:

We live our lives performing. We do our jobs. We fill our role in the family. We stand on stages or sit on couches "doing". What happens when we no longer have the chance to perform? When the lights are off, and we are left only with ourselves, who do we become? This session, we will focus on understanding the difference between who we are and what we do and make moves toward accepting ourselves.

### Content Areas:

- Human Growth and Development
- Professional Issues
- Wellness

## #5 Assisting College Students Manage Their Anxiety and Worries

Presented by James Sapp

### Overview:

Many young adults report high levels of stress, anxiety, and worry, but the specific sources of these concerns and effective supports are not always clear for mental health counselors. This presentation examines what college students most commonly report as sources of stress and anxiety and highlights the critical role counselors, educators and campus professionals play in supporting them. Participants will learn evidence-based strategies to address prevalent student worries and promote adaptive coping and well-being.

### Content Areas:

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

## #6 What School Didn't Prepare Me For: A Reflective Discourse Regarding Treatment of Outcasted Individuals

Presented by Megan Thompson

### Overview:

Clinicians working with justice involved individuals often must develop treatment plans to address factors school didn't prepare them for; how to help someone develop empathy, effective interventions for sexual offenders, facilitating power of autonomy during incarceration, etc. Throughout this roundtable discussion, participants will learn the importance of confronting clients, the power of counselor creativity, and tips for asserting professional boundaries.

### Content Areas:

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

# SESSION 2

11 AM - 12 PM

## Breakout Sessions

*The Ethical Considerations of Professional Changes and Career Transitions*

*Supporting the Growth of Bereaved Clients through Meaning Reconstruction and Posttraumatic Growth*

*Play With Purpose: Using Tabletop Role-Playing Games in Group Therapy with Neurodivergent Middle and High School Students*

*Legislative Update*

*Understanding First Responder Culture: Keys for Clinicians*

*Historical Trauma, Contemporary Pain: Examining Culture and Mental Health in BIPOC Communities*

*Designing Opt-Out Counseling: A Theory-Informed Approach to Normalizing Support*

*Addressing Sexual Dysfunction in General Practice: What Neuroscience and Safety Theory Reveal*

*When Coping Skills Backfire: A Neurobiological Reframe*

*Working with Betrayal Trauma: Clinical Strategies for Post-Infidelity Stress*

*Intergenerational Narratives and Emerging Adults' Perceptions of the Sexual Double Standard: An Exploration*

*The Transformational Nature of Anger: Clinical Applications for Treatment of Adult Clients*

# SESSION 2

11 AM - 12 PM

## **The Ethical Considerations of Professional Changes and Career Transitions**

Presented by Shelly Erdman, Joy Conklin, and Michael Christian

**Room 102/104**

### **Overview:**

Professional transitions include the many work-based changes a clinician may experience over the course of a career such as moving from internship to professional practice, moving from agency work to private practice, moving from practice employee to practice owner, taking breaks from practice for life needs, and moving from daily work into retirement. At the center of each transition is the ongoing obligation to the well-being of clients. This presentation helps clinicians both consider the professional and ethical issues inherent in practice changes and begin to create a realistic plan for mitigating the stress of professional change.

### **Content Areas:**

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

## **Supporting the Growth of Bereaved Clients through Meaning Reconstruction and Posttraumatic Growth**

Presented by Mason Hale and John Kennedy

**Room 106/108**

### **Overview:**

Meaning-making efforts are observed throughout the lifespan (Fivush et al., 2017), within adversity (Bonanno, 2013), and responding to loss (Ho et al., 2026; Lichtenthal & Breitbart, 2015). Bereaved clients are thrust on a disorienting journey of grief where counselors are uniquely positioned to facilitate meaning-making. Meaning Reconstruction is a contemporary model conceptualizing growth through grief (Neimeyer, 2001). This presentation will describe the Meaning Reconstruction Model (Gillies & Neimeyer, 2006), factors of treatment focus and model-congruent interventions (Neimeyer, 2019) and integrate Posttraumatic Growth outcomes theoretically consistent with meaning-making work (Delgado et al., 2025; Levi-Belz, 2019; Tedeschi & Calhoun, 2004).

### **Content Areas:**

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

# SESSION 2

11 AM - 12 PM

## **Play With Purpose: Using Tabletop Role-Playing Games in Group Therapy with Neurodivergent Middle and High School Students**

Presented by Allison Battles

**Room 109**

### **Overview:**

Neurodivergent adolescents often experience traditional group therapy as inaccessible or disengaging. This session explores the intentional use of tabletop role-playing games (TTRPGs) as a therapeutic, play-based intervention in group counseling with middle and high school students. Grounded in counseling theory, group dynamics, and neurodiversity-affirming practice, participants will learn how structured role-play can promote engagement, emotional regulation, social connection, collaborative problem-solving, and flexible thinking. Ethical considerations, the therapist's facilitative role, session structure, and strategies for tailoring interventions to diverse client needs will also be addressed.

### **Content Areas:**

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

## **Legislative Update**

Presented by Heather Meshell, April Lamoreaux, and Clay Harris

**Room 110**

### **Overview:**

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

### **Content Areas:**

- Professional Issues

# SESSION 2

11 AM - 12 PM

## Understanding First Responder Culture: Keys for Clinicians

Presented by Lori Morrow and Christine Webb

Room 111

### Overview:

First responders operate within unique cultural norms that influence how they experience stress, seek support, and engage in mental health care. These norms affect communication styles, coping strategies, and willingness to access services. This session equips clinicians with practical strategies to navigate first responder culture, build trust, enhance collaboration, and provide support. Participants will gain a more culturally informed perspective, ultimately improving mental health outcomes and long-term wellness for first responders and their families.

### Content Areas:

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

## Historical Trauma, Contemporary Pain: Examining Culture and Mental Health in BIPOC Communities

Presented by Kimberly Proctor-White

Room 113

### Overview:

Historical trauma within BIPOC communities does not end with the generation that experienced it. Trauma responses and coping patterns can be passed down across generations through family systems and cultural practices. Historical trauma can influence how individuals experience stress, adversity, healthcare, and therapy services today. Understanding these experiences helps clinicians provide more culturally responsive and trauma-informed care. The goal of this discussion is to move beyond awareness in efforts to provide culturally relevant interventions, reduce mental health disparities, and support community-centered healing and advocacy.

### Content Areas:

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

# SESSION 2

11 AM - 12 PM

## **Designing Opt-Out Counseling: A Theory-Informed Approach to Normalizing Support**

Presented by Lucy White

**Room 114**

### **Overview:**

This presentation highlights an opt-out counseling model designed to increase utilization among high-achieving populations by reducing stigma and normalizing support as a routine part of an onboarding process. Using implementation experience from a medical school setting, I will describe how opt-out outreach shifts help-seeking from "only when in crisis" to proactive wellness engagement. Attendees will learn practical steps for implementation, key outcomes/indicators of impact, and counseling theories that align with this approach.

### **Content Areas:**

- Wellness

## **Addressing Sexual Dysfunction in General Practice: What Neuroscience and Safety Theory Reveal**

Presented by Olivia Felts

**Room 115**

### **Overview:**

Sexual dysfunction is among the most commonly overlooked concerns clients bring to general therapy. Research indicates many mental health clinicians feel uncomfortable broaching the topic and avoid it altogether (Brand et al., 2022), often unintentionally reinforcing shame. Fear conditioning neuroscience (LeDoux), the Dual Control Model (Janssen & Bancroft), and attachment neuroscience suggest that trauma-informed frameworks already in most clinicians' toolkits are more relevant to sexual health than they realize. Participants will leave equipped to recognize and apply the skills they already bring, with clear guidance on when referral to a sex therapist reflects good clinical judgment.

### **Content Areas:**

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

# SESSION 2

11 AM - 12 PM

## **When Coping Skills Backfire: A Neurobiological Reframe**

Presented by Katie Casey

**Quick Lecture Hall**

### **Overview:**

Many commonly taught regulation skills are presented as universally helpful—yet clinicians often observe clients becoming more distressed, shut down, or overwhelmed when using them. This session explores why regulation strategies can backfire when they are mismatched to a client's nervous system state, trauma history, capacity, or neurodivergent sensory profile. Using a neurobiological and trauma-informed framework, participants will gain a clearer lens for understanding these responses and improving intervention fit. Participants will learn to distinguish nervous system dysregulation from sensory overwhelm, understand how state-dependent capacity affects skill accessibility, and reframe perceived non-compliance as a signal of unmet regulation needs.

### **Content Areas:**

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

## **Working with Betrayal Trauma: Clinical Strategies for Post-Infidelity Stress**

Presented by Detra Flowers

**Wakefield Auditorium**

### **Overview:**

Relational betrayal and infidelity can trigger trauma responses that many counselors feel unprepared to address in clinical practice. This presentation examines betrayal trauma and post-infidelity stress responses, including intrusive rumination, hypervigilance, emotional flooding, and identity disruption. Participants will be introduced to a structured trauma-informed framework developed from clinical practice to help stabilize clients, reduce shame, and support nervous system regulation. Drawing on two decades of clinical experience, the presenter will share practical interventions counselors can use to help clients rebuild self-trust, strengthen boundaries, and move from emotional crisis toward clarity and recovery.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

# SESSION 2

11 AM - 12 PM

## **Intergenerational Narratives and Emerging Adults' Perceptions of the Sexual Double Standard: An Exploration**

Presented by Margaux Seitz and Christopher Hipp  
**Greathouse, Room 211**

### **Overview:**

This presentation summarizes findings in an exploratory phenomenological study analyzing how intergenerational family narratives shape emerging adults' perceptions of a sexual double standard existing within the realm of modern hookup culture. Grounded in literature on vicarious memory, narrative identity, and master narratives, we analyze semi-structured interviews using inductive reflexive thematic analysis to examine how gendered intergenerational narratives potentially influence beliefs about reputation, shame, and what constitutes acceptable sexual behavior. This study benefits the counseling profession by integrating narrative and ecological frameworks to inform case conceptualization and interventions addressing internalized gendered norms and relational shame.

### **Content Areas:**

- Human Growth and Development
- Social and Cultural Foundations

## **The Transformational Nature of Anger: Clinical Applications for Treatment of Adult Clients**

Presented by Francesca Giordano  
**Greathouse, Room 212**

### **Overview:**

In this program, the attendees will learn about the emotion of anger and its relationship to aggression and hostility. The presentation will review the traditional Cognitive Behavioral Therapy treatment of anger. Next, participants will learn about anger as messenger about change. Finally, the characteristics of transformational anger and how to use these characteristics in treatment will be reviewed. These treatment ideas are a result of a research study and many years of successful clinical application. The presentation will include opportunities to ask questions.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship



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# ROUNDTABLES

2 - 3 PM

## #1 Witnessing Loneliness: A Relational and Experiential Group Therapy Model

Presented by Julie Thompson

### Overview:

Loneliness is increasingly understood as a significant mental health concern, yet it is often approached as an individual problem rather than a relational experience. This presentation introduces a group therapy model that conceptualizes loneliness as the absence of being witnessed within relationships. Grounded in Relational-Cultural Theory and Emotionally Focused principles, the model integrates experiential and embodied practices to foster relational safety, emotional expression, and co-regulation. The session will outline the theoretical foundations, describe group structure and goals, and provide examples of interventions that support mutual empathy, emotional processing, and relational skill building.

### Content Areas:

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

## #2 Out of the Box Techniques to Relieve Stress in Five Minutes or Less Utilizing Items in Your Environment

Presented by Heather White, Douglas Devaney, and Taneka Butler

### Overview:

Have you ever felt as twisted as a paper clip trying to hold it all together? In this training, we will explore how to identify stress and gauge your personal stress level. We'll review common stress-relief strategies and discuss the meaning of self-care. Then the fun begins—discovering creative, five-minute techniques you can use in your own environment to reduce stress in the moment. Participants will engage in hands-on activities and have time for questions. If you are looking for practical, out-of-the-box ways to manage stress, this training is for you.

### Content Areas:

- Wellness

# ROUNDTABLES

2 - 3 PM

## #3 The Pornification of Social Media

Presented by Ray White

### Overview:

The Pornification of Social Media is a research-informed workshop that explores how contemporary social platforms increasingly blur the boundaries between connection, self-expression, and sexualized content. Designed for counselors, educators, and helping professionals, this training examines how algorithms, influencer culture, and visual media normalize eroticized imagery, shape expectations around intimacy, and impact developing brains, relationships, and mental health. Particular attention will be paid to the impact on youth.

### Content Areas:

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

## #4 Using Biculturalism to Help Immigrants and Families Build Identity and Belonging

Presented by Chenxi Zhu and Shellsea Morales

### Overview:

The current sociopolitical climate has created profound uncertainty for immigrant clients and their families, challenging their sense of identity and belonging. This interactive lecture explores the acculturation process and its psychological implications, guiding counselors through culturally rooted strategies for identity development. Drawing on ACT-based values work, Yalom's existential framework, and Brené Brown's research on vulnerability, presenters will address belonging, loneliness, and uncertainty in immigrant populations. Attendees will leave with practical, evidence-informed tools to better support immigrant clients navigating life between two worlds.

### Content Areas:

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

# ROUNDTABLES

2 - 3 PM

## #5 Improving Client Retention Through Building Authentic Rapport

Presented by Taiyler Proberts

### Overview:

Building authentic rapport is essential for effective counseling and client retention. When clients feel understood, respected, and connected, they are more likely to remain engaged in therapy and experience meaningful outcomes. This roundtable will explore practical ways counselors can cultivate authentic therapeutic relationships, focusing on starting sessions slowly, appropriate therapist self-disclosure and ethical considerations, therapist authenticity, and fostering hope in clients.

Emphasizing dialogue over lecture, participants will share experiences, discuss challenges with client engagement, and exchange strategies for building rapport. Attendees will leave with practical ideas to strengthen therapeutic relationships and support improved client retention.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship



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# SESSION 3

2 - 3 PM

## Breakout Sessions

*When Clients Stay: Ethical Decision Making and Clinical Pitfalls in Domestic Violence Cases*

*A Shipwreck, A Decision, and Excellence: Implementing Stoic Philosophy in the Therapy Room*

*Doing It Scared: Falling Forward into the Clinical Growth Zone*

*Licensure Q&A*

*Community Mental Health as Specialty Practice: Elevating and Sustaining High-Complexity Care*

*I'm Not Your Superwoman: Black Women & Depression*

*Dads Matter: Appreciating the Unique Role of Fathers Within the Family*

*Counseling in Times of Collective Trauma and Crisis*

*From Practice to Power: Relational and Liberatory Frameworks for Clinical Work and Supervision*

*Why Counseling Students Leave—and How Entrepreneurship Interrupts That Pattern*

*Hospitalization as Last Resort: A Posture of Competence and Compassion When Treating Suicidality*

# SESSION 3

2 - 3 PM

## **When Clients Stay: Ethical Decision Making and Clinical Pitfalls in Domestic Violence Cases**

Presented by Angie Galyean

**Room 102/104**

### **Overview:**

Domestic violence cases often present complex ethical and clinical challenges for therapists, particularly when clients remain in abusive relationships. Survivors may experience confusion, ambivalence, and difficulty making decisions due to patterns of coercive control, psychological manipulation, and trauma bonding. This session examines how abuse dynamics influence survivor decision making and explores common therapeutic approaches that may unintentionally reinforce harmful patterns. Participants will learn how to recognize indicators of coercive control, navigate ethical dilemmas related to autonomy and safety, and apply trauma-informed assessment and intervention strategies that support survivor empowerment while maintaining clinical responsibility and therapeutic alliance.

### **Content Areas:**

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

## **A Shipwreck, A Decision, and Excellence: Implementing Stoic Philosophy in the Therapy Room**

Presented by Adam Barfoot

**Room 106/108**

### **Overview:**

This presentation focuses on helpful insights for therapists from Stoic philosophy. While sharing stories, metaphors, and psychological integration of wisdom from a philosophy that has helped its learners to create meaning from trauma, strength from pain, and to choose virtue over vice for many centuries, Stoic philosophy can be well-implemented by therapists now to help their clients in powerful ways.

### **Content Areas:**

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

# SESSION 3

2 - 3 PM

## Doing It Scared: Falling Forward into the Clinical Growth Zone

Presented by Rebecca Bray

Room 109

### Overview:

Clinicians often encourage clients to sit with discomfort, yet many remain stuck in the comfort zone of clinical routines. This session explores the Comfort, Learning, and Growth Zone framework as a vital tool for professional development and burnout prevention. Through a candid lens, Rebecca Bray, LPC-MHSP, shares her transition from the safety of intake assessments to the learning curves of adolescent groups and the high-stakes growth of launching a Virtual Adolescent IOP. Attendees will learn to identify clinical stagnation, distinguish between calculated risk and panic, and embrace the philosophy of falling forward to cultivate a more authentic practice.

### Content Areas:

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

## Licensure Q&A

Presented by Kim Speakman and Candyce Wilson

Room 110

### Overview:

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. Participants will learn about the licensure process and receive answers regarding issues with the application process.

### Content Areas:

- Professional Issues

# SESSION 3

2 - 3 PM

## Community Mental Health as Specialty Practice: Elevating and Sustaining High-Complexity Care

Presented by Paige Seymour

Room 111

### Overview:

Community mental health is frequently viewed as a transitional setting for early-career clinicians. In reality, this practice requires advanced clinical judgment, risk assessment expertise, systems navigation, and sustained engagement with high-acuity populations. This session reframes community mental health as specialty practice and highlights the complexities required to deliver ethical, effective care. Additionally, this presentation examines the narratives that contribute to turnover and explore practical strategies to strengthen professional identity, sustainability, and retention.

### Content Areas:

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

## I'm Not Your Superwoman: Black Women & Depression

Presented by April Riddick

Room 113

### Overview:

I'm Not Your Superwoman: Black Women and Depression examines the cultural, historical, and systemic forces shaping how depression is expressed and treated among Black women. Grounded in the Superwoman Schema conceptualized by Cheryl Woods-Giscombé, this program explores how culturally reinforced expectations of strength can mask symptoms and delay care. Participants will learn how this framework translates into clinical assessment, helping clinicians distinguish resilience from concealed depression and implement culturally responsive, contextually informed treatment strategies

### Content Areas:

- Assessment
- Social and Cultural Foundations

# SESSION 3

2 - 3 PM

## Dads Matter: Appreciating the Unique Role of Fathers Within the Family

Presented by Ronny Nevo

Room 114

### Overview:

This workshop is structured to be engaging and dynamic, and provides an overview of themes that are relevant, therapeutically engaging, and beneficial for fathers, and, by impact, benefit their families. Participants will be able to immediately apply knowledge and understanding of the male caregiver experience, including intergenerational and learned caregiving practices and beliefs, the perceived role of fathers within the family, familial and social messages of fatherhood, identity and masculinity, schema exploration, and the impact and value of fathers as dads and as individuals. Dads deserve support, resources, and self curiosity and knowledge; and children deserve secure and healthy caregivers.

### Content Areas:

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

## Counseling in Times of Collective Trauma and Crisis

Presented by Marisa White

Room 115

### Overview:

From pandemics and political unrest to natural disasters and mass violence, counselors increasingly work with clients impacted by collective trauma. This session explores how counselors can ethically and effectively support clients during widespread societal disruptions. This session examines the unique features of collective trauma, common client responses, and clinical challenges when both counselor and client are impacted. Participants will learn ethically grounded, trauma-informed, and resilience-focused strategies for practice during times of crisis.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

# SESSION 3

2 - 3 PM

## From Practice to Power: Relational and Liberatory Frameworks for Clinical Work and Supervision

Presented by Anna Morgan-Mullane

Quick Lecture Hall

### Overview:

This workshop explores clinical practice and supervision as relational sites of liberation, challenging hierarchical and compliance-driven mental health models. Integrating relational therapy with abolitionist, feminist, and liberatory frameworks, the presentation offers clinicians and supervisors concrete tools for supporting therapist development, ethical accountability, and relational depth without reproducing harm. Participants will learn how to apply relational interventions, such as working with enactments, rupture and repair, and power dynamics, across both therapy and supervision. Emphasizing supervision as a co-created clinical space, this workshop supports expansive, contextually responsive practices that honor therapist uniqueness while also sustaining collective liberation and clinical excellence for all.

### Content Areas:

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

## Why Counseling Students Leave—and How Entrepreneurship Interrupts That Pattern

Presented by Cecily Moore

Greathouse, Room 211

### Overview:

Counseling programs continue to experience high levels of student attrition driven by financial stress, burnout, and limited professional identity development. This presentation explores how integrating entrepreneurial literacy into counselor education can improve retention, wellness, and long-term career sustainability. Participants will examine common reasons counseling students disengage from programs and how expanding career possibilities beyond a narrow pipeline strengthens professional identity. Practical strategies for teaching ethical, values-aligned entrepreneurship as a wellness intervention will be discussed, with implications for counselor educators, supervisors, and emerging professionals.

### Content Areas:

- Career Development and Counseling
- Counselor Professional Identity and Practice Issues
- Ethics
- Professional Issues
- Supervision
- Systemic
- Wellness

# SESSION 3

2 - 3 PM

## Hospitalization as Last Resort: A Posture of Competence and Compassion When Treating Suicidality

Presented by Nathan Harris  
Greathouse, Room 212

### Overview:

While hospitalization is never off the table when working with suicidal clients, it should be a "last resort" intervention for clinicians working in outpatient settings. However, the decision to hospitalize or not hospitalize is not always clear. This workshop will provide participants with tools and resources for assessing and treatment during times of ambiguity and uncertainty. Participants will walk away feeling better equipped, more confident in their clinical decision making, and increased compassion for the suicidal client.

### Content Areas:

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



# SESSION 4

3:15 - 4:15 PM

## Breakout Sessions

*When Insight Isn't Enough: Somatic Tools to Complete the Stress Cycle*

*Ethical Considerations Across Eating Disorder Treatment and Supervision*

*Ambiguous Loss in Clinical Practice: When Grief Has No Funeral*

*Know Your Worth: Fee Setting and Revenue Planning for Counselors*

*When Your Past Meets Your Practice: Working with Childhood Wounds as a Neurodivergent Clinician*

*From Therapy Room to Frontline: Exploring Co-Response Careers*

*Counselors at the Table: Navigating the Future of Counseling Regulation in Tennessee*

*Helping Families Heal Together: Engaging Caregivers in Child Trauma Therapy*

*Application of Acceptance and Commitment Therapy in Supervision to Enhance Growth Mindset and Reduce Burnout*

*Fragmentation to Integration: Treating Dissociation in Complex Trauma*

*When "Toxic" Becomes a Verb: Navigating the 3 Faces of Workplace Toxicity*

# SESSION 4

3:15 - 4:15 PM

## When Insight Isn't Enough: Somatic Tools to Complete the Stress Cycle

Presented by Mara Giovanni

Boone Center

### Overview:

When clients understand their patterns but still cannot shift their reactions, insight alone is not enough. This experiential presentation introduces Kali Connection Therapy® (KCT), a somatic approach designed to help complete the stress cycle through structured movement, co regulation, and relational engagement. Participants will learn practical somatic exercises that can be used directly in therapy sessions to help clients shift nervous system states, increase agency, and restore safety and connection.

### Content Areas:

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

## Ethical Considerations Across Eating Disorder Treatment and Supervision

Presented by Heidi Hensley

Room 102/104

### Overview:

This presentation explores the ethical tensions inherent in eating disorder treatment, where autonomy, safety, and informed consent are often compromised by the illness itself. Attendees will examine how clinicians assess decision-making capacity and navigate moments when protection may override choice, such as refusal of care or resistance to weight restoration. The session will address the ethics of risk, including the dangers of both over-intervention and under-intervention, and the use of leverage or mandated care. Participants will also consider therapist power, countertransference, and the ethical implications of weight- and metric-based treatment approaches.

### Content Areas:

- Assessment
- Ethics
- Human Growth and Development
- Professional Issues
- Suicide Assessment/Intervention
- Supervision
- Trauma

# SESSION 4

3:15 - 4:15 PM

## **Ambiguous Loss in Clinical Practice: When Grief Has No Funeral**

Presented by Christal Pennic

**Room 106/108**

### **Overview:**

This session equips helping professionals to recognize and respond to ambiguous loss—grief that lacks closure, clarity, or socially recognized support. Participants explore how ambiguous loss presents in clinical settings, particularly in foster care, adoption, estrangement, addiction, and chronic illness. Using a grief-informed, systems-oriented lens, attendees learn practical assessment strategies and intervention tools they can apply immediately in practice. The session emphasizes helping clients build meaning, stabilize distress, and move forward even when resolution is not possible.

### **Content Areas:**

- Trauma

## **Know Your Worth: Fee Setting and Revenue Planning for Counselors**

Presented by Katya Brewington

**Room 109**

### **Overview:**

Confidently set and own your fees by understanding exactly what your time, expertise, and practice are worth. Learn to use practical tools, including fee calculators, to model income scenarios and plan a private-pay practice that aligns with your lifestyle and financial goals. Develop strategies to communicate your fees with confidence while attracting clients who are the best fit for your work.

### **Content Areas:**

- Counselor Professional Identity and Practice Issues

# SESSION 4

3:15 - 4:15 PM

## When Your Past Meets Your Practice: Working with Childhood Wounds as a Neurodivergent Clinician

Presented by Yunetta Smith

Room 111

### Overview:

Neurodivergent clinicians do not enter the therapy room as blank slates. For therapists who are autistic, ADHD, or otherwise neurodivergent, childhood wounds, masking adaptations, and survival strategies shaped by navigating a neurotypical world often influence boundaries, regulation, and responses to client distress. Sometimes it deepens our attunement and sometimes it is off key. This session integrates the REWIRE Framework to help clinicians explore how their history, neurotype, trauma, nervous system, identity, cultural context, and lived experiences shape clinical practice. Participants will leave with practical tools to increase self-awareness, reduce masking, and support regulation and integration before, during, and after sessions.

### Content Areas:

- Career Development and Counseling
- Counselor Professional Identity and Practice Issues
- Human Growth and Development
- Social and Cultural Foundations
- Trauma
- Wellness

## From Therapy Room to Frontline: Exploring Co- Response Careers

Presented by Roxanne Miller

Room 113

### Overview:

This session explores the role of mental health clinicians on co-response teams, based on original research examining law enforcement perspectives and collaborative practices. Attendees will gain insight into how officers value their counseling counterparts and the unique opportunities this career path offers. The presentation emphasizes cultural competence, the impact clinicians can have on both the community and law enforcement, and practical considerations for entering this specialized field. Through research findings and interactive discussion, participants will deepen their understanding of law enforcement culture and the benefits of integrated crisis response models.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Counselor Professional Identity and Practice Issues
- Research and Program Evaluation
- Trauma
- Wellness

# SESSION 4

3:15 - 4:15 PM

## **Counselors at the Table: Navigating the Future of Counseling Regulation in Tennessee**

Presented by Susan Baker and Mekenzie Russell Lane

**Room 114**

### **Overview:**

Counselors in Tennessee are navigating uncertainty surrounding proposed legislative changes affecting the counseling licensing board and regulatory structure, including SB 2227 and HB 2539. This roundtable invites counselors, educators, supervisors, and emerging professionals to discuss evolving regulations and their potential impact on clinical practice, supervision, counselor education, and workforce development. Participants will also consider national frameworks shaping mental health regulation, including traditional state licensure models, interstate compacts, and emerging discussions about national recognition. Attendees will share perspectives and explore constructive approaches to professional engagement and advocacy that support strong standards, public protection, and access to mental health care across Tennessee.

### **Content Areas:**

- Ethics
- Professional Issues
- Systemic

## **Helping Families Heal Together: Engaging Caregivers in Child Trauma Therapy**

Presented by Chase Sanders and Mikaela Rowland-Pearce

**Room 115**

### **Overview:**

Caregiver engagement and participation in a child/adolescent's trauma-focused therapy is one of the most influential variables affecting overall treatment outcomes. In this presentation, participants will learn the importance of caregiver involvement in a child's trauma-focused treatment. Participants will review research regarding generational/familial cycles of trauma and explore the complex interactions between a caregiver's own history of trauma and their child's traumatic experiences. The presentation will highlight the ways that caregivers' attitudes and actions impact a child's healing. Participants will also learn how to facilitate healing for children, caregivers, and the larger family by effectively engaging caregivers in treatment.

### **Content Areas:**

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

# SESSION 4

3:15 - 4:15 PM

## Application of Acceptance and Commitment Therapy in Supervision to Enhance Growth Mindset and Reduce Burnout

Presented by Amanda Russell

Quick Lecture Hall

### Overview:

Acceptance and Commitment Therapy (ACT) is an effective counseling model because of its unique focus on increasing psychological flexibility while reducing experiential avoidance. The aspects of counseling that require flexibility, creativity, and tolerance for ambiguity can be especially challenging for counselors in training who struggle with experiential avoidance. Supervisors can draw on ACT principles to help counselors in training develop greater willingness to experience difficult emotions that may otherwise hinder their growth. This presentation will introduce and teach practical ways to use ACT metaphors, tools, and experiential strategies in supervision to enhance learning and professional development among counselors in training.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship
- Supervision

## Fragmentation to Integration: Treating Dissociation in Complex Trauma

Presented by Dakota Lawrence

Wakefield Auditorium

### Overview:

Dissociation frequently emerges as an adaptive survival response to chronic trauma and attachment disruption. This presentation explores the neurobiological mechanisms underlying dissociation and how early relational trauma shapes defensive patterns of disconnection. Participants will learn to conceptualize dissociation through an attachment-informed and somatic lens while integrating emerging approaches such as Deep Brain Reorienting alongside body-based and trauma-informed interventions. Practical clinical strategies will be provided to help clinicians stabilize clients, work with dissociative responses, and support movement toward greater integration.

### Content Areas:

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

# SESSION 4

3:15 - 4:15 PM

## When "Toxic" Becomes a Verb: Navigating the 3 Faces of Workplace Toxicity

Presented by Don Harvey

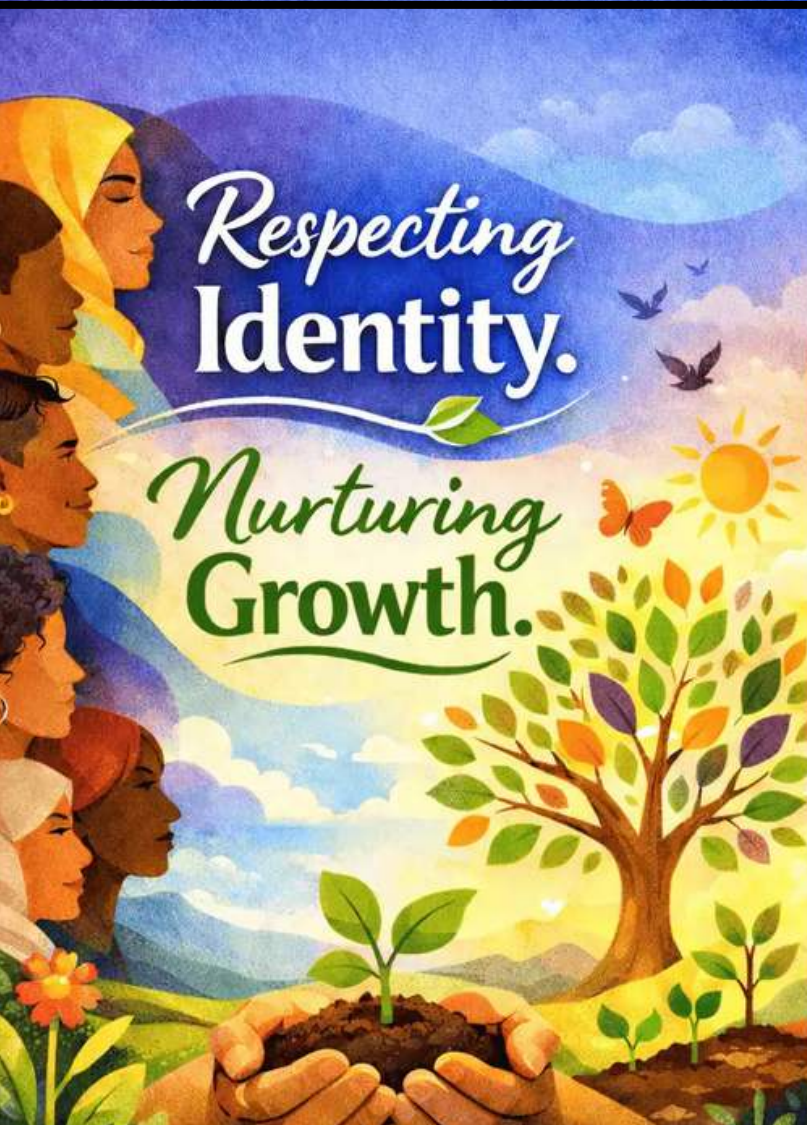
Greathouse, Room 212

### Overview:

A prerequisite to receiving good therapy is having a therapist who has passion for the work. Though most therapist begin with passion, maintaining it is not guaranteed. In, "The Passionate Therapist", 5 truths faced by every therapist planning to thrive vs merely survive are identified. How you Start matters; What you do matters; Where you do it matters; Your Beliefs about therapy and clients matter; and How you Protect yourself matters. This seminar will focus on one of these truths --- the professional Context --- because the characteristics of Where you practice really do matter.

### Content Areas:

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



**Whitewood  
Counseling  
& Consultation, PLLC**

[www.whitewoodcounseling.org](http://www.whitewoodcounseling.org)

423-225-8536

# SESSION 5

4:30 - 5:30 PM

## Breakout Sessions

*Rhythms of Renewal: A Drum Circle for Counselor Replenishment and Connection*

*The Addicted, Developing Brain: Biological Implications and Treatment Suggestions*

*Counseling First Responders*

*The Power of Triangles: A Clear Framework for Psychodynamic Case Formulation*

*Sonorous Sessions: How to Integrate Music into Your Practice*

*Betrayal Bonding and Trauma Bonding: Neurobiology, Relational Dynamics, and Clinical Applications*

*When Trust Becomes Survival: A Unified Model of Betrayal Trauma and Moral Injury*

*Sexual Behaviors of Children: Normative v. Problematic and How Can We Best Help Children*

*When the body speaks: Treating Conversion Disorder*

*Addressing Emerging Addictive Technology and Media Therapeutically: A Guide for Treatment Conceptualization*

# SESSION 5

4:30 - 5:30 PM

## **Rhythms of Renewal: A Drum Circle for Counselor Replenishment and Connection**

Presented by Vanessa Davis

**Boone Center**

### **Overview:**

Counselors, it's your turn to be replenished! In this experiential drum circle, counselors will reconnect, recharge, and rediscover the power of play and rhythm. Drumming reduces stress, boosts mood, enhances mindfulness, and strengthens connection. Join colleagues in a shared rhythmic experience that fosters support, creativity, and deeper professional connections—no experience needed!

### **Content Areas:**

- Group Dynamics and Counseling
- Wellness

## **The Addicted, Developing Brain: Biological Implications and Treatment Suggestions**

Presented by Jeremy Northrop

**Room 106/108**

### **Overview:**

SPECT scan technology and other neurological scanning techniques have impacted the counseling profession. While the presentation gives particular emphasis to adolescents, broader applications of the concepts presented can be utilized. Implications of current biological research provides counseling professionals with more definitive evidence regarding diagnosis and subsequent treatment options. Practical applications will be provided. The applications can equip counselors with resources which can be used to provide psychoeducation to clients and their families.

### **Content Areas:**

- Human Growth and Development

# SESSION 5

4:30 - 5:30 PM

## Counseling First Responders

Presented by Sarah Steger

Room 111

### Overview:

This training focuses on the specialized clinical needs of first responders and the unique cultural, occupational, and psychological factors influencing their mental health. Participants will examine trauma exposure, cumulative stress, moral injury, and barriers to care commonly encountered in first responder populations. The session emphasizes practical, evidence-based, and trauma-informed counseling strategies designed to enhance assessment, engagement, and treatment outcomes. This program is intended for mental health professionals seeking to strengthen clinical competence and cultural responsiveness when working with first responders.

### Content Areas:

- Counselor Professional Identity and Practice Issues
- Trauma

## The Power of Triangles: A Clear Framework for Psychodynamic Case Formulation

Presented by Jeff Devine

Room 113

### Overview:

This session introduces counselors to two foundational psychodynamic tools—the Triangle of Conflict and the Triangle of Person—as practical frameworks for understanding client emotions and relational patterns. Participants will learn how these models clarify the links between feelings, anxiety, defenses, and relationship dynamics across past, present, and therapeutic contexts. Designed for clinicians at any experience level, the presentation uses accessible language and applied examples to support deeper, more organized case formulation. Attendees will learn to identify emotional and relational patterns using both triangles, organize client material into a coherent formulation, and strengthen conceptual thinking in clinical practice.

### Content Areas:

- Counseling Theory/Practice and the Counseling Relationship

# SESSION 5

4:30 - 5:30 PM

## **Sonorous Sessions: How to Integrate Music into Your Practice**

Presented by Cassandra Meredith

**Room 114**

### **Overview:**

This session will explore the field of music therapy and its intersection with traditional therapy practices. Participants will learn how evidenced-based music therapy can benefit a variety of clients, how to refer your clients to licensed music therapists in your area, and how to integrate music into your daily sessions without being a licensed MT-BC. This session will combine musical experience and education to provide concrete steps for increasing creativity during therapy. Being musically-inclined is not required!

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship

## **Betrayal Bonding and Trauma Bonding: Neurobiology, Relational Dynamics, and Clinical Applications**

Presented by Michael Christian and Joy Conklin

**Room 115**

### **Overview:**

This presentation examines betrayal and trauma bonding from neurobiological, attachment, and trauma-informed perspectives. Participants will learn to differentiate trauma bonds from codependency and abuse, identify assessment signs, and understand mechanisms like intermittent reinforcement and reward circuitry. Evidence-based interventions will be demonstrated to disrupt unhealthy bonds, enhance client autonomy and safety, and ensure culturally responsive care. Attendees will gain practical tools, clinical strategies, and skills for addressing betrayal trauma in individual and couples therapy, promoting recovery, healing, and resilience. These insights will help clinicians support clients in overcoming betrayal trauma.

### **Content Areas:**

- Counseling Theory/Practice and the Counseling Relationship
- Trauma

# SESSION 5

4:30 - 5:30 PM

## When Trust Becomes Survival: A Unified Model of Betrayal Trauma and Moral Injury

Presented by Lisa Long and Shelly Erdman

Quick Lecture Hall

### Overview:

The session introduces a unified model that integrates betrayal trauma and moral injury across both intimate-partner and institutional/organizational contexts (Litz et al., 2009). Presenters will examine how betrayal in close relationships and betrayal by institutions or leaders can co-occur with moral injury, and how betrayal blindness and moral numbing function as survival mechanisms in each setting (Griffin et al., 2019). Participants will learn assessment strategies and phase-based, evidence-supported interventions, with applied examples from couples recovering after infidelity and clinicians or healthcare workers navigating institutional betrayal and moral distress (Gordon et al., 2004; Norman et al., 2014).

### Content Areas:

- Counselor Professional Identity and Practice Issues
- Trauma

## Sexual Behaviors of Children: Normative v. Problematic and How Can We Best Help Children

Presented by Stefanie Golper

Wakefield Auditorium

### Overview:

This informative presentation will cover the following areas:

- Definitions of terms
- Normative sexual behavior and normative sex play
- Myths v. facts regarding problematic childhood sexual behavior
- Prevalence of problematic childhood sexual behavior
- Contributing factors of problematic childhood sexual behavior
- Resources for therapists, caregivers, and schools

### Treating the child:

- assessment options and diagnostic considerations
- best practices
- models, modalities, and treatment options
- caregiver involvement in therapy space and at home

### Content Areas:

- Human Growth and Development
- Trauma

# SESSION 5

4:30 - 5:30 PM

## **When the body speaks: Treating Conversion Disorder**

Presented by Kara Werner and Megan Loving

**Greathouse Room, 211**

### **Overview:**

Conversion Disorder is a condition many counselors have heard about but few feel confident treating due to limited training topics available. This presentation explores practical approaches to treatment through case studies, highlighting clinical decision-making, pacing, and interventions that support client progress. We will discuss the integration of EMDR and somatic approaches when working with conversion symptoms in client populations. There will be time at the end of the presentation for questions.

### **Content Areas:**

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

## **Addressing Emerging Addictive Technology and Media Therapeutically: A Guide for Treatment Conceptualization**

Presented by Kevin Hull, Chelsea Alexander, Rebecca Felt, and Kimmy Gains

**Greathouse Room, 212**

### **Overview:**

Technology has changed dramatically in just a few years, bringing new risks alongside new tools. Sports betting apps, immersive video games, and AI chat platforms are creating novel forms of dependency that can reshape relationships, finances, and emotional health. In this session, we'll examine how these technologies influence the brain, how to identify problematic patterns, and how counselors can conceptualize and explore treatment consideration and modalities for unhealthy tech and media use.

### **Content Areas:**

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

# SPONSOR INFORMATION

## Mental Health Cooperative - Corporate Sponsor

[mhc-tn.org](http://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.



## Ellie Mental Health - Corporate Sponsor

[elliementalhealth.com](http://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.



## Trevecca Nazarene University - Venue Sponsor

[trevecca.edu](http://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.



# SPONSOR INFORMATION

## LifeStance Health - Keynote Sponsor

[lifestance.com](http://lifestance.com)

At LifeStance Health, there's no one-size-fits-all approach to mental health. We tailor our care plans to fit each person's unique needs. Our supported clinicians include psychiatrists, psychiatric nurse practitioners, psychologists, and licensed therapists who are ready to support you. LifeStance practices offer both in-person and telehealth appointments, so you get the care you need in the format that serves you best. We also accept major insurance plans, allowing you to get the most from your personalized care plan. We offer therapy, psychological testing, medication management, transcranial magnetic stimulation (TMS), and our newest service in the Nashville Market, Spravato.



## TN Voices - Silver Sponsor

[tnvoices.org](http://tnvoices.org)

TN Voices is a statewide nonprofit dedicated to strengthening the mental health and wellbeing of children, families, adults, and communities across all 95 counties. Through counseling, family support, peer services, and advocacy, we empower families to thrive — from birth and beyond. TN Voices impacts more than 60,000 individuals each year as the collaborative leader in guiding mental health transformation.



## KidLink Treatment Services - Bronze Sponsor

[kidlinknetwork.com](http://kidlinknetwork.com)

Kidlink Treatment Services' network of programs includes more than 50 specialized educational and residential behavioral treatment centers. Each mental health facility provides programming for children and adolescents who may have been unsuccessful in previous treatment settings. Kidlink Treatment Services provides access to programs for male and female youth, including those with low cognitive functioning, severe emotional disturbance, sexually abusive behaviors, psychiatric disorders, or extreme anger or aggression issues. Kidlink Treatment Services works with parents, guardians, and other referral sources to assist them in identifying the most clinically appropriate treatment setting for their children or adolescents.



# EXHIBITOR INFORMATION

## Alive's Grief Center

[alivehospice.org](http://alivehospice.org)

Alive is the only nonprofit hospice in Middle Tennessee. Thanks to donor support, we go above and beyond standard hospice care with special offerings for the whole community that include financial aid for patients and families, caregiver support, counseling, grief camps for kids, end-of-life care education, community building, and remembrance events. We are also the only hospice in the region with its own residential in-patient units, on-staff doctors and pharmacist, and a dedicated team for children with pediatric specialists.



## Bethesda Workshops

[bethesdaworkshops.org](http://bethesdaworkshops.org)

Bethesda Workshops provides a place of healing for those damaged by pornography and other forms of compulsive sexual behavior as well as betrayal trauma. We offer Christian-based, short-term, clinical workshops for male sex addicts, female sex addicts, partners of addicts, couples affected by sexual addiction, and adolescents and their parents.



## The Bridge to Recovery

[thebridgetorecovery.com](http://thebridgetorecovery.com)

The Bridge to Recovery is a transformational residential program, which specializes in healing individuals by addressing the core causes of anxiety, depression and compulsive behaviors. The result is emotional recovery and a renewed enthusiasm for life.



# EXHIBITOR INFORMATION

## Coping in the Cottage

[annemarielpc.com/copinginthecottage](http://annemarielpc.com/copinginthecottage)

**Coping in the Cottage: Exposure and Guided Practice for Coping Skills**  
Clinicians often help clients identify coping strategies for use outside of session, yet limited time can make it difficult to truly practice these skills together. As a result, many clients leave with good intentions but struggle to follow through, returning discouraged. Coping in the Cottage bridges this gap by offering a dedicated space for clients to actively practice coping strategies in a supportive, structured environment. One client described it as “guided self-practice”—an opportunity to build confidence before applying skills in daily life. With clinical expertise and therapeutic tools available, I provide focused sessions centered on skill development. Clients can then return to their primary therapist more confident, engaged, and ready to continue their treatment goals. This cash-based service is designed to complement—not replace—ongoing therapy and is intended for occasional use. Clients may attend individually or in small groups (up to three), offering flexibility and shared cost. For more information or referrals: [annemarie@annemarielpc.com](mailto:annemarie@annemarielpc.com)

*Coping in the Cottage*



[www.annemarielpc.com](http://www.annemarielpc.com)

## The Collective

[mycollectivecare.com](http://mycollectivecare.com)

The Collective is an 8-week, flexible mental health program designed for clients needing deeper intervention than weekly therapy alone. The program targets core drivers of dysfunction, strengthens relational capacity, and promotes durable behavioral change within a structured, supportive framework.



## Cumberland Heights

[cumberlandheights.org](http://cumberlandheights.org)

Since 1966, Cumberland Heights has been transforming lives affected by drug and alcohol addiction. We are a nationally recognized treatment center in Tennessee, rooted in tradition while offering the highest quality of care.



# EXHIBITOR INFORMATION

## HOPE Family Health

hopefamilyhealth.org

HOPE Family Health Services, a non-profit federally qualified health center (FQHC), has been providing accessible, high-quality, patient-focused health care to residents of Macon, Sumner, and Trousdale counties, TN, since 2005. With the mission of restoring dignity, faith, health, and hope in those served by making them partners in the healing process and providing them with competent, loving care, HOPE envisions a future in which high-quality care for the mind, body and spirit is readily available to all. HOPE believes that every patient -- whether insured, uninsured, underinsured, moderate-income, low-income or experiencing homelessness, and regardless of gender, age, race or situation -- deserves access to exceptional care delivered with dignity and respect.



## Jason Foundation at Trustpoint Hospital

jasonfoundation.com

The Jason Foundation, Inc. (JFI) is dedicated to the awareness and prevention of youth and young adult suicide by providing educational programs and resources that empower students, parents, educators, and the community to be better able to recognize and assist at-risk individuals. JFI has multiple Affiliate Offices located nationally. These Affiliate Offices like TrustPoint Hospital will serve as hubs where the community can get educational materials and learn about training programs available through The Jason Foundation.

TrustPoint Hospital provides leading inpatient and outpatient psychiatric programs for individuals experiencing crisis from mental health or substance abuse issues. Our behavioral health center is at the forefront of effective evidence-based practices. TrustPoint offers a safe environment to help adults regain control of their lives.



## Lifespan Integration

lifespanintegration.us

Lifespan Integration (LI) was developed by Peggy Pace in 2002 to treat trauma and dissociation. LI therapy is based on systems theory enhancing the body-mind's natural self-organizing capacity, creating a way for new information and insights to be absorbed, while building a more solid and coherent self-structure. It is a powerful body-mind technique, which through a variety of protocols, brings health, healing and neural integration.



# EXHIBITOR INFORMATION

## Mind the Gap Therapy and Consulting

MindTheGapTN.com

Mental health and physical well-being are intricately connected. Our integrative approach combines the best of mental health care and physical wellness practices, ensuring that we support you in every aspect of your well-being. With a team of experts in trauma therapy, occupational therapy, and holistic care, we work collaboratively to guide you toward lasting healing. We work hard to take the "mystery" out of therapy. Our clinicians use evidence-based interventions and assessments to ensure we're making progress towards the goals that are the most important to you!



## Onsite

experienceonsite.com

Through a range of immersive offerings—including group intensives, individual intensives, residential treatment, intensive outpatient programs, business consulting, and digital courses.—Onsite meets people wherever they are on their healing journey. Each program is grounded in clinically informed curriculum, led by world-renowned lecturers, and delivered through experiential methods by clinicians who have done their own work. This approach fosters deep, lasting change and promotes holistic well-being. Located on thoughtfully designed campuses in Tennessee and California, Onsite blends expert clinical care with healing hospitality in environments built to encourage rest, reflection, and reconnection. Whether navigating life transitions, burnout, relationship challenges, trauma, or seeking greater self-awareness, participants find trusted guidance and supportive community at Onsite. Group and custom intensives allow individuals to step away from everyday distractions and engage in meaningful work alongside skilled therapists and like-hearted peers. For those needing more comprehensive support, Milestones at Onsite offers residential trauma treatment with individualized care. And for those unable to fully step away, Onsite's Intensive Outpatient Program in Nashville offers the opportunity to do focused therapeutic work while remaining grounded in daily life. At its core, Onsite believes in healing through relationship, the power of emotional health, and the courage to live wholeheartedly.



## Peregrine Health

peregrinehealth.com

Peregrine partners with FQHCs to design, manage, and operate behavioral health service lines – bringing expert providers, smart technology, and hands-on support so your clinic can do more with less.



# EXHIBITOR INFORMATION

## Promises Behavioral Health

[promises.com](http://promises.com)

At Promises Behavioral Health, we exist to provide Hope, Transformation, and Connection for life! We provide attainable, affordable, and accessible mental health and substance use treatment with evidence-based clinical integrity. Our vision is that we will be the trusted Center of Excellence for mental health and substance use disorders in our communities. By example, we will inspire our communities to accept and empower individuals through healing. Through healing individuals, communities will heal. We Promise to be Compassionate, Honest, Ethical, Innovative, Authentic, and Responsible. Promises Behavioral Health fills the gaps in treatment by creating unique programs in unique environments. We partner with clients, their family members, and other treatment providers to understand which needs aren't adequately addressed, and then develop programs that are carefully designed to meet those needs. Our centers are committed to providing the highest quality clinical care for addiction and mental health disorders. Our focus is on long-term, sustainable recovery and overall improvement in quality of life.



**P R O M I S E S**  
BEHAVIORAL HEALTH

## The Refuge Center

[refugecenter.org](http://refugecenter.org)

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



The Refuge Center

FOR COUNSELING

## Rogers Behavioral Health

[rogersbh.org](http://rogersbh.org)

Behavioral Health clinic offering specialized PHP and IOP services for both adolescents and adults.

**ROGERS**  
Behavioral Health

# EXHIBITOR INFORMATION

## Sexual Assault Center

sacenter.org

Sexual Assault Center specializes in serving those ages 3 and up who are affected by sexual violence. Our services are available across Middle Tennessee. We provide bilingual crisis intervention, long-term therapy (without session limits), and advocacy services at no cost to the client. Through our 24/7 on-site Sexual Assault Forensic Exam (SAFE) Clinic and hotline support, training, prevention, and efforts to reduce barriers for marginalized groups, SAC works to end sexual violence and foster healing across communities.

**615-259-9055**

**Crisis & Support Hotline - Available 24/7 - 1-866-811-7473**



## TriStar Parthenon Pavillion and Pinewood Springs

tristarhealth.com pinewoodsprings.com

HCA Healthcare Behavioral Health resources, including TriStar Parthenon Pavillion and Pinewood Springs, provide comprehensive behavioral health services for adolescents and adults across the continuum of care. Services include inpatient stabilization, PHP, in person and virtual IOP, and specialized ECT services, with a focus on timely access, strong clinical outcomes, and seamless care transitions for referring providers and community partners. Both hospitals accept major commercial insurance, TennCare, traditional and managed Medicare, and TRICARE.

**TriStar Centennial**  
PARTHENON PAVILION



## Vanderbilt Behavioral Health

vanderbiltbehavioralhealth.com

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 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. **615-327-7000**

VANDERBILT  HEALTH

Behavioral Health

# EXHIBITOR INFORMATION

## Village Behavioral Health

villagebh.com

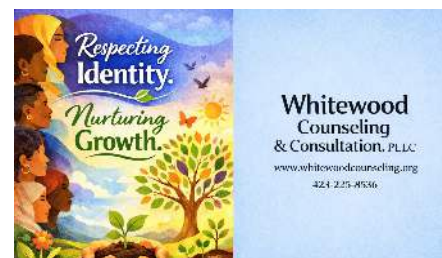
Village Behavioral Health is a residential program for youth ages 9 to 17 years old with primary mental health disorders and secondary substance misuse disorders. Village is located just a few miles from McGhee Tyson Airport and the beautiful Smoky Mountains. VBH is on 64 acres of wooded land with open concept cabins for the kids. VBH has a fully accredited school so that the kids can continue their education while receiving the treatment they need. VBH uses DBT, CBT, EMDR, Equine Therapy, brain spotting, and other modalities in working with the youth and their families. Family participation is expected and will be a key factor in the child's treatment outcome. During their stay at Village Behavioral Health, each youth will experience activity therapy, group therapy, individual therapy, and a variety of other activities to enhance their experience.



## Whitewood Counseling & Consultation, PLLC

whitewoodcounseling.org

Whitewood Counseling & Consultation, PLLC is the professional private practice of Ray A. White, Ed.S., a Licensed Professional Counselor / Mental Health Service Provider who is dedicated to providing evidence-based counseling, consultation, and supervision services.



## dakari Moon

dakarimoon.com

dakari Moon is a creative wellness brand using art, coloring, storytelling, and imaginative experiences to support reflection, relaxation, emotional restoration, and joy.



# PRESENTERS

## ROUNDTABLES

### Cory Bishop

**Cory Bishop, PhD, LMFT** is the Field Experience Coordinator in the School of Mental Health Counseling at Belmont University. Most recently, Dr. Bishop was invited to speak at the 5th Annual DC Roundtable for Child Online Safety. His research centers on the intersection between mental health and technology/media.

### Miranda Buell

**Miranda Buell, LPC-MHSP** has been a Clinical Therapist at the Sexual Assault Center since September 2022. In addition to seeing clients at SAC's offices, Miranda provides group and individual therapy to incarcerated survivors at a local women's prison. She is passionate about providing care to historically marginalized populations.

### Benjamin Craft

**Benjamin Craft** is a licensed counselor specializing in the treatment of OCD and Anxiety Disorders for the past 8 years. Benjamin has a Masters of Science from Troy University and a Bachelors of Science in Psychology from The University of the South.

### Kari Daevel

**Ms. Kari Daevel** is a former school counselor and a Master of Science graduate from the University of Memphis. She also studied Clinical Mental Health Counseling. Member of TDMHSAS: Youth Policy and Planning Council, the TCCY: Young Child Wellness Council's Parent Engagement and Policy and Planning Teams, and TSPN.

### Vanessa Davis

**Vanessa Davis, LPC/MHSP-S and MT-BC** at Replenish Counseling is a trained HealthRHYTHMS facilitator and Therapeutic Game Master. She leads therapeutic drum circles, therapeutic RPG groups and co-hosts Psychobabble on WXNA radio, all driven by her passion for fostering authentic connection through rhythm, storytelling, and creative expression.

### Laura Enciso

**Laura Enciso, LPC-MHSP (Temp.), NCC**, is a temporarily licensed counselor working at the Sexual Assault Center. She earned her M.S. in Clinical Mental Health Counseling from Lipscomb University. Laura is bilingual and works with clients throughout the lifespan using trauma-informed modalities such as SAFE EMDR, narrative therapy, and sandtray/expressive arts.

# PRESENTERS

## ROUNDTABLES

### Nicole Golden

**Nicole Golden, MA, Ed.S., LPC (temp)**, and certified school counselor, works with children and families in Cumberland County, TN, in both fields, bridging school and mental health systems. She is passionate about fostering collaboration between school and mental health professionals, creating supportive environments, and helping children build resilience and thrive.

### Emily Oliver

**Emily Oliver** is an Assistant Professor at Richmond Graduate University in Chattanooga, Tennessee. Emily holds a PhD in Marriage and Family Therapy from Lee University and an MA in Marriage and Family Therapy from Richmond Graduate University. Emily has clinical and research experience related to the impact of Purity Culture.

### Lorice Parker

**Lorice Parker, LCSW, LICSW**, is an author and licensed social worker with over 20 years of experience in behavioral health, child welfare, and family services. She brings a trauma-informed, culturally responsive approach to her work, shaped by decades of clinical practice and community engagement.

### Taylor Proberts

**Taylor Proberts** is a therapist at Ellie Mental Health with three years of experience in counseling. She specializes in trauma-informed care and helping clients build resilience and healthier coping strategies. Taylor earned her master's degree in Clinical Mental Health Counseling from Belmont University.

### Tori Rokicki

**Tori Rokicki** has worked as a therapist in schools around the Nashville area for 12 years. She received her master's and specialist degrees in both school and mental health counseling at the University of Florida. Currently, Tori serves as the Dean of Social Emotional Learning at East End Prep.

### Burgess Rye

**Burgess Rye** is currently a counselor with Ellie Mental Health, but is also the Co-Director of The Jordan Initiative, an athletics and mental health guide to uncovering the true self. He is currently the author of two publications (The Jordan initiative Player Workbook and Coach's Guide).

# PRESENTERS

## ROUNDTABLES

### James Sapp

**Dr. James Sapp** is currently a professor of psychology at the University of Pikeville who is an LPC/MHSP in TN and an LPCC in KY. He has been in higher education since 2006 while still counseling young adults and college students. He is an international counselor, author, and lecturer.

### Julie Thompson

**Julie Thompson** is a graduating master's student in Clinical Mental Health Counseling entering pre-licensure practice. Her interests include relational and attachment-based therapy, group counseling, and experiential approaches to healing. Her work focuses on loneliness, witnessing, and fostering relational safety through emotionally attuned and inclusive clinical practice.

### Meagan Thompson

**Meagan Thompson** is a Licensed Professional Counselor with the Mental Health Services Provider designation. She has worked the last 5 years as the leading mental health treatment provider at the Maury County Jail offering treatment to the incarcerated population. She offers a range of treatment options, specializing in trauma-informed care.

### Heather White

**Heather White** is a counselor at Pellissippi State Community College. She holds a Masters from the University of Tennessee and a Bachelors from Maryville College. A trilingual clinician (English, ASL, Spanish), she specializes in working with neurodivergent clients and those navigating grief and trauma using a holistic, client-centered approach.

### Ray White

**Ray A. White, Ed.S. (he/him)** is an LPC/MHSP and Approved Clinical Supervisor with a background in both counseling and higher education. He currently provides counseling and supervision services through his professional private practice, dba: Whitewood Counseling & Consultation. He specializes with marginalized communities, First Responders, and Veterans.

### Quadric Witherspoon

**Dr. Quadric Witherspoon**, a Bethel, North Carolina native, is a national speaker and Middle School Principal. With over 10 years experience, he has served as Teacher and Dean. He holds degrees from Saint Augustine's University, Grand Canyon University, and National University, and is committed to leadership, culture, and mental health.

### Chenxi Zhu

**Chenxi Zhu, A-LPC-MHSP, NCC**, is an associate licensed professional counselor currently serving at Nashville CARES and Full Circle Counseling of Tennessee. She specializes in working with immigrants and international students, with clinical expertise in acculturation, identity development, and belonging across cultures.

# PRESENTERS

## SESSIONS

### Carla Archuletta

**Carla Archuletta, LPC/MHSP-S, FT, NCC**, is a Licensed Professional Counselor and Approved Supervisor in Tennessee, Fellow in Thanatology, EMDR Certified Therapist, EMDRIA Consultant-in-Training, and Facilitator for EMDR Basic Training. She is also a trained end-of-life doula and instructor in the University of Vermont's End-of-Life Doula Professional Certificate Program.

### Susan Baker

**Susan Baker, PhD, LPC/MHSP/S**, is a licensed professional counselor, licensure supervisor, and private practice owner, as well as the founder of Cognitive Connections. She is also a graduate professor at Lincoln Memorial University, teaching in the Professional Counseling Program within the School of Education and serving as the Interim Program.

### Adam Barfoot

**Adam Barfoot, M.Ed., LPC-MHSP**, is a licensed professional counselor who specializes in helping clients improve their emotional intelligence, helping clients strengthen their recovery from addiction, and helping athletes improve their mental health and performance. He values helping his clients build resilience, strength, and courage in their lives.

### Allison Battles

**Allison Battles** is a Licensed Professional Counselor with thirteen years of counseling experience and a doctoral student in Counselor Education and Supervision at University of the Cumberlands. She practices at Therapeutic Studio, specializing in individual and group counseling, neurodiversity-affirming care, and experiential interventions, including therapeutic play and tabletop role-playing games.

### Jeremy Berry

**Dr. Jeremy Berry** received his undergraduate education at Wayland Baptist. He received his Master of Arts in Management with a specialization in Psychology in 2005 and his Master of Arts in Counseling in 2007, both from Wayland Baptist University, and a Doctorate from Texas Tech University.

# PRESENTERS

## SESSIONS

### Charly Bjornsen

**Charly Bjornsen** is a Tennessee-licensed LCSW with a Master of Social Work from the University of Tennessee. She provides clinical supervision at Ellie Mental Health and sits on the social work accreditation board at Trevecca Nazarene University. Charly loves developing programs, improving systems, and investing in professional development of clinicians.

### Sarah Bracey

**Sarah Bracey, LPC MHSP**, serves as the program coordinator and associate professor of the undergraduate and graduate psychology programs at Welch College. She graduated with her PhD in Counselor Education and Supervision in 2019 and works as a campus counselor.

### Rebecca Bray

**Rebecca Bray, LPC-MHSP**, earned her MEd from UWG in 2020. She has experience providing individual and group therapy for all ages across psychiatric and community settings. She developed the virtual adolescent IOP at Rolling Hills Hospital and is currently launching a private practice and The Tired Therapist online community.

### Katya Brewington

**Katya Brewington, M.Ed., LPC/MHSP/S, NCC, ACS**, is CEO and founder of Therabiz, LLC and Cedar Tree Wellness Center. A Vanderbilt-trained counselor with 23+ years clinical experience and 19+ years supervising, she provides consultation, supervision, and trainings in private practice development, trauma, and couples therapy using CBT, DBT, EFT, and mindfulness.

### Katie Casey

**Katie Casey, LPC-MHSP**, is a licensed professional counselor, clinical supervisor, and founder of Abundant Hope Therapy. She is an NBCC-approved CE provider whose work focuses on complex trauma, secondary traumatic stress, nervous system regulation, somatic interventions, chronic pain and illness, and burnout in helping professionals.

### Alexis Castle

**Alexis Castle, LPC-MHSP**, is a Knoxville therapist specializing in complex PTSD, dissociative disorders, narcissistic abuse recovery, and adult ADHD. She uses Deep Brain Reorienting (DBR) therapy to help clients achieve a felt sense of healing from trauma and is a DBR consultant-in-training, supporting other clinicians in applying this approach.

# PRESENTERS

## SESSIONS

### Michael Christian

**Michael Christian, PhD.**, is the Clinical Director and Senior Advisor of Connection Therapy Group in Middle Tennessee. Dr. Christian has specialized training and clinical expertise in compulsive sexual behavior, betrayal trauma, and relational process therapy. He has supervised numerous clinicians and graduate trainees in ethical and trauma-informed practice.

### Jena Collins

**Dr. Jena Collins** is a Support Specialist for the Full Spectrum Learning Program at Austin Peay State University and an adjunct faculty member in the College of Education. She holds an Ed.D. in Higher Education Administration and specializes in neurodiversity-affirming support, executive functioning, and nature-based interventions promoting student well-being.

### Kendra Cook

**Kendra Cook, LPC/MHSP-S**, is a Site Director at Frontier Health in Johnson City, TN. She is an AIMhiTN-Endorsed Infant Family Specialist, Early Childhood Family Specialist, and Reflective Supervisor with expertise in evidence-based early childhood mental health treatment, including Child-Parent Psychotherapy. She is also a certified PCIT Within Agency Trainer.

### Vanessa Davis

**LPC/MHSP-S and MT-BC at Replenish Counseling, Vanessa** is a trained HealthRHYTHMS facilitator and Therapeutic Game Master. She leads therapeutic drum circles, therapeutic RPG groups and co-hosts Psychobabble on WXNA radio, all driven by her passion for fostering authentic connection through rhythm, storytelling, and creative expression.

### Jeff Devine

**Jeff Devine, LPC-MHSP-S**, has over 25 years of experience in mental health settings. He earned his Ed.S. from Murray State University and now serves as Regional Director at Ellie Mental Health, supporting clinics across Tennessee, Oklahoma, Georgia, Alabama, and Florida.

### Shelly Erdman

**Shelly Erdman, LPC/MHSP, NCC, CCPS, BC-TMH** is a Nashville-area betrayal trauma specialist who recently suspended and returned to clinical practice due to life changes. She is also a doctoral candidate in Trevecca's PhD in Clinical Counseling, Teaching, and Supervision program and has served as a researcher and adjunct professor.

# PRESENTERS

## SESSIONS

### Olivia Felts

**Olivia Felts** is a trauma-informed therapist and behavioral health leader dedicated to whole-person care across the lifespan, with a specialty in sex therapy. She serves as Lead Clinician on Sexual Wellness at Connection Therapy Group and separately holds a Director of Behavioral Health role in an educational setting.

### Detra Flowers

**Detra Flowers, LPC**, has over 20 years of experience in mental health. She earned her MA from the University of Arkansas. She is the founder of Renewed Perspectives and provides clinical services through LifeStance Health. She specializes in betrayal trauma and authored the forthcoming workbook *Renewed After Ruin*.

### Tara Forrest Greene

**Tara Forrest Greene** is a licensed marriage and family therapist, the owner of Forrest Counseling Services, LLC, and a part-time adjunct course facilitator for Abilene Christian University Online. She is an AAMFT supervisor-in-training and a doctoral student at Trevecca Nazarene University. Tara specializes in helping women recover from destructive relationships.

### Vanessa Davis

**Vanessa Davis, LPC/MHSP-S and MT-BC** at Replenish Counseling, is a trained HealthRHYTHMS facilitator and Therapeutic Game Master. She leads therapeutic drum circles, therapeutic RPG groups and co-hosts Psychobabble on WXNA radio, all driven by her passion for fostering authentic connection through rhythm, storytelling, and creative expression.

### Angie Galyean

**Angie Galyean, LPC-MHSP**, is a licensed professional counselor and founder of Renovated Heart Counseling, LLC in Tennessee. She also serves as Director of Social Services at Hope House. She specializes in trauma, relational dynamics, and domestic violence assessment and treatment and provides consultation and training for clinicians on abuse.

### Mara Giovanni

**Mara Giovanni, MSW**, is the founder of Kali Connection Therapy® (KCT), a neuroscience informed somatic modality used in therapy sessions to support nervous system regulation, agency, and relational repair. She trains clinicians in KCT and facilitates experiential groups at Onsite Workshops and Integrative Life Center.

# PRESENTERS

## SESSIONS

### Stefanie Golper

**Stefanie** is a Clinical Therapist and the Professional Development & Training Coordinator for SAC. Stefanie's clinical experience includes addiction treatment, in-home family treatment, school-based therapy, juvenile justice and residential treatment, and mental health agency. Stefanie's area of focus is children, adolescents, and families experiencing complex trauma and crisis.

### Mason Hale

**Mason, LPC-MHSP, LCPT, NCC, BC-TMH, BCCC** earned his Ph.D. from Tennessee Tech in 2024, serves as an Assistant Professor at Belmont University and a counselor for the Mt. Juliet Counseling Center. His clinical interests include spiritual integration, thanatology, and couples counseling.

### Nathan Harris

**Nathan Harris, LPC/MHSP (S)**, currently serves as the Director of Counseling Services at Bryan College. He is a member of TLPCA, ACA, AUCCCD, and EMDRIA. His areas of clinical interest include suicidality, trauma, and the integration of faith into counseling. He is certified in EMDR and is CAMS trained.

### Donald Harvey

**Donald Harvey, PhD, LPC-MHSP** is Graduate Professor at Trevecca Nazarene University. With 5 decades of professional work as therapist, supervisor, educator and author, Don is embracing the role of "mentor and consultant" to developing therapists, whether "rising" or "seasoned." This shift is noted in his newest book; "The Passionate Therapist."

### Heidi Hensley

**Heidi Hensley** has been working with individuals and parents for over 15 years as a therapist. Most of Heidi's professional experience is in the treatment of eating disorders and OCD across the lifespan. Heidi currently serves as the Director of Clinical Education and Training at Anchored Counseling Company.

### Sara Hopkins

**Dr. Hopkins** has been a counselor educator at Trevecca Nazarene University for over a decade. Prior to full time teaching she ran a college counseling center. Sara maintains a private practice in the Nashville area and provides AAMFT-approved supervision. She is passionate about supervision and enjoys helping emerging counselors develop.

# PRESENTERS

## SESSIONS

### Kevin Hull

**Dr. Kevin Hull** is an assistant professor at Trevecca Nazarene University and practicing therapist specializing in OCD and anxiety. Dr. Hull has recently been working on developing tools to reduce the negative impact that overuse of technology and media has on emotional and spiritual health.

### Allison Johanson

**Allison Johanson, LCSW**, is a trauma therapist specializing in EMDR. She integrates somatic-based approaches to support healthcare workers and survivors of trauma in building resilience. Allison offers workshops and consultations to help therapists and health care professionals sustain their high-stress profession.

### Dakota Lawrence

**Dakota Lawrence, LPC-MHSP**, is a psychotherapist and co-owner of Mind The Gap in Murfreesboro, Tennessee. He specializes in trauma, chronic pain, and mood disorders, integrating approaches such as EMDR, DBT, ACT, and Sensorimotor Psychotherapy while collaborating across disciplines to provide holistic, body-based mental health care.

### Lisa Long

**Lisa Long, LPC/MHSP, NCC, CCATP** is a doctoral candidate in a CACREP-accredited Clinical Counseling: Teaching and Supervision doctoral program. She is the owner of May Tree Counseling in Brentwood, TN, specializing in trauma, moral injury, narcissistic abuse recovery, and the impact of institutional betrayal on helping professionals and survivors.

### Allyson Melcher

**Allyson Melcher** is a licensed professional counselor with over eight years of experience in community mental health. She earned her Master's in Mental Health Counseling from Southern New Hampshire University and serves as Lead Therapist at Rogers Behavioral Health. Allyson specializes in trauma-informed care and is a member of TLPCA.

### Andy Melton

**Dr. Andy Melton** is a licensed professional counselor and cofounder of Executive Counseling Group in Nashville, TN. With a PhD and 12,000+ hours working directly with entrepreneurs and couples in leadership, he helps high-performers trade chaos for clarity—both in business and at home.

# PRESENTERS

## SESSIONS

### Cassie Meredith

**Ms. Cassie Meredith** is a licensed music therapist with five years of experience in residential, community, and forensic settings. She earned her Masters of the Arts in Counseling through Touro University Worldwide. She currently serves as an IOP Technician, combining creativity and counseling to improve group therapy for adults.

### Heather Meshell

**Heather Meshell** is an attorney and lobbyist who has worked for over a decade in public policy and government relations on both local and state levels, collaborating with lawmakers, nonprofits, law enforcement, judges, and advocates with a focus on the criminal legal system. Heather received her Juris Doctorate from Nashville School of Law and holds a bachelor's degree in Sociology from Middle Tennessee State University.

### Roxanne Miller

**Roxanne Miller** is a Police Crisis Counselor with MNP. Licensed as an LPC-MHSP in Tennessee, Dr. Miller holds a Ph.D. in Forensic Psychology and an M.A. in Clinical Mental Health Counseling. Her expertise includes crisis intervention and co-response models, enhancing collaboration between law enforcement and mental health professionals.

### Cecily Moore

**Dr. Cecily Moore, LPC-MHSP, LMHc** is the practice owner of Dr. Cecily Moore & Associates, LLC and a clinical faculty member at Antioch University specializing in counselor professional identity, wellness, and sustainable career development. Dr. Moore's work focuses on helping CITs and clinicians build ethical, values-aligned careers to improve counselor retention.

### Anna Morgan-Mullane

**Dr. Anna Morgan-Mullane, LCSW-R (she/her)** is the Founder and Clinical Director of Echo Community Practice and a Professor at NYU Silberman School of Social Work and Antioch University. She is a clinical social worker, supervisor, and educator specializing in trauma-responsive, abolitionist, anti-racist, and relational psychotherapy, supervision, and mental health policy.

### Lori Morrow

**Lori Morrow** is a Licensed Clinical Social Worker with over 10 years in the community mental health field. She is currently a Police Crisis Counselor with Metro Nashville Police Department. She specializes in first responder family wellness, utilizing trauma focused therapies to support department employees and their family members.

# PRESENTERS

## SESSIONS

### Ronny Nevo

**Dr. Ronny Nevo** is a licensed clinical psychologist, blending experiential therapy with fatherhood. She received her Doctorate from William James College near Boston, focusing on diverse and marginalized families and communities, and completed her dissertation on teenage dads. She promotes healing therapy for healthy fathers and, by extension, healthy families.

### Jeremy Northrop

**Jeremy M. Northrop** has degrees from Freed-Hardeman University (BBA, MA, MS) and Capella University (PhD), is a licensed professional counselor/mental health service provider (LPC/MHSP) and an Approved Supervisor. Currently, Jeremy teaches university-level courses and counsels in private practice.

### Christal Pennic

**Christal R. Pennic, LPC-MHSP**, is the Founder of The Grief Center and host of The GRIP Spot podcast. A Grief Systems Architect, she partners with healthcare, child welfare, and corporate organizations to operationalize grief-informed care and bereavement support at scale.

### Kimberly Proctor-White

**Kimberley Proctor-White** is a pre-licensed counselor at Ellie Mental Health with over 20 years experience in mental health and faith-based settings. She earned her MA in Clinical Mental Health Counseling from The Chicago School of Professional Psychology. She is a published author and specializes in anxiety, depression, and OCD.

### April Riddick

**April Riddick** is a RN and LCSW with experiences across rural, urban, and community-based settings. April is the owner and founder of Under the Broom Tree, LLC and serves as American Psychiatric Nurses Association Member-at-Large for the West Region. April's expertise includes behavioral health care, psychiatric nursing, and crisis intervention.

### Amanda Russell

**Dr. Amanda Russell** is a LPC-MHSP working in private practice, Clinical Supervisor, and Assistant Professor at Christian Brothers University. Dr. Russell specializes in working with family violence, trauma, and relationship issues. Dr. Russell is a member of ACA, ACES, and TCA.

# PRESENTERS

## SESSIONS

### Chase Sanders

**Chase Sanders, LPC/MHSP-S**, leads a team of clinicians providing trauma therapy for victims of child abuse at the Carl Perkins Center for the Prevention of Child Abuse. In addition to trauma work and supervision duties, he specializes in providing therapeutic interventions for children with sexual behavior problems.

### Greg Searls

**Greg Searls** is the Executive Director of the Counseling Compact Commission. He is a licensed funeral service practitioner in Wyoming, beginning his regulatory career in 2010 when appointed by the Governor to the Board of Funeral Service Practitioners. In 2016, he transitioned to an Executive Director role within the Wyoming Professional Licensing Board office.

### Margaux Seitz

**Margaux Seitz** holds a B.S. in Psychology with a focus in Neuroscience from Pennsylvania State University. She has experience in child welfare, inpatient psychiatry, and community mental health. A Clinical Counseling graduate student at Charleston Southern University, she researches intergenerational narratives, gender norms, and relational identity to inform counseling practice.

### Paige Seymour

**Paige Seymour** is an LPC-MHSP and Ph.D. candidate at Tennessee Technological University. She has extensive experience in treating mental health issues in both adults and children. She serves as President of the Board of Directors for Power of Putnam anti-drug coalition and is actively involved in addressing substance use issues.

### Yunetta Spring Smith

**Yunetta Spring Smith** is a Licensed Professional Counselor, EMDR Consultant, and Trainer with extensive experience in trauma-focused therapy. She is the founder of Spring Forth Counseling, Groundbreakers Coaching and Consulting, and first EMDR BIPOC Therapy Directory. Yunetta specializes in helping individuals unmask rewire their nervous systems and heal childhood trauma.

### Kim Speakman

**Kim Speakman, LPC-MHSP**, has 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.

# PRESENTERS

## SESSIONS

### Sarah Steger

**Sarah Steger, LPC-MHSP-S, LPC, CFRC**, serves as Senior Clinical Director at Mind Body Optimization and is a member of the American Counseling Association and the Tennessee Licensed Professional Counselors Association. She specializes in evidence-based, trauma-informed care for military and first responder populations and is a national speaker.

### Kara Werner

**Kara Werner** is a licensed professional counselor with over 9 years of experience working in school counseling and private practice. She earned her master's degree from East Tennessee State University and is currently a doctoral student at University of the Cumberlands for Counselor Education and Supervision.

### Lucy White

**Lucy White** is a Counselor and Wellness Officer at the University of Tennessee Health Science Center, supporting medical students and residents through confidential counseling, wellness programming, and systems-informed initiatives. Areas of expertise include trainee mental health, burnout and fatigue mitigation, suicide prevention, and opt-out/embedded models that normalize help-seeking in high-achieving training.

### Marisa White

**Dr. White** is a counselor educator with experience in counseling, supervision, research, advocacy, publishing, and service to the profession. She is also a licensed professional counselor (LPC-Ohio) who worked with diverse populations including clients with addiction disorders, clients post incarceration, and clients with a HIV+ status.

### Candyce Wilson

**Candyce Wilson** is the Executive Director for six licensing Boards and three Committees, including the Board for Licensed Professional Counselors, Licensed Marital and Family Therapists, and Licensed Clinical Pastoral Therapists for the State of Tennessee. With 10 years of experience in the Division of Licensure and Regulation, she provides direct supervision to a team of administrators who manage the licensing boards/committees. Prior to joining the State, she earned her Master of Social Work from Austin Peay State University.

# CO-PRESENTERS

## ROUNDTABLES

### Taneka Butler

**Taneka Butler, LMSW**, is a counselor at Pellissippi State Community College who is passionate about helping people understand their stories, heal from trauma, and build meaningful lives. She is a wife and mother of twin boys and brings both professional expertise and real-life perspective to her work.

### Douglas Devaney

**Doug** is an LPC/MHSP in Tennessee and counselor at Pellissippi State Community College. He teaches Criminal Justice, operates 3D Wellness for virtual counseling and consulting, and is pursuing a PhD in Counseling & Psychology (Traumatology) at Regent University. He focuses on holistic wellness, mindfulness, expressive arts, spirituality, and forensic psychology.

### Enchatic Laws

**Enchantice Laws, M.S. CMHC**, is a counselor working in community mental health. She recently earned her M.S. in Clinical Mental Health Counseling from Lipscomb University, specializing in Addiction. She currently serves as an unlicensed therapist at Centerstone, providing trauma-informed, person-centered therapy to individuals with a wide range of presenting concerns.

### 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.

### Shellsea Morales

**Shellsea** is a bilingual (English + Spanish) Latina therapist currently practicing at Hampton House Counseling in Nashville, and mostly works with TN's first-generation, immigrant, and queer population. Within these populations Shellsea specializes in working with victims of sexual assault, complex trauma, identity development, and anxiety.

# CO-PRESENTERS

## SESSIONS

### Chelsea Alexander

**Professor Chelsea Alexander** is an assistant professor at Trevecca Nazarene University and practicing therapist working with individuals who are justice-involved and adjusting to life outside of incarceration. She was the recipient of the 2025 Tennessee Licensed Professional Counseling Association conference of the Presidential Award for Social Justice Counseling.

### Amy Blount

**Amy Blount** is a Licensed Clinical Social Worker and Clinical Supervisor at Rogers Behavioral Health. Amy has experience across residential, PHP/IOP, outpatient, school-based, and hospital settings. She specializes in trauma, OCD/anxiety, and mood disorders. Amy provides dynamic clinical leadership, program development, supervision, and training in CBT, ERP, DBT, and BA.

### Joy Conklin

**Joy Conklin** is the owner of Connection Therapy Group in Middle Tennessee, a clinician, and doctoral student in Counselor Education and Supervision. She specializes in trauma-informed care, couples counseling, providing compassionate, evidence-based services and expanding accessible community mental health resources for all.

### Rebecca Felt

**Rebecca Felt** is a current student at Trevecca Nazarene University working toward a master's degree in clinical mental health. Rebecca was selected as a co-presenter for this session due to excellent research that she and her research partner conducted as a part of her Chemical Use and Abuse class.

### John Kennedy

**John Kennedy** received his Ph.D. from Regent University in 2011 and practices as a LMFT, LPC-MHSP, with the NCC. John provides supervision for LPC-MHSPs and LMFTs seeking licensure. He has been in private practice since 2008 and recently retired from his associate professor role at Trevecca Nazarene University.

### MeKenzie Lane

**A PhD Candidate for CES, MeKenzie Lane, M.Ed, LPC/MHSP** is also a Certified Grief Educator. A Certified Grief Educator is committed to providing the highest level of grief support through education, experience, and insights into the often unacknowledged rocky terrain of grief.

# CO-PRESENTERS

## SESSIONS

### Megan Loving

**Megan Loving** is a licensed professional counselor in the state of Tennessee and Virginia. She has been in the Counseling field for over 14 years now. She earned her master's degree from East Tennessee State University. She currently serves as owner and director of Loving Counseling Center.

### Hailey Mason

**Hailey Mason** is a graduate student in Clinical Mental Health Counseling at Austin Peay State University. She serves as a Graduate Assistant with the Full Spectrum Learning Program and a Resident Counselor at Mental Health Cooperative's Children's Crisis Stabilization Unit, holding a B.S. in Psychology with a minor in Sociology.

### Jessie Meehan

**Jessie Meehan** is an intern in the Clinical Mental Health Counseling master's program at Austin Peay State University and serves as a Support Specialist Graduate Assistant for Full Spectrum Learning. Her background in psychology, music, and costuming informs her work with neurodivergent students and high-acuity mental health clients.

### Mikaela Rowland-Pearce

**Mikaela Rowland-Pearce, LPC/MHSP**, has worked with victims of child abuse since 2020. She is a 2019 graduate of Freed-Hardeman University. She works as a full-time trauma therapist in the child advocacy center in Savannah, TN. She also serves as a clinical director and provides administrative supervision to several trauma therapists.

### Christine Webb

**Christine Webb** is a Licensed Professional Counselor with over 15 years of clinical experience. She is currently a Police Crisis Counselor with Metro Nashville Police Department. She specializes in officer wellness, with a focus on behavioral addictions, financial wellness, and the unique stressors of public safety work.

### Patrick Whitfill

**Patrick Whitfill** has work appearing in journals like Colorado Review, Threepenny Review, Kenyon Review Online. He teaches at Wofford College and lives in Spartanburg with his wife, son, and three pets. His chapbook, Curiosity, came out this spring. He holds a PhD in English from Texas Tech.



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# 2026 STUDENT POSTER PRESENTERS

## **Austin Peay State University**

**Madison Elridge**

**Alexandra Estrada-Marín**

*Restoring the Healer: A Yoga and CRM  
Group for Counselors*

## **Tennessee Technological University**

**Jamellia Potts**

*Caregiving After Childhood Trauma: A  
Literature Review of Parenting Styles  
and Attachment Behaviors*

## **Middle Tennessee State University**

**Erin Dodrill**

*Child Abuse and Anger Regulation in  
Adulthood*

## **University of Alabama at Birmingham**

**Gracie Fendley**

*The Use of Social Media in Student  
Counseling Outreach Initiatives*

**Zachary Nawas**

*Childhood Medical Trauma's  
Enmeshment with Development*

**Tori Tookes**

*Peer-Led Mental Health Outreach:  
Reducing Stigma and Increasing  
Engagement*

**Sachaye Walker**

*Beyond Compliance: Creative  
Approaches to Engagement in  
Correctional Group Therapy*

## **University of the Cumberland**

**Kelly Moore**

*Mentorship Matters: Why "Good Luck,  
Kid" Is Not a Retention Strategy in the  
Counseling Profession*

# Join the Summit Community!



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A vibrant graphic featuring a city skyline silhouette in the background, rendered in various colors like purple, blue, green, and orange. The skyline is set against a white background with colorful paint splatters. The text "COUNSELING AND THERAPY SUMMIT" is overlaid in the center in a bold, white, sans-serif font.

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THERAPY SUMMIT

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

