7th Annual UCF Counseling Conference

February 6-7, 2015

Crossing Borders: Internationalization and Collaboration Across Helping Professions

Featuring Keynote

JEFFREY KOTTLER, PH.D.
California State University
Author of On Being a Therapist

Sponsored by the UCF Counselor Education Program and the Toni Jennings Exceptional Education Institute
Dr. Jeffrey Kottler is one of the foremost authorities and prolific writers in the fields of counseling, psychology, and education. He is the best-selling author of more than 80 nonfiction books that deal with a wide range of subjects including personal development, group leadership, professional development of psychotherapists and teachers, social justice, true crime, and a variety of contemporary issues related to helping and healing, truth and lies, creativity, transformative travel, and stress management. Jeffrey is professor of counseling at California State University, Fullerton and President of Empower Nepali Girls, an organization that provides scholarships for at-risk children in Nepal.
# OVERVIEW OF CONFERENCE SCHEDULE

## Friday, February 6, 2015

<table>
<thead>
<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>8:00 a.m. – 9:00 a.m.</td>
<td>Registration</td>
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<tr>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>60-minute Content Sessions</td>
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<tr>
<td>10:00 a.m. – 10:15 a.m.</td>
<td>Networking</td>
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<tr>
<td>10:15 a.m. – 11:45 a.m.</td>
<td>90-minute Content Sessions</td>
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<tr>
<td>11:45 a.m. – 12:15 p.m.</td>
<td>Passing Time and Lunch (On Friday, participants and presenters are on their own and therefore see to their own lunch)</td>
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<tr>
<td>12:15 p.m. – 12:45 p.m.</td>
<td>30-minute Poster Sessions</td>
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<td>12:45 p.m. – 1:00 p.m.</td>
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<tr>
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<td>90-minute Content Sessions</td>
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<tr>
<td>2:30 p.m. – 2:45 p.m.</td>
<td>Networking</td>
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<tr>
<td>2:45 p.m. – 4:15 p.m.</td>
<td>90-minute Content Sessions</td>
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## Saturday, February 7, 2015

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<tr>
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<tbody>
<tr>
<td>8:00 a.m. – 9:00 a.m.</td>
<td>Registration, Breakfast, Networking</td>
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<tr>
<td>9:00 a.m. – 11:00 a.m.</td>
<td>KEYNOTE</td>
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<tr>
<td>11:00 a.m. – 12:00 noon</td>
<td>Lunch</td>
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<tr>
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<td>30-minute Poster Sessions</td>
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<td>Networking</td>
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<tr>
<td>2:30 p.m. – 3:00 p.m.</td>
<td>30-minute Poster Sessions</td>
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<tr>
<td>3:00 p.m. - 4:00 p.m.</td>
<td><em>By the Fireside... Wisdom at the Feet of a Sage</em> (Doctoral students with Dr. Kottler)</td>
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Friday, February 6, 2015

60-minute Content Sessions

**Friday, 9:00 a.m. – 10:00 a.m.**

**Cross-Cultural View of Altruistic Caring: Implication for the Helping Profession**

Presenters will outline the research on the perception of altruistic caring of counselor education students and practitioners from the UK, USA, Korea, and Scotland. The current model will be presented and implications for research on the relationship of altruistic caring, client experience and client outcomes will be explored. Implications for counselors and counselor education will be discussed.

Robinson, Mike (Ph.D., UCF) and Flasch, Paulina (Ed.S., UCF)

Room: TA 102

**Friday, 9:00 a.m. – 10:00 a.m.**

**Application and Modification of Play Therapy Techniques That Fit the Challenges Facing Contemporary School Counselors**

Professional School Counselors are positioned well to work with students with a variety of issues in the school setting, but are often faced with limited time, support, and resources. This presentation will address therapeutic benefits of play therapy techniques in individual counseling, small group counseling, and classroom guidance lessons. Presenters will address how efficacious this model is, and how it can be adjusted to fit well within a comprehensive, developmental school counseling program.

Flynn, Jackie (Ed.S., UCF) and Van Horn, Stacy (Ph.D., UCF)

Room: TA 130

**Friday, 9:00 a.m. – 10:00 a.m.**

**Multidisciplinary Approach to Counseling Victims and Their Families**

Human trafficking is a form of modern slavery affecting many individuals and their families. Particular populations are at risk for trafficking including immigrants, women and children, and members of the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community. From a multidisciplinary perspective, counselors and social workers can collaborate to help victims while offering a trauma-focused approach inclusive of victim advocacy.

Jacobson, Lamerial (Ph.D., UCF) and Freeman, Michael (M.A., UCF)

Room: TA 117
Friday, February 6, 2015
90-minute Content Sessions

Friday, 10:15 a.m. – 11:45 a.m.

Serving the Underserved at Home and in Developing Nations:
The Example of Acceptance and Commitment Therapy and Training
Acceptance and Commitment Therapy (ACT) is growing in popularity worldwide. Members of the Association for Contextual Behavioral Science, the principle professional society of ACT therapists, have developed innovative strategies for using ACT itself to build awareness of, and participation in helping mental health professionals in developing nations. This presentation will address ACTs application to global and diverse problems (e.g. changing burial practices in countries where the Ebola virus is a threat). The presentation will also explain how ACT is used in helping victims of domestic violence, war and torture around the globe, and provide brief therapy to people with seemingly intractable problems such as schizophrenia and drug resistant epilepsy.
Bach, Patricia (Ph.D., UCF)
Room: TA 130

Friday, 10:15 a.m. – 11:45 a.m.

DSM-5 and ICD
Major revisions have been made to the DSM-5. Counselors need information about these changes and their impact on clinical diagnosis. In this workshop, the presenter will provide a comprehensive overview of the DSM-5, including: (a) Changes to the organizational structure, (b) Discontinuation of the multi-axial system, (c) Review of the current diagnostic categories, (d) Significant changes in names, criteria, and groupings of existing disorders, and (e) New disorders added to the DSM-5.
Jones, Dayle (Ph.D., UCF)
Room: TA 117

Friday, 10:15 a.m. – 11:45 a.m.

Counseling as Art: Play, Art and Music
This fun workshop is experiential in nature and provides useful techniques to use for self-growth and for implementing expressive arts therapeutically with clients. Being playful, using artwork, music and miniatures in sand-tray work along with a few magic tricks supplies useful tools for the counseling toolbox. This presentation is process oriented, emotionally sensitive, socially directed and applicable to all counseling situations.
Snyder, Beverly (Ph.D.)
Room: TA 202B
Friday, February 6, 2015

90-minute Content Sessions (continued)

**Friday, 10:15 a.m. – 11:45 a.m.**

**Intersecting Identities: Increasing Sensitivity With Diverse Populations**
An individual's culture is comprised of various intersecting identities that include, but are not limited to socioeconomic status, ethnicity, gender, and sexual orientation. The American Counseling Association (2014) emphasizes the importance of multicultural counseling competency in order to provide culturally-sensitive services which promote optimal client-functioning. This presentation promotes the utilization of reflection, awareness, assessment, and attentiveness to better understand how intersecting identities may influence effectiveness in counseling.

Ali, Shainna (M.A., UCF) and Bloom, Zachary (M.A. UCF)

*Room: TA 110*

**Friday, 10:15 a.m. – 11:45 a.m.**

**PTSD - Diagnosis and Treatment**
This presentation will review the current criteria and tools used to make a diagnosis of Post-Traumatic Stress Disorder (PTSD). It will also include an in-depth discussion of empirically-supported treatments for PTSD, with emphasis on how virtual reality can be used in the treatment of Iraq and Afghanistan veterans with combat-related PTSD. Lastly, preliminary clinical outcome data from an ongoing PTSD treatment study will be presented.

Carter, Shawn (Ph.D., UCF)

*Room: TA 202A*

30-minute Poster Sessions

**Friday, 12:15 p.m. – 12:45 p.m.**

**Psychoeducation Group for Children of Immigrants**
The children of immigrant parents are the target population of this psycho-educational group design for the critical bridging role they play between their two cultures. Immigrant children are often raised with the traditional values while simultaneously being immersed in the cultural expectations of their peers. Family relationship problems with a cultural undertone often emerge in adolescence. The group design allows the participants to learn to navigate these challenges successfully.

Meyer, Corinna and Schnell, Steven, *Tri-fold Poster Board*

*Room: MIRC Gallery*

**Friday, 12:15 p.m. – 12:45 p.m.**

**Child Witnesses to Intimate Partner Violence: A Group Curriculum**
The purpose of this presentation is to show one effective counseling intervention for children who have witnessed intimate partner violence. In counseling research, this has been a somewhat overlooked population with considerable gaps in the literature. This presentation demonstrates why group counseling is a valuable treatment for this population and provides a group curriculum that can be implemented by school counselors or others that practice group counseling.

Harvey, Vera, *Tri-fold Poster Board*

*Room: MIRC Gallery*
Friday, February 6, 2015
30-minute Poster Sessions (continued)

**Friday, 12:15 p.m. – 12:45 p.m.**

**Interpersonal Neurobiology and Attachment’s Implications on Relational Patterns**
This poster presentation will discuss the intersection of interpersonal neurobiology and attachment theory to understand pruning in neural development and its implications for an individual’s ability to create secure-attachment relationships later in life. Attendees will be given tools for integrating counseling interventions and techniques to provide appropriate psychoeducation to clients in order to create change in their lives through heightened awareness of their own relational patterns.

*Yost, Jessica and Bloom, Zachary, Tri-fold Poster Board*

**Room: MIRC Gallery**

**Friday, 12:15 p.m. – 12:45 p.m.**

If a female has been sexually abused by a member of her family, at her freshmen orientation she should be referred to services (like UCF counseling services) to raise her awareness of her right to consent to sexual experiences. This presentation fills a need for supporting students after the sexual assault portion of freshmen orientations with a proposal for a therapy/psychoeducation group that advocates for those women specifically.

*McKinney, Brittany, Tri-fold Poster Board*

**Room: MIRC Gallery**

**Friday, 12:15 p.m. – 12:45 p.m.**

**Treating Social Anxiety Disorder in the High School Setting: A Group Curriculum**
Social Anxiety Disorder (SAD) is a highly prevalent disorder in adolescents. School Counselors must provide services to these students in a group setting so as to increase the academic, mental and social wellbeing of students with SAD. This poster will provide a six-week curriculum for providing psychoeducation to adolescents in small groups in the high schools setting.

*Fogel, Rachel, Tri-fold Poster Board*

**Room: MIRC Gallery**

**Friday, 12:15 p.m. – 12:45 p.m.**

**Head Above Water: Group Curriculum for Couples Coping With Traumatic Brain Injury**
Traumatic brain injuries (TBI) can cause significant psychological distress. This distress can trigger Caregiver Burden for the survivor’s partner. This presentation will provide definitions, prevalence and symptoms of both disorders. This presentation will also provide tools for rebuilding relationships between couples coping with a TBI, in a group therapy format.

*Cameron, Chelsea, Tri-fold Poster Board*

**Room: MIRC Gallery**
Friday, February 6, 2015

30-minute Poster Sessions (continued)

Friday, 12:15 p.m. – 12:45 p.m.
Helping Counseling Students and New Counselors
Develop Therapeutic Alliances With Clients
The presentation provides a groundwork for counselors-in-training and new counselors on how to develop appropriate therapeutic alliances and make the connection to therapeutic goals.
Petko, John, White Board
Room: MIRC Gallery

Friday, 12:15 p.m. – 12:45 p.m.
Gender and Orientation Language Diversity
The purpose of this presentation is to help participants learn the basics of language for gender and sexual minorities. The presentation will cover terminology used for sexual orientation, gender expression, gender identity, romantic orientation, and biological sex. Implications for counselors’ sensitive to these issues will be addressed.
Chik, Cecilia, Tri-fold Poster Board
Room: MIRC Gallery

Friday, 12:15 p.m. – 12:45 p.m.
Chronic Illness, Intimate Partner Violence, and Relationship Education
Over 12 million men and women experience intimate partner violence (IPV) each year. The risk becomes increased when one has a chronic illness. This presentation examines the association between individuals in a relationship, living with a chronic illness who complete a 12-hour relationship education workshop and their experiences with IPV. Results and future research will be discussed.
Gonzalez, Jennifer and Christopher, Krystal, White Board
Room: MIRC Gallery

Afternoon 90-minute Content Sessions
Friday, 1:00 p.m. – 2:30 p.m.
Motivational Interviewing as an Effective Approach for Counseling “Unmotivated” and “Challenging” Clients
Many clients whom counselors work with appear unmotivated to change. Motivational Interviewing (MI) is a counseling approach designed for clients that are ambivalent to change. This presentation (a) identifies the complexity and misconceptions of counseling clients who appear resistant to change, (b) introduces attendees to the theoretical constructs of MI, (c) reviews MI strategies for supporting the change process, and (d) presents case examples demonstrating MI techniques with various clients.
Lambie, Glenn (Ph.D., UCF)
Room: TA 117
Friday, February 6, 2015
Afternoon 90-minute Content Sessions (continued)

Friday, 1:00 p.m. – 2:30 p.m.
Negotiating Safe Sex Practices in the Age of STIs and Misinformation Campaigns
Because both adolescents and adults typically are sexually active, we should possess basic information about STIs (e.g., their prevalence rates, symptoms, treatment) as well as knowledge based on science about how to protect ourselves when being intimate with someone whose health and sexual history is unknown to us. Topics to be covered in this presentation will include (a) the sociocultural backdrop against which sexual information is presented and manipulated; (b) the most common STIs (their prevalence in the U.S., symptoms, treatment, and level of seriousness); (c) specific acts of sex and the risks they potentially carry for transmitting an STI; and (d) how to communicate our concerns about STIs to our partners and how to unofficially examine our partners for signs of STIs prior to proceeding with sexual activity.
Negy, Charles (Ph.D., UCF)
Room: TA 102

Friday, 1:00 p.m. – 2:30 p.m.
Creative Arts in Child and Family Counseling
When children are referred to counseling, many times the presenting concern is a family issue rather than an individual’s. Child counselors face the challenge of effectively implementing developmentally appropriate interventions when working with families. During this interactive presentation, the presenter will utilize case examples and share creative activities to inform the audience on how to assess and meet the needs of all members of the family in this unique process.
Taylor, Dalena (Ph.D., UCF)
Room: TA 130

Friday, 1:00 p.m. – 2:30 p.m.
Intimate Partner Violence 101: Practical Applications for Assessment and Treatment with Victims and Survivors
Your client discloses current Intimate Partner Violence (IPV): what do you do? IPV is defined as any form of physical, emotional, psychological, verbal and/or sexual abuse between partners in intimate relationships. It affects about 30% of women and about 7% of men. This workshop will provide practitioners and educators with information and practical strategies for assessment and treatment of this complex problem with a focus on safety.
Flasch, Paulina (Ed.S. UCF) and Fyvolent, Courtney (B.A., UCF)
Room: TA 110

Friday, 1:00 p.m. – 2:30 p.m.
What Do You Bring to the Table? Learning the Value of Each Discipline Within the Mental Health Profession
This presentation will help participants understanding the history of each discipline (helping professions) and what emerges as a central focus or tenant. Participants will be taught how to take advantage of those differences and strengths within the various helping professions in an organization or community.
Hanes, Chris (Ph.D., UCF), Chmelir, Teresa (Ph.D., UCF) and Stevenson, Liz (LCSW, UCF)
Room: TA 202A
**Friday, February 6, 2015**

Late Afternoon 90-minute Content Sessions

**Friday, 2:45 p.m. – 4:15 p.m.**

No Forgiveness, No Recovery: Know Forgiveness, Know Recovery
Emotional wounds are inevitable in our encounters with others. Left unaddressed, maladaptive coping mechanisms often result in destructive behaviors. Counselors who overlook the need for engaging clients in forgiveness work often find their clinical efforts to be ineffective. This presentation will discuss (a) the source of wounds and grievances, (b) common and maladaptive coping mechanisms, and (c) evidenced-based practices to guide clients through the forgiveness process.

Hagedorn, Bryce (Ph.D., UCF)

Room: TA 130

**Friday, 2:45 p.m. – 4:15 p.m.**

The Big C: An Introduction to Providing Therapy for Cancer Survivors
It is estimated that by 2024, there will be nearly 19 million cancer survivors in the United States. However, there is little literature to support the level of knowledge that counselors have about providing mental health treatment for this growing population? What is cancer? Who are cancer survivors? What are some of the evidence-based treatments for cancer survivors? These questions and more will be answered in this introduction for mental health practitioners and those in training who will be providing care to cancer survivors.

Wood, Andrew (M.S., UCF) and Gonzalez, Jessica (M.S. UCF)

Room: TA 202A

**Friday, 2:45 p.m. – 4:15 p.m.**

Individual and Group Activities to Explore Values in Clinical and Educational Settings
People are oftentimes driven by their personal values; clarifying these values may lead to more fulfilling and effective choice. The use of values clarification can occur in individual work, group work, and/or in conjunction with theoretical approaches. This session will review the literature on values clarification and demonstrate activities that counselors can use with clients/students to examine their personal values.

Mullen, Patrick (Ph.D., ECU)

Room: TA 117

**Friday, 2:45 p.m. – 4:15 p.m.**

Calming the Inner Storm: Managing Difficult Emotions With Patients Affected by Cancer
Learn techniques to help manage difficult emotions that have been blended together to make this unique support group for patients affected by cancer.

Cunningham, Laura (Ph.D., Argosy Uni.)

Room: TA 202B
Friday, February 6, 2015
Late Afternoon 90-minute Content Sessions (continued)

Friday, 2:45 p.m. – 4:15 p.m.
Creative Interventions for Helping Professionals Who Work With Children and Adolescents
Working with children and adolescents presents unique and challenging aspects to one's counseling practice. Through a review of the literature in the last 10 years of Journal of Creativity in Mental Health, the presenter will highlight interventions (specific to this population) that you can walk away with and implement tomorrow in your setting as a counselor, psychologist, or social worker.
Logan, Sandra (M.A., NCC, UF)
Room: TA 110

Saturday, February 7, 2015
30-minute Poster Sessions

Saturday, 11:15 a.m. – 11:45 a.m.
Reducing Stress and Building Resilience: A Wellness Group Curriculum for the Military Population
Stress experienced by working adults can manifest in many different ways. By teaching clients how to look at health in a holistic way and incorporate mindfulness into their lives, this stress can be reduced. This group curriculum was developed to look at mindfulness and wellness in an integrative light that can be used with military service members and their families from many different cultural backgrounds.
Cresswell, Nika and Crafter, Travis, White Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.
A Group Curriculum for Female Survivors of Intimate Partner Violence
Nearly one in four women in the United States experience abuse in an intimate relations. Empirically effective treatments for female survivors of intimate partner violence (IPV) should inform future treatment. This presentation details a six session group curriculum representative of a larger group curriculum for female IPV survivors based on empirically-based research.
Caldero, Liliana, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.
Counselors’ Comfort With Sexuality and Attitudes Toward Pornography
This presentation delineates the results of a study conducted with registered and licensed mental health counselors and marriage and family therapists in Florida regarding counselors’ comfort with discussing issues related to sexuality and their attitudes toward pornography. Relationships were established between counselors’ propensity to treat client issues related to pornography use based on counselors’ level of comfort with addressing sexual issues and holding negative attitudes about pornography.
Bloom, Zachary, Ali, Shainna, and Yost, Jessica, White Board
Room: MIRC Gallery
Saturday, February 7, 2015

30-minute Poster Sessions (continued)

Saturday, 11:15 a.m. – 11:45 a.m.

LMHCs: Where is Our Place at VA Hospitals?
There has been a constant battle to secure a place at VA hospitals. Only until recently have LMHCs and LMFTs been given permission to provide services alongside psychologists and social workers. Veterans are in need of comprehensive services and by allowing a variety of clinicians to practice We can begin to address those needs. We must advocate for our field to provide the services that our veterans so desperately need.
Young, Mary Grace, White Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.

Self as a Therapist: A Multicultural Perspective
The presentation addresses the integration of “self” as a therapist, including the qualities of “self” which enhances therapist’s ability to choose a theory from which to operate. Thus, the presentation would offer instances of how a structured versus an unstructured individual uses strengths inherent in “self-hood” to approach client concerns.
Ghosh, Debolina, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.

Coping Outside the Lines: Art Therapy for Women With Substance Use Disorder
Studies show that art therapy can be successfully employed to substance abuse treatment by providing engaging interventions that promote motivation for change. The purpose of this presentation is to: (a) show how art therapy explores connections between thoughts, feelings, and behaviors, (b) illustrate the creative techniques that can be used to express emotions, and (c) present a curriculum that addresses the specific needs of women with substance use disorder.
Wakeman, Amber, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.

Neurofeedback for Concussions and Performance Anxiety in Athletes
This presentation addresses the application of neurofeedback to help with anxiety and concussions in athletes. Neurofeedback may help focus attention to fine detail that may translate to having better performance in sports. The concussion aspect with the use of neurofeedback may help assuage the symptoms quicker and with no side effects. The presenter will thus enlighten audience on the use of neurofeedback on clients who present with anxiety and concussions.
Thakur, Adam, Tri-fold Poster Board
Room: MIRC Gallery
Saturday, February 7, 2015
30-minute Poster Sessions (continued)

Saturday, 11:15 a.m. – 11:45 a.m.
Counseling LGBTQ Students: A Group Perspective
LGBTQ students often face difficulty with acceptance, and are often the subjects of brutal bullying, with faculty and staff sometimes turning a blind eye. This group will blend together aspects of psychoeducation with group counseling procedures, and is meant for students who identify as LGBTQ. This curriculum provides a literature review and a brief summary of how to coordinate group counseling services for the LGBTQ student population.
Thompson, Brandon, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.
A Professional School Counselor’s Guide to Anger Management and Prevention in Adolescent Girls
The target of this presentation is future professional school counselors. The presenter will address how to appropriately work with a population of females who struggle with anger management issues. It will present a six-week curriculum that will aid in prevention and provide techniques on how to foster resiliency and provide anger management skills training for the students.
Yergey, Louise, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.
Crawl Before You Walk: Advocating Social Skills Training for Persons With Schizophrenia
This curriculum provides guidelines for clients with schizophrenia to practice enhanced coping skills specifically contributing to effective communication, dealing with conflict, expressive and receptive communicative skills, dating behavior, independent living skills, and medication management.
Qureshi, Erum, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 11:15 a.m. – 11:45 a.m.
Cognitive Behavioral Play Therapy Group Curriculum for Children With Anxiety
Anxiety disorders are the most common among school aged children. Anxiety becomes a disorder when it is extreme and uncontrollable; when there is no need for a specific threat; and it is associated with physiological symptoms and maladaptive cognitions. If untreated, it can increase risk for other disorders, such as depression and substance use. Children typically spend most of their time in groups as part of their daily environments. The presenter advocates for the use of group work, as this is less intimidating for children. A group approach provides children the opportunity to practice learned behaviors with peers and receive feedback. Additionally, a group intervention helps normalize children’s experiences with anxiety.
Games, Genesis, Tri-fold Poster Board
Room: MIRC Gallery
Saturday, February 7, 2015
Noon 60-minute Content Sessions

Saturday, 12:00 noon – 1:00 p.m.
Closing the Gap: Implications for Helping Professionals in Working With Adolescent African American Males
African American males are at high risk for negative life outcomes due to a myriad of intrapersonal, interpersonal, and environmental factors. In this session, the presenters will discuss these factors and provide implications for helping professionals in the areas of counseling, advocacy, and education.
Belser, Christopher (M.Ed. UCF), Bierbrauer, Samuel (M.A., UCF), and Harris, Shaywanna (M.A., UCF)
Room: TA 202A

Saturday, 12:00 noon – 1:00 p.m.
Relationship Education and Workforce Development: Implications for Counselor Intervention and Collaboration
Contextual stressors experienced by many low-income, ethnic minorities contribute to a wide range of challenges for the individual and their intimate relationships. This workshop seeks to outline the unique stressors commonly experienced by this group and opportunities for intervention and collaboration through relationship education and workforce development. Practical applications and research from one federally-funded couple and relationship education and workforce program will be discussed.
Wheeler, Naomi (M.A., UCF)
Room: TA 202B

Saturday, 12:00 noon – 1:00 p.m.
Using Counseling to Help a Family Through the Loss of a Family Pet: A Global Perspective
This session will provide you with information about the cognitions, emotions and process a family experiences surrounding the death of a family pet. The information presented will discuss the demographics of pet ownership, the international culture surrounding the death of a pet and counseling techniques to assist a family through this period.
Super, John (Ph.D., U)
Room: TA 130

Saturday, 12:00 noon – 1:00 p.m.
Internationalizing Counselor Education: A Model for Accommodating International Students in US Graduate Programs
The American Counseling Association (ACA)’s effort to internationalize counseling demands that counselor educators be aware of the challenges international students in their programs encounter. Knowledge of this will inform their instructional methods, thus making the profession accessible and applicable in the home countries of these international students. They will also be better prepared to provide the support needed for the success of this population.
Acquaye, Hannah (M.Ed., UCF), Jo, Hang (M.A., UCF) and Gungor, Abdi (M.A., UCF)
Room: TA 110
Saturday, February 7, 2015

Noon 60-minute Content Sessions (continued)

Saturday, 12:00 noon – 1:00 p.m.
When Grief Won’t Heal: Assessment and Treatment of Complicated Grief
Although grief following the loss of a loved one is a lasting experience, most bereaved individuals respond adaptively to loss. However, a subset of bereaved adults experience complicated grief (CG), a protracted, debilitating, sometimes life-threatening grief reaction. This presentation (a) summarizes prominent trends in grief research that reflect fresh perspectives on grief, (b) provides an overview of CG, and (c) discusses approaches for assessment and treatment of CG.
Crunk, Elizabeth (M.S., UCF)
Room: TA 102

Saturday, 12:00 noon – 1:00 p.m.
Influence of Cultural Immersion on Counselor Trainees’ Development
Cultural immersion, direct contact with another culture in its context, requires stepping out of one’s own culture and comfort zone, and has been shown to move students along the continuum of cultural competence. Counseling trainees can benefit from exposure to the global community through international immersion experiences; however, research is limited. Therefore, this presentation will highlight findings from a study exploring critical factors of immersion.
Barden, Sejal (Ph.D., UCF) and Flasch, Paulina (Ed.S., UCF)
Room: TA 117

Mid-Afternoon 60-minute Content Sessions

Saturday, 1:15 p.m – 2:15 p.m.
Debunking Grief Myths: Facilitating Counseling Clients Group Journey
This presentation will identify commonly held myths concerning grief and how these misconceptions can complicate grief for counseling clients. The presentation will identify myths that contribute to disenfranchised grief and how to counteract the disenfranchisement. It will also familiarize participants with a task model of grieving as opposed to a passive model. It will also familiarize participants with how men and women grieve differently, therefore helping participants counsel couples to have realistic expectations of their individual grieving styles.
Vogel, Gary (M.A., Private Practice)
Room: TA 117

Saturday, 1:15 p.m – 2:15 p.m.
Metaphorically Speaking: The Use of Metaphors in Counseling and Supervision
The use of metaphors in counseling and supervisory relationships help the counselors and supervisors assist their respective clients and supervisees in finding meaning in their respective relationships. Meaning in relationship helps provide purpose which can be defined as an instillation of hope. The goal of the presentation is to present why the use of metaphors are useful tools in counseling and also provide different types of metaphors that can be used in these situations.
Petko, John (Ph.D.)
Room: TA 130
Saturday, February 7, 2015
Mid-Afternoon 60-minute Content Sessions (continued)

Saturday, 1:15 p.m – 2:15 p.m.
Using Social Media in Career Development
This presentation will explain how professional counselors can use social media for clients' career development. It will review the use of social media like Facebook, Twitter, Google+ and LinkedIn. The presentation will also address practical examples on how social media can be used for career development. Finally, participants will be challenged to create or refine their professional LinkedIn profile.
Jo, Hang (M.A., UCF), Gungor, Abdi (M.A., UCF) and Balapa, Ramya (M.A., UCF)
Room: TA 110

Saturday, 1:15 p.m – 2:15 p.m.
Promoting Resilience in Children of Alcoholics: A Family Perspective
Alcoholism is widely addressed as a family disease as it affects not only the individual who is addicted, but also those closest to the individual. There are multiple studies addressing the negative outcomes for children of alcoholics; yet very little research pertains on how counselors can promote resilience within families to mitigate these outcomes. This presentation will provide an overview of therapeutic interventions that promote resilience in families of alcoholics.
Harris, Shaywanna (M.A., UCF)
Room: TA 102

Saturday, 1:15 p.m – 2:15 p.m.
Dancing Across Borders: Utilizing the Therapeutic Implication of World Dance
The potential for healing through the medium of dance has been utilized throughout history across various world cultures. However, the therapeutic benefits of world dance are underrepresented in the counseling literature. This presentation informs participants of the potential mental health benefits of world dance, provides examples of utilizing the creative tool of dance, and addresses considerations for diverse populations in counseling.
Ali, Shainna (M.A., UCF), Foudray, Katelyn (B.A., UCF), and Siddiqui, Alina (B.A., UCF)
Room: TA 202B

Saturday, 1:15 p.m – 2:15 p.m.
Roll With It: Mastering Motivational Interviewing
Most people look at change with apprehension and fear. Change can be difficult especially if the client does not see the need to change. Clients do not like to be confronted to change; they have to want to change. Enter Motivational Interviewing! This technique elicits behavior change by helping clients to explore and resolve ambivalence. Attendees will learn ways to use motivational interviewing in practice to help guide self-change.
Rasso, Deborah (LMHC, Private Practice)
Room: TA 202A
Saturday, February 7, 2015

30-minute Poster Sessions

Saturday, 2:30 p.m – 3:00 p.m.
From Survivor to Thriver: Exploring Sexual Trauma in a Combat Zone
Sexual assault is a violent act committed by one person against another in an attempt to assert their power and control. Military women experience three main types of trauma; combat, sexual, and environmental. The structure of the military has drastically changed over the past twenty-five years and women are much more dominant. The majority of women who experience a sexual trauma do not access veteran mental health services. The presentation will address ways that mental health professionals can make mental health available to this population.
DeGraff, Whitney and Issa, Sakina, White Board
Room: MIRC Gallery

Saturday, 2:30 p.m – 3:00 p.m.
Weaving a Web of Support: Generating Shame Resilience in LGBTQ Communities
This seven-week group therapy curriculum is designed for members of the LGBTQ community to address sources of shame, promote self-advocacy, improve self-esteem and connectivity through means of member generated resources that foster shame resilience.
Rigdon, Louise, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 2:30 p.m – 3:00 p.m.
Children of Divorce: A Group Curriculum
The presentation includes a group curriculum for children of divorce. The group will utilize activities derived from person-centered play therapy that both the school counselor as well as the marriage and family therapists can use to help inculcate resilience in children of divorce.
McBride, Amanda, Tri-fold Poster Board
Room: MIRC Gallery

Saturday, 2:30 p.m – 3:00 p.m.
Adventure-Based Group Counseling - Practical Interventions
Adventure-based group counseling refers to the utilization of novel and challenging experiences rather than a literal outdoor adventure. Research has emerged supporting the effectiveness of adventure-based interventions across all counseling domains, especially with adolescent groups. After demystifying the idea of "adventure", counselors will learn practical, empirically supported interventions, which may be integrated into their practice, or used as a comprehensive approach.
Hill, Austin, Tri-fold Poster Board
Room: MIRC Gallery
Saturday, February 7, 2015
30-minute Poster Sessions (continued)

**Saturday, 2:30 p.m – 3:00 p.m.**

**Facilitating Psychopharmacological Interventions With Resistant Clients: Overcoming Religious and Cultural Barriers**

This presentation will delve into attitudes of Christians and other typically resistant populations toward psychopharmacological interventions through an in-depth meta-analysis of the literature written on this topic. Additionally, implications for discussions in sessions will be explored. Helpful questions and statements as well as the avoidance of pitfalls will be addressed in order to facilitate rapport, openness, and set the stage for collaboration with other helping professionals.

*Van de Krol, Luke,* White Board  
*Room: MIRC Gallery*

**Saturday, 2:30 p.m – 3:00 p.m.**

**Breaking the Cycle: Building Financial Independence in Female Survivors of Intimate Partner Violence**

Intimate Partner Violence affects about one fourth of American women. Treatment for female survivors of IPV focuses mainly on the psychological symptoms; however, many stay in or return to an abusive relationship because of perceived financial dependence on the abuser. This presentation will provide information about research in treating female survivors of IPV, present a proposed six-week group to build financial independence, and discuss implications for future international research.

*Foudray, Katelyn and Siddiqui, Alina,* Tri-fold Poster Board  
*Room: MIRC Gallery*

**Saturday, 2:30 p.m – 3:00 p.m.**

**Jewish Issues in Counseling and Multiculturalism: An Overview of Unique Challenges**

A gap exists in the counseling literature on topics of Jewish issues. Jews are seen as members of White majority rather than as a distinct cultural group with unique challenges. Moreover, 12% of Americans hold anti-Semitic views, but many professionals lack awareness and understanding. Addressed are: (a) Jewish issues in counseling and multiculturalism, and (b) overview of a study on Jewish students’ experiences on campus.

*Flasch, Paulina,* White Board  
*Room: MIRC Gallery*

**Saturday, 2:30 p.m – 3:00 p.m.**

**Schizophrenia Spectrum Diagnoses and Medication Compliance: Adult Outpatients in Community Mental Health**

Schizophrenia spectrum clients who adhere to medication regimes have a better prognosis than those who digress in taking their medication. It is to their advantage to voluntarily commit to psycho-educational groups addressing criteria of psychiatric diagnoses, treatment team, goals, support systems, and how to correctly take medicine. Groups are cost-effective in outpatient settings with results of better stability and productivity, coping mechanisms, relationships, and prognoses.

*Baldick, Bonnie,* Tri-fold Poster Board  
*Room: MIRC Gallery*
Saturday, February 7, 2015

30-minute Poster Sessions (continued)

Saturday, 2:30 p.m – 3:00 p.m.
**Self-Growth Counseling Group for LGBTQ Adolescents**
This poster is a group curriculum for LGBTQ adolescents. LGBTQ adolescents have higher suicide rate, are more anxious and stressful dealing with social events and experience more depression than their heterosexual peers. By combining group counseling and art therapy, which helps LGBTQ adolescents find social supports, validated by others and also instills hope in them.
Chen, Szu Yu, *Tri-fold Poster Board*
**Room: MIRC Gallery**

Saturday, 2:30 p.m – 3:00 p.m.
**The Divine Purpose Journey: Living From Your Center With Purpose and Meaning**
This fast-paced, yet reflective experiential presentation focuses on ways to help self and clients live lives with a clear purpose. Clarification and values exercises are used to help identify that which brings joy and fulfillment. Participants will leave with a plan to develop mindsets that create “Effective Behavioral Changes”.
Snyder, Beverly (Ph.D.), *White Board*
**Room: MIRC Gallery**

Final Session

Saturday, 3:00 p.m – 4:00 p.m.
**By the Fireside... Wisdom at the Feet of the Sage**
Doctoral students casual conversation with Dr. Kottler.
**Room: TA 130**
SPECIAL THANKS

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Mark E. Young, Ph.D.

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Susan Kelly, Associate Director of TJEEI
Elizabeth A. Crunk, 1st year doctoral scholar, TJEEI
Ashley J. Blount, 3rd year doctoral scholar, TJEEI

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With gratitude,

Hannah E. Acquaye
Lead Coordinator
2nd year doctoral scholar, TJEEI
IN COLLABORATION WITH:

UCF Teaching Academy
and the Morgridge International Reading Center
University of Central Florida, Orlando Campus

Toni Jennings Exceptional Education Institute
Chi Sigma Iota-Upsilon Chi
Counselor Education Doctoral Student Organization (CEDSO)

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