



2018 SDCA Conference Schedule

Pierre Best Western Ramkota Hotel and Convention Center

Locations will be printed in the Conference Program

Session times are subject to change

18 CEs possible if attending all of conference and pre-conference



The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

Wednesday, April 18

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| 5:00 – 9:00 p.m. | Registration Opens |
| 6:00 p.m. | SDCA Board Meeting |
| 8:00 p.m. | Possible SDSCA and SDMHCA Board Meetings |

Thursday, April 19 (7.5 CEs if you attend pre-conference as well)

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| 8:30 a.m. | Conference & Pre-conference Registration Opens | |
| 9:00 a.m. – 4:00 p.m. | Pre-conference Workshop with Catherine Griffith, Ph.D.
(lunch on your own) | 6.0 CEs |

The ABCs of SFBC: An Introduction to Solution-Focused Brief Counseling

From the "Columbo Approach" to the "Miracle Question," there are scores of solution-focused brief counseling (SFBC) techniques that work wonders for diverse clients in school and community settings. Intended for those who are newer to using SFBC, participants in this workshop will learn how to use several evidence-based techniques to help clients identify their personal strengths, improve their coping skills, and reach both their short and long-term goals.

Attendees will: (a) learn about SFC's history, theoretical assumptions, and usefulness with various client needs; (b) understand the benefits of a solution-focused approach over a problem-based approach; (c) develop a practical understanding of how to use SFBC's most popular and effective evidence-based techniques; and (d) increase self-efficacy in working with resistant clients. The philosophy and fundamentals of the approach will be delivered through presentation, discussion, demonstrations, and video clips, but mostly via experiential role-play.

4:30 – 5:30 p.m. Optional Chapter Meeting Time

7:00 – 8:30 p.m. Opening Keynote with William Brendel, Ph.D. 1.5 CEs

Cultivating Ethical and Prosperous Organizational Cultures

Principled Leadership: Rising above self-interests to improve the welfare and prosperity of the organization, its stakeholders, and the broader community.

Organizational Citizenship: Improving the moral climate of an organization by inspiring employees to do the right thing, even when it is not recognized or formally rewarded.

Meaningful Work: Developing a clear line of sight between one’s authentic sense of purpose and care with work that supports the organization’s mission.

8:30 p.m. SDCA Social/ University Socials - TBD

Friday, April 20 (6.5 CEs)

6:45 – 7:45 a.m. Mindfulness Practices for Counselors-Yoga, Meditation and Guided Visualization with Sheila Anderson, Britton School District 1.0 CE

This session will be a wonderful way for participants to start the day at the conference in a mindful manner. The role of a counselor can be stressful. In order to serve others, counselors must first take care of themselves. Mindfulness practices can help counselors relieve stress related to their work. There are many ways to practice mindfulness, including yoga, meditation, and guided visualization just to name a few. This session will introduce participants to some mindfulness activities and explain the importance of mindfulness for a less stressful, meaningful life. Participants will have the chance to experience some mindfulness activities to focus and calm the mind and prepare for the day. Handouts with further resources will be provided.

8:00 a.m. Conference Registration Opens Lobby

8:00 a.m. Vendor/Exhibitor Booths Open Lobby

8:30 – 10:00 a.m. Keynote Address with Catherine Griffith, Ph.D. 1.5 CEs

In Defense of Pop Culture: The Benefits of Incorporating Mass Media & Entertainment Discussions in Counseling

Counselors are called upon to act as facilitators of positive change and creating an environment where clients' worldviews are honored and explored. In this keynote address, I argue that “meeting clients where they’re at” by embracing their pop culture interests can serve as a surprisingly helpful means of meeting that goal. Though not all pop culture is created equal, I will challenge the “culture in decline” narrative and highlight the often important cognitive and social-emotional benefits that video games, comic books, movies, social media, music, memes, and TV have to offer, based on scientific research and in my own work with clients. Takeaways will include specific techniques and collaborative initiatives to incorporate helpful elements of pop culture in individual counseling, small groups, and schools.

Participants will leave armed with the practical knowledge to begin incorporating elements of pop culture in their work with clients. Specifically, participants will:

- Learn about historical viewpoints on pop culture (particularly the arguments to not allow students to read novels) and how these calls for bans mirror arguments against modern day pop culture and technology.
- Understand the current benefits of pop culture/mass media entertainment in the development of important cognitive and social-emotional skills based on recent scientific studies.
- Develop a practical understanding of how to successfully incorporate elements of pop culture in their work with individual clients and/or a comprehensive school counseling program.
- Increase self-efficacy in working with clients who are resistant or non-responsive to traditional approaches.

10:00 – 10:30 a.m. Morning Break (Vendor Bingo Time) *Lobby*

10:30 a.m. – 12:00 p.m. Breakout Session I (90 Min) 1.5 CE

Mindfulness: What it is, What it is not and How to use it

Donna Aldridge, MA, LPC, QMHP (Dakota Counseling Institute)

Mindfulness has become a popular therapy technique. Many types of mindfulness exist, but are they all beneficial? The inception of mindfulness will be explored, along with various principles of mindfulness programs. Research will be presented so that models can be evaluated for usefulness in general and with different diagnoses. Neurological studies in regard to mindfulness will be presented. Participants will be able to experience some mindfulness activities, as well.

"Let it Go": Using Popular Film with Children and Students

Staci L Born, Ed.D., LMFT, RPT (Assistant Professor, South Dakota State University)

Kristine Ramsay-Seaner, Ph.D., NCC (Assistant Professor, South Dakota State University)

Play, sing, dance, create! Gain interactive strategies for using popular film to connect with children in play therapy. Films will include Frozen, Inside Out, Beauty and the Beast, Up, Wreck it Ralph, Tangled, and Toy Story. This fast-paced session will draw connections from selected films with children's mental health. Participants will learn strategies for using metaphor in therapy to connect with young clients.

Trauma and the Body

Daniel Burow, Ed.D., Psychologist (Daniel Burow Consulting)

The traumatic response is not the result of the traumatic event itself. Trauma arises when the neurophysiological activation resulting from extreme levels of stress is not discharged from the body. This activation remains trapped in the nervous system where it becomes the foundation of traumatic symptoms. In this workshop, we will talk about the neurophysiology of trauma and work to develop the ability to use sensorimotor processing to change and integrate traumatic symptoms.

Practical Career Counseling Activities Designed to Promote Career Development in Schools

Ahmet Can, Ph.D. (Professor, Northern State University)

Adwoa Street, Graduate Counseling Student (Northern State University)

Theresa Esser, Graduate Counseling Student (Northern State University)
McKenzie Johnson, Graduate Counseling Student (Northern State University)

In today's world, the students and clients with whom we work face a challenging decision about their future career paths. In this educational session, each of the presenters will share their favorite career activities to promote career development in their own comprehensive school counseling programs. Participants will also be provided with creative activities to help students (K-12) identify and overcome barriers, as well as information to connect students with career-related resources in schools.

Recognizing Alcohol Use Disorder within Mental Health or School Counseling Practices

Mary Merrigan, Ed.D, MAC, LAC, LPC (University of South Dakota Addiction Studies Department)
Amy Orr, MA, NCC, LAC, Certified School Counselor (University of South Dakota Addiction Studies Department)

This presentation will cover how the DSM-5 criteria for an Alcohol Use Disorder translates into practices in clinical and school settings. The DSM-5 criteria will be presented and cases studies will be provided. Guidelines from the Center for Disease Control will be discussed to help to identify, reduce, and prevent problematic use, abuse and dependence. Techniques will be demonstrated to gain insight into the consequences of high risk drinking to make healthier choices. Finding and collaborating with an addiction specialist will be discussed.

12:00 – 1:30 p.m. SDSA/SDMHCA Luncheons and Business Meetings

1:45 – 3:15 p.m. Breakout Session II (90 min) 1.5 CEs

Same Notes Different Song: What if it's not ADHD?

Anne Dilenschneider, PhD, LPC-MH, QMHP (New Idea Counseling, LCC)

A person has difficulty focusing at school or work, doesn't remember instructions, and has a hard time sitting still. It's easy to conclude that s/he has ADHD. Yet those "notes" may not indicate ADHD; they may be part of a different song. Several conditions appear to have the same symptoms, yet each requires different treatment. This presentation will describe ADHD criteria, identify other conditions that exhibit the same symptoms, and describe the clues that suggest a client may not have ADHD.

Best Practices for Working with Culturally Diverse Students in Schools

Ahmet Can, Ph.D. (Northern State University)
Ashley Geist-Cusick, Graduate Student (Northern State University)

Have you ever wondered what you can do to educate others about your diverse students and their lives in a sensitive manner? Are you looking for ways to advocate for your diverse background students? Presenters will utilize participant interaction, experiential activities, and vignettes to demonstrate the complexities of addressing multicultural issues. You also will learn ways to educate others, advocate for, and provide support for working with culturally diverse students in order to provide a welcoming environment in your school building.

Why a Horse?

Noreen Young, EGCM, LMT specializing in John F. Barnes Myofascial Release (Life's Trail)

“There is something about a horse that’s good for the soul.” Horses live or die in the present moment. In the Gestalt arena, presence is an essential practice. Equus heal, making whole that which was fragmented, restoring what was lost. Each horse takes the process to a level of experiential exploration in an authentic, undeniable way that carries the power and grace that only God’s creatures can. Horses sense energy up to a mile away. Their survival depends on it. What energy will you bring to the arena?

The Grief Recovery Method: When Children and Adults Grieve

Margie Ann Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Specialist® (Self-Employed)

The Grief Recovery Method® is an action program for moving beyond death, divorce, and other losses, including health, career, and faith. Grief is the normal and natural reaction to significant emotional loss of any kind. This presentation will review the myths of grief, debunk the stages of grief, and provide an understanding that grief is emotional, not intellectual. The Method consists of reading the Handbook, developing a Loss History Graph, developing a Relationship Graph, stating Recovery Components, and writing a Final Completion Letter.

3:15 – 3:45 p.m. Break (Vendor Bingo Time) Lobby

3:45 – 4:45 p.m. Breakout Session III (60 min) 1.0 CE

Hitting the High Notes: Preparing Students with Disabilities for College

Transition Services Liaison Project (TSLP) staff

Do you work with high school students who have disabilities who say they want to go on to postsecondary? Are you aware of the major differences between students receiving services at high school versus postsecondary? It is vitally important that all people working with the student are aware and can share their knowledge about key differences with the student and/or family prior to them making such a big decision in their life.

Psychological Autopsy: Reconstructing a Life After Death

Anne M. W. Kelly, Ph.D., Certified Psychological Autopsy Investigator (Professor of Psychology, Department Chair, Dakota Wesleyan University)

Psychological autopsy has become a best practice postmortem investigative procedure to reconstruct the mental state and lifestyle of a decedent and the circumstances surrounding the death. This program aims to teach participants to identify and understand the purposes and history of the psychological autopsy and will highlight the unique role psychological autopsies play in suicide prevention. It will, also, describe the benefits of psychological autopsy to suicide survivors.

GED Testing® [for Minors], Workforce Training, and Adult Education

John Anderson, Ed.D. (State Office)

Beyond a host of job-placement and career-transition services, the South Dakota Department of Labor and Regulation (DLR) also administers both the State’s GED® Testing and Adult Education programs. This session’s foci include a review of the policies and procedures related to obtaining a “high school equivalency” for individuals 16 years of age and older, as well as a summary of educational and work-readiness opportunities available through DLR and its One-Stop partners.

It Costs More to Leave: Advising First-Generation College Students of the Economic Benefits of Degree Attainment

Jeremy Reed, Ph.D. (Vice President of Enrollment Management and Student Affairs, Northern State University)

Students increasingly cite financial concerns for failing to attend or dropping out of college (Paulsen, 2012). Shifts in federal financial aid policy compound the problem for low-income students, the majority of whom are the first-generation college students (Perna, 2006; Berg, 2010). Counselors have a unique opportunity to articulate the economic benefits of degree completion. Human Capital Theory, direct/indirect costs, and the influence of habitus on students' decisions to complete a degree will be discussed.

Title and Description Pending

William Brendel, Ph.D.

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| 5:00 – 6:00 p.m. | Optional Chapter Meeting Time |
| 7:00 – 7:30 p.m. | President's Reception & Social
Entertainment by the Last Call Rock Band |
| 7:30 p.m. | SDCA Awards Banquet & Graduate Student Auction |

Last Call Rock Band is an eleven-member rock and roll band that is a part of the El Riad Shrine of Sioux Falls. You can expect to hear an eclectic mix of rock music representative of the four-decade age span of the eleven musicians. The inclusion of horns in the group's instrumentation allows the band to showcase arrangements not included in the set lists of many other bands. Last Call band can be heard in various venues in the Sioux Falls area. Proceeds from playing do not go to the musicians, but rather are donated to the Shrine philanthropic efforts of helping medically challenged young people receive free services at the various Shrine Hospitals. If you are aware of any children who might benefit from Shrine Hospital services, feel free to visit with band members throughout the night. Last Call member Dwayne LaFave recently retired after forty-five years in public education, most recently twenty-five years as the K-12 School Counselor in DeSmet. He began his SDCA affiliation in the mid-eighties, serving as president in 1993-1994.

Saturday, April 21st (4 CEs)

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| 8:00 a.m. | Conference Registration Table Opens | <i>Lobby</i> | |
| 8:30 a.m. – 12:30 p.m. | Clinical Supervision and Ethics
with Duane Kavanaugh, MS, LPC-MH, SWA, QMHP
<i>(Clinical Supervision and Ethics will be provided at every SDCA conference)</i> | | 4.0 CEs |

Clinical Supervision and Ethics: Problem Solving the Pitfalls of Supervision

This training will help Supervisors examine common difficult situations that arise as a Counselor Supervisor. As a seasoned supervisor, Duane Kavanaugh will explore the characteristics of an effective supervisor, assessing the development of a supervisee, and ethical issues that arise amongst other topics.

Learning Objectives:

1. Participants will be able to define the terms “supervision” and “supervisor” using language consistent with good practice as well as state and national expectations
2. Participants will be able to identify multiple points of evaluation in order to distinguish effective supervision and supervisee development
3. Participants will be able to detect and evaluate different approaches to problem solving in supervision that includes the perspective of ethics and liability

8:30 – 9:30 a.m.

Breakout Session IV

1.0 CE

The “Elusive Butterfly” of Informed Consent, Specifically In A School Counseling Setting

June Crist Reilly, MS, LPC (Christian Counseling & Ministries of the Black Hills, Black Hawk Elementary)
Jamie Schummer, MS, NCC, LPC, QMHP, CTP-C

The counseling relationship matters. Often it is disappointment or lack of understanding that causes problems for the student and parent—and counselor. Sometimes “informed consent” could have avoided this. This presentation will review: the ASCA ethics related to informed consent; the definition of informed consent, some guidelines, and how it relates to group/individual counseling in schools; and trouble spots.

Solution-Focused Brief Counseling (SFBC)

Ahmet Can, Ph.D. (Northern State University)

Want to know how to be more effective and helpful while working with students/clients in counseling? Discover how to use certain solution-focused techniques and questions that will have an immediate impact on students/clients’ achievement, behavior and attendance. This experiential workshop is designed for both beginning and experienced school and mental health counselors who want to learn the Solution-Focused Brief Counseling (SFBC) approach.

Rural Mental Health: Understanding and Managing Farm Stress

Andrea Bjornestad, Ph.D., LPC, NCC (South Dakota State University)

The impact of stress on farmers is concerning as the depression and suicide rates of farmers have been reported to be higher than other occupations. An introduction to rural mental health will be provided in this session. Farm stressors, characteristics of farmers/farm families, rural mental health statistics, and protective factors will be discussed. Participants will brainstorm how to address the mental health stigma within the population as well as develop future goals related to how counselors can best serve farmers and their families.

Hello, Xello! Meet the new SDMyLife!

Andrea Diehm, MA, CSC, NCC, GNCRC (South Dakota Department of Education)

Megan Tatum, BS (South Dakota Department of Education)

It's time for the happy dance! A new version of SDMyLife is making its debut! Starting in August, educators and 6-12th grade students will experience the magic of an engaging career & college exploration program, provided by Xello. Participants will 'waltz' through the new SDMyLife and 'cha cha cha' into some supplemental career development activities. Explore the user-friendly course planner (for educators and students), online self-directed activities, and more. This is break-dance worthy!

The Counselor's Role in Red Cross Disaster Relief

Terrence Lee Crandall, LPC, NCC, Certified School Counselor (University of South Dakota)

A panel of counselors who have been certified as American Red Cross Disaster Mental Health workers will explain the training necessary and the experiences of lending one's expertise and humanity in disaster situations.

9:40 – 10:40 a.m.

Breakout Session V (60 Min)

1.0 CE

Keeping the Tempo: Using Multiple Perspectives to Address Counselor Burnout

Lisbeth Leagjeld, LPC-MH (Program Liaison/Instructor, South Dakota State University)

Mark Sheahan (Intern, Box Elder Job Corps; Graduate Student, South Dakota State University)

Cori Engelhardt, Graduate School Counseling Student (South Dakota State University)

Amanda Koepp, Graduate Mental Health Counseling Student (South Dakota State University)

The potential for counselor burnout is present from practicum to retirement. The rigors of our jobs in our highly specialized environments can impact performance. "Working through it" sometimes isn't enough. Our program will emphasize creative prevention interventions and assessments that can detect burnout before it impacts counselor functioning. Guests will be able to share personal burnout stories to elicit further awareness and interventions. We're in this together after all, and preventing burnout leads to more support for our clients.

Working with Military and Veteran Families

Sarah Shortbull, MA, LPC (Lewis and Clark Behavioral Health)

Robin Svendsen, MA, LCP-MH, QMHP (Lewis and Clark Behavioral Health)

Veteran Specialist Paul Shortbull

This presentation will offer potential theories of practices to utilize in working with military families or personnel. We will discuss all age groups. What will make this special are our personal perspectives on being military wives and what that means for mental health. Our unique insight, thoughts and experiences to help other professionals to support military families. We can also offer what has not been helpful from our perspectives, which is important as there are many misconceptions about active duty families and services members' lives.

The use of Native American Music as a Therapeutic Tool (Part I)

Roll Over Beethoven: Aka If It's BAROQUE, You Can Fix It (Part II)

Virginia "Gina" Veo, MA

JoEllen Berndt, MS, MA

Part I – Native American music used as a therapeutic tool to help students/clients relax and reduce stress levels. Participants will be able to relax and enjoy this session while learning about Native American music.

Part II – Music surrounds many aspects of our lives. It can be a motivator, make us laugh, cry, and even make us think. It can help us heal. It can be used with groups large and small, and even with individuals. Pick out the music that matches your style and encourage your clients to find the music that works best for them.

Board of Examiners for Counselors & Marriage and Family Therapists Updates

Jennifer Stalley, Executive Secretary

The Board is currently undertaking a review of the practice act for counselors, counselors-mental health, and marriage and family therapists. This session will allow attendees to learn about the process and timeline the Board is using to proposed updates. Attendees will also hear about proposed changes to the practice act and have an opportunity to provide comments on proposed changes and offer additional suggestions. The Board will also take questions from licensees on a variety of topics.

My Voice: A Child of Incarceration

Susan L. Hartman, MA, NCC

Children’s Connection, used in the Sioux Falls School District, is a group support program with an established curriculum for children with an incarcerated parent. In an effort to reach all children, this United Way funded program is willing to share their curriculum and support with any agency or school throughout the state.

10:45 a.m. – 12:45 p.m. Breakout Session VI (2 hours)

2.0 CE

Talk Saves Lives: An Introduction to Suicide Prevention

Anna Eidem, MS, NCC, LPC

Talk Saves Lives covers the scope of suicide, research on prevention and what we can do to fight this growing global problem. Attendees will learn the risk factors and warning signs of suicide, who is affected, what we know about it and what we can do to prevent it. Suicide is the 10th leading cause of death in the United States. This equals to about 121 suicide deaths per day. Resources will be provided from the American Foundation of Suicide Prevention.

Hypnosis for Counselors: A Short Course

Daniel Burow, Ed.D., Psychologist, National Board of Certified Clinical Hypnotherapists – Fellow (Daniel Burow Consulting)

Ever wonder about the strange process called hypnosis? In this program, you can learn to better understand what hypnosis is and what it can and can’t do. In addition, you will have the opportunity to develop some basic hypnosis skills and then practice these skills on each other. The goal is for all participants to understand how hypnosis works and how it could become a useful part of their clinical skill set no matter what their approach. This session will be educational and a lot of fun.

Let Me Be Myself: Girls & Women with Asperger's (High Functioning Autism Spectrum Disorder)

Anne Dilenschneider, PhD, LPC-MH, QMHP (New Idea Counseling, LCC)

“Everything we thought was true of autism seems only to be true for boys.” Many girls and women with hfASD are lost in the mix because they are trying to be someone else. They suffer in silence for years. Others are misdiagnosed and labeled as problem patients. No wonder they come to us confused and hurting, with no way to explain what is wrong. This presentation will normalize symptoms, explain neurological differences and offer strategies and resources for working with these girls and women.