

## **Breakout Session Programming\***

\*Please note, this is not the final draft. Keynote presentations, Ethics, presentations, and a handful of breakout sessions are still to come.

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

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.

June Crist Reilly, MS, LPC  
Jamie Schummer, MS, NCC, LPC, QMHP, CTP-C

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

“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, offer strategies and resources for working with these girls and women.

Anne Dilenschneider, PhD, LPC-MH, QMHP

### **The Grief Recovery Method: When Children and Adults Grieve**

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.

Margie Ann Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Specialist®

### **Hitting the High Notes: Preparing Students with Disabilities for College**

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 vs 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.

Transition Services Liaison Project (TSLP) staff

### **My Voice: A Child of Incarceration**

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.

Susan L. Hartman, MA, NCC

### **Practical Career Counseling Activities Designed to Promote Career Development in Schools**

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.

Ahmet Can, Ph.D.

Adwoa Street, Graduate Counseling Student

Thresa Esser, Graduate Counseling Student

McKenzie Johnson, Graduate Counseling Student

### **Every Kinda People: Accommodations at Work, School, and Home**

According to the song, "Every kinda people," "It takes every kinda people / To make the world go round." This session will include an overview of the Americans with Disabilities Act (ADA), as well as examples of ways counselors can successfully collaborate with IEP/504 teams, advocate for ACT accommodations, request accommodations for college students, assist clients and their employers in implementing workplace accommodations, and advocate with clients for housing accommodations.

Anne Dilenschneider, PhD, LPC-MH, QMHP

### **Keeping the Tempo: Using Multiple Perspectives to Address Counselor Burnout**

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.

Lisbeth Leagjeld, LPC-MH

Mark Sheahan, Graduate Intern

Cori Engelhardt, Graduate School Counseling Student

Amanda Koepp, Graduate Mental Health Counseling Student

### **Why a Horse?**

"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?

Noreen Young, EGCM, LMT specializing in John F. Barnes Myofascial Release

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

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.

Donna Aldridge, MA, LPC, QMHP

**Psychological Autopsy: Reconstructing a Life After Death**

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.

Anne M. W. Kelly, Ph.D., Certified Psychological Autopsy Investigator

**Working with Military and Veteran Families**

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 member's lives.

Sarah Shortbull, MA, LPC

Robin Svendsen, MA, LCP-MH, QMHP

**Don't Be "Board": Utilize Games to Make Your Sessions Magic**

Come and experience using table games, card games and creative art games to playfully build relationships with clients, explore interpersonal and family dynamics, help clients gain insights to foster better social skills, control anger and keep themselves in a "magic" state of organization and relaxed power and calmness. We will look at games that can be utilized in play therapy sessions, classroom settings and in family work.

Debra A. Butman-Perkins, MS, LPC-MH, RPT-S, Animal Assisted Play Therapist

Clark G. Perkins, Med, NCC, RPT

**Rural Mental Health: Understanding and Managing Farm Stress**

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.

Andrea Bjornestad, Ph.D., LPC, NCC

**“Learning to Fly”: Supporting Dual Credit Students’ Growth in a Time of Change and Challenge**

Dual-credit enrollment provides students a chance to “fly” high in postsecondary education. The program’s growth means increased counselor responsibility. Even for high fliers, college course selection, enrollment, and completion can be a challenging journey. Counselors will be able to champion these students when informed by policy, equipped with the right tools, and supported by colleagues. This round table is intended to provide connections, cultivate a community of practice, and help professionals and their students fly in higher education.

Jessica Lewis, MS, NCC

**Talk Saves Lives: An Introduction to Suicide Prevention**

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.

Anna Eidem, MS, NCC, LPC

**“Let it Go”: Using Popular Film with Children and Students**

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.

Staci L Born, Ed.D., LMFT, RPT  
Kristine Ramsay-Seaner, Ph.D., NCC

**The Counselor’s Role in Red Cross Disaster Relief**

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.

Terrence Lee Crandall, LPC, NCC, Certified School Counselor  
Clark G. Perkins, Med, NCC, RPT  
Debra A. Butman-Perkins, MS, LPC-MH, RPT-S, Animal Assisted Play Therapist

**Solution-Focused Brief Counseling (SFBC)**

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.

Ahmet Can, Ph.D.

### **Trauma and the Body**

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.

Daniel Burow, Ed.D., Psychologist

### **Recognizing Alcohol Use Disorder within Mental Health or School Counseling Practices**

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.

Dr. Mary Merrigan, Ed.D, MAC, LAC, LPC  
Amy Orr, MA, NCC, LAC, Certified School Counselor

### **Hypnosis for Counselors: A Short Course**

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.

Daniel Burow, Ed.D., Psychologist, National Board of Certified Clinical Hypnotherapists - Fellow

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

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.

John Anderson, Ed.D.

### **Best Practices for Working with Culturally Diverse Students in Schools**

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.

Ahmet Can, Ph.D.,  
Faithe Patrick, Graduate Counseling Student  
Morgan Johnson, Graduate Counseling Student

**The use of Native American Music as a Therapeutic Tool (Part 1)**

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

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's matches your style and encourage your clients to find the music that works best for them.

Virginia "Gina" Veo, MA

JoEllen Berndt, MS, MA