



*Irish Association for Counselling and Psychotherapy*

University of  
**HOLY  
CROSS**

DEPAUL  
UNIVERSITY



**SEPTEMBER 25TH 2020**

**COUNSELLING, SUPERVISION, AND  
TRAINING IN IRELAND & THE  
U.S. DURING COVID-19**

**ONLINE CONFERENCE ORGANISED BY  
THE IACP, UNIVERSITY OF HOLY CROSS,  
NEW ORLEANS AND DEPAUL  
UNIVERSITY, CHICAGO**

**CONFERENCE PROGRAMME**

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Presentation Number for each of the 3 sessions	Presenter	Presentation Time: Central Time Zone / Irish Time
Opening	Ray Henry Lisa Molloy Ted Remley Becky Michel	11:00 - 11:15 / 17:00 – 17:15
1	Michael O’Carroll	11:15 -12:00 / 17:15 – 18:00
1	Ellen Kelly	12:10 - 12:55 / 18:10 – 18:55
1	Karen Ward	13:05 - 13:50 / 19:05 – 19:50
2	Kathleen Levingston	11:15 – 12:00 / 17:15 – 18:00
2	Rebecca Mathews Donna Hickman Crystal Brashear	12:10 - 12:55 / 18:10 – 18:55
2	Craig McCullough	13:05 - 13:50 / 19:05 – 19:50
3	Matthew Shupp	11:15 - 12:00 / 17:15 – 18:00
3	Franc Hudspeth	12:10 - 12:55 / 18:10 – 18:55
3	Anita Neuer Susan F. Branco	13:05 - 13:50 / 19:05 – 19:50

4	Kevin Doyle	11:15 - 12:00 / 17:15 – 18:00
4	Rebecca Michel Nancy Sherman	12:10 - 12:55 / 18:10 – 18:55
4	Robert Pincus TeShaunda Hannor-Walker Denise Ebersole	13:05 - 13:50 / 19:05 – 19:50
5	Pat Thomas	11:15 - 12:00 / 17:15 – 18:00
5	Robyn Simmons Brandi Chamberlin Jama Davis Cailin Birtles Kristy Ford Michael Takacs Jonna Bryars	12:10 - 12:55 / 18:10 – 18:55
5	Devika Dibya Choudhuri	13:05 - 13:50 / 19:05 – 19:50
6	Sarah Irvin Alexander Becnel	11:15 - 12:00 / 17:15 – 18:00
6	Chaya Abrams	12:10 - 12:55 / 18:10 – 18:55
6	Paige Begich Donna Henry	13:05 - 13:50 / 19:05 – 19:50
7	Scott Hinkle	11:15 - 12:00 / 17:15 – 18:00

	William Snow	
7	Theodore Remley Lisa Surrency Carol Benoit Nathan Favaloro	12:10 - 12:55 / 18:10 – 18:55
7	Stacy Perez Martin Tione	13:05 - 13:50 / 19:05 – 19:50
8	Stephanie Chalk	11:15 - 12:00 / 17:15 – 18:00
8	Suzanne Whitehead	12:10 - 12:55 / 18:10 – 18:55
8	Peggy Mayfield Jane Webber Carol Smith	13:05 - 13:50 / 19:05 – 19:50
9	Kathleen McCleskey Maureen J. Walls-McKay	11:15 - 12:00 / 17:15 – 18:00
Final Words & Close	Ray Henry Lisa Molloy Ted Remley Becky Michel Kevin Doyle Lisa Surrency Karen Ward Ellen Kelly	13:50 - 14:00 / 19:50 – 20:00

## Presentations and Session Descriptions

### Session 1: YELLOW

Presenter	Session Title	Session Description
<p><b>1. Michael O'Carroll</b> <b>(Ireland) MIACP, Founder &amp; CEO of TherapyHub.ie (online therapy platform) &amp; TherapyAcademy.ie (online learning platform for therapists)</b></p>	<p><i>COVID19 – Accelerating widespread acceptance of online counselling and training methods in Ireland</i></p>	<p>This presentation will look at the online mental health landscape pre covid19 and post outbreak. With reference to research undertaken by TherapyHub.ie and University College Dublin, published in 2019, we see how attitudes have changed dramatically with all stakeholders in the field. We will specifically look at the rapid evolution of online counselling, supervision and training in Ireland over the past 9 months and also consider what may occur in the future.</p>
<p><b>2. Kathleen Levingston, PhD, LPC-S, BC-TMH, RPT-S; (USA)</b></p>	<p><i>Pandemic Play Therapy: Focus on the Parents</i></p>	<p>As we have moved to telemental health during this time of the pandemic, play therapists have been tasked with finding a way to bring the playroom to a virtual space. In this presentation, we will share our experiences in transitioning to this online platform in our private practices including the pitfalls and unexpected challenges that we have faced. We will then explore how filial play therapy has been an effective modality in addressing the mental health needs of our child clients.</p>

<p><b>3. Matthew Shupp, Ed.D., LPC, NCC, BC-TMH, ACS (USA)</b></p>	<p><i>Reluctantly Forced Into Utilizing Tele-Health: Lessons Learned and Insights Gained</i></p>	<p>The swift arrival of COVID-19 forced many front line (essential) employees to pivot – abruptly and forcefully – and examine different ways of administering services and maintaining continuity of care. Although tele-health is not a new service modality, a large majority of practitioners were faced with moving online with little to no preparation or training. This session will explore one practitioner’s experience with moving clinical services online. Lessons learned, mistakes made, and insights gained will be shared and participants will leave the session with considerations should they choose to engage in virtual therapy.</p>
<p><b>4. Kevin Doyle, Ed.D., LPC, LSATP (USA)</b></p>	<p><i>Working with Healthcare Professionals with Substance Use Disorders</i></p>	<p>This presentation will address the unique needs of health care professionals (physicians, nurses, dentists, veterinarians, counselors) with substance use disorders. An overview of treatment options will be presented. State monitoring programs will also be described and an overview provided of what they consist of, how they work, what outcomes are to be expected, and how counselors can participate with them as providers.</p>
<p><b>5. Pat Thomas, PhD, NCC, LPC-S (USA)</b></p>	<p><i>Self Care and Wellness for Counselors</i></p>	<p>This workshop will provide an overview of self-care and wellness for counselors. We will conceptualize several dimensions of wellness and engage in an exercise to evaluate current self-care and wellness in our lives.</p>
<p><b>6. Sarah Irvin, PhD; Alexander Becnel, MA, LPC (USA)</b></p>	<p><i>Lessons Learned: The Experiences of Clinical Coordinators of Counselor Education Programs During COVID-19</i></p>	<p>The presenters conducted a phenomenological study on the experiences of clinical coordinators of counselor education and supervision programs during the COVID-19 pandemic. This presentation will describe the findings of this study and offer lessons learned from experiences of these coordinators. The presenters will identify strategies that supervisors and counselor educators can use to navigate the challenges of this pandemic and other crises.</p>

<p><b>7. Scott Hinkle, PhD; William Snow, PhD (USA)</b></p>	<p><i>Online Counselor Education and Training in the Covid19 Epidemic: Rewards and Challenges</i></p>	<p>This presentation will provide an overview of remote counselor education and its impact by the coronavirus epidemic. What works, what does not work well, and what does not work at all will be reviewed. The emotional toll that the pandemic takes on counseling graduate students and how it is processed online will be discussed.</p>
<p><b>8. Stephanie Chalk, MA, NCC (USA)</b></p>	<p><i>Multiculturalism, Posttraumatic Growth, and COVID-19</i></p>	<p>COVID-19 has led to massive public health and economic crises across the globe. Some degree of collective trauma is inevitable, however, posttraumatic growth is also possibility. This presentation explores current research on posttraumatic growth across cultures and clinical applications for facilitating posttraumatic growth during COVID-19.</p>
<p><b>9. Kathleen McCleskey, PhD; Maureen J. Walls-McKay, PhD (USA)</b></p>	<p><i>Hosting a Death Café: "Helping People Make the Most of Their (Finite) Lives"</i></p>	<p>A Death Café is a recently developed format that encourages groups of individuals to gather, enjoy refreshments, and talk about death with no agenda beyond that discussion. One counselor education professor and one director of a university counseling center brought the Death Café model to a university and surrounding community and connected it to a graduate counseling class in grief, loss, and trauma counseling. Over three Death Café events, attendees evaluated their experiences and graduate students prepared reflection papers about their involvement, including facilitating death related discussions. Participant evaluations reflected the Death Cafés as being positive events for most and very powerful and meaningful for many. Student reflection papers indicated some challenges but primarily noted personal and professional growth. Being able to discuss death and related issues is important for counselors as clients in any setting may have issues around death. The Death Café model can provide both training and experiential opportunities to become more comfortable discussing death.</p>

## Session 2: GREEN

Presenter	Session Title	Session Description
<p><b>1. Dr. Ellen Kelly (Ireland)</b></p>	<p><i>Challenges and Opportunities - The Impact of Covid-19 on Counselling and Psychotherapy in Ireland: Key Insights from a Member Survey.</i></p>	<p>The Covid-19 pandemic has changed the world and has presented, and continues to present, incredible challenges. Work has changed. Cities have changed. Economies have changed. Communications have changed. Stressors have changed. Relationships have changed. Inside this rapidly evolving landscape, what has it been like to work, in Ireland, as a counsellor/psychotherapist? Has it been possible to continue to work? What changes, if any, have counsellors/psychotherapists made to their work practices? What have been the key challenges that the Covid-19 pandemic has presented to the world of counselling/psychotherapy in an Irish context? Are clients presenting with Covid-19 related issues? How have supervisors carried out their work?</p> <p>Along with the challenges, have any opportunities arisen from the pandemic that could be brought forward into the future?</p> <p>This presentation draws on the findings of an IACP Member Survey, carried out in July 2020, which sought to understand how the Covid-19 pandemic has impacted members and their work. With a strong response rate of 20% (N=910) the findings offer robust insights into the experiences of counsellors and psychotherapists during this time which will be shared during the presentation.</p>
<p><b>2. Rebecca L. Mathews, PhD, LPC-S, CBGT, CHST; Donna Hickman, PhD, LPC, CSC, CHST; Crystal Brashear, PhD-</b></p>	<p><i>When We Are All In The Storm: Counselor Experiences with Self-Compassion &amp; Resiliency During Covid-19</i></p>	<p>Self-compassion, the ability to be understanding and soothing to oneself during times of suffering, has never been more universally needed than during the COVID-19 pandemic. In this interactive and strengths-focused presentation, presenters will discuss challenges experienced in having self-compassion during COVID-19 as well as how they were overcome. Strategies counselors can use to access self-compassion during times of distress will be discussed and practiced. Tools to use with clients</p>



<p><b>candidate, LPC, CHST (USA)</b></p>		<p>to aid their development of kindness, humanity, and mindfulness will be presented.</p>
<p><b>3. Franc Hudspeth, PhD, LPC-S (MS &amp; AR), NCC, ACS, RPT-S, RPh, CPC (USA)</b></p>	<p><i>Counselor’s Role in Continuity of Care during Covid-19: Integrative Care, Advocacy, and Ethics</i></p>	<p>As ethical advocates, counselors provide the stability that clients need during times of crisis. As such, counselors occupy a unique place in the lives of their clients. They are helpers and supporters that often connect clients with resources. Counselor training gives counselors the skills necessary to be mediators and coordinators. We see glimpses of this as they work on integrative care teams. When allowed, counselor skills can be used outside the typical mental health realm to support continuity of care that bridges mental and physical health care.</p>
<p><b>4. Rebecca Michel, PhD., LCPC; Nancy Sherman, PhD, LCPC (USA)</b></p>	<p><i>Career Counseling during a Pandemic</i></p>	<p>COVID-19 has transformed the world of work and resulted in wide-spread unemployment around the world. Attendees will learn innovative strategies to support clients who have lost their jobs during the Pandemic, including partnering with employers and developing a career counseling hotline. A case study and role play will illustrate a process for helping a client use assessment results to discover meaning and make a career transition in the midst of a global Pandemic.</p>
<p><b>5. Robyn Simmons, Ed.D., LPC-S (AL), NCC, RPT-S; Brandi Chamberlin, PhD, Jama Davis, PhD., Cailin Birtles, PhD., Kristy Ford, PhD., Michael Takacs, PhD.,</b></p>	<p><i>Responding to Social Justice Issues: Not Just Training Counselors</i></p>	<p>A professor’s job, in a reductionist view, is disseminating information and assessing for understanding of that information. For counselor educators our role is expanded to include gatekeeping and mentoring. Further, counselor educators also have an ethical responsibility to address issues of social justice. When social justice issues personally impact students, it is imperative for the faculty member, in a counselor training program, to respond. A successful response includes modeling and demonstrating the very values and skills that they are teaching. This presentation demonstrates how one counselor training program developed a comprehensive response to respond to</p>

<p><b>Jonna Byars, PhD (USA)</b></p>		<p>the negative impact of unstable race relations in our country.</p>
<p><b>6. Chaya M. Abrams, Ph.D., LPC, LAC (USA)</b></p>	<p><i>Traumatic silence to sacred silence: Addressing historical trauma and collective grief related to current global challenges in counseling</i></p>	<p>This presentation will provide an overview of historical trauma and how this relates to COVID-19. We will also explore the current climate of systemic oppression relevant to counseling.</p>
<p><b>7. Theodore P. Remley, Jr., JD, PhD, NCC, LPC; Lisa Surrency, Med, LPC-S, NCC; Carol Benoit; Nathan Favaloro; (USA)</b></p>	<p><i>Do's and Don'ts for Virtual Counselors, Supervisors, and Trainers During Covid-19</i></p>	<p>This panel will tell audience members some very practical approaches that have worked for them during the COVID-19 crisis since they have been counseling, supervising, and training virtually. Panel members also will share some things they have tried that have not worked. Audience members will be encouraged to share their own lists of Do's and Don'ts.</p>
<p><b>8. Suzanne Whitehead, PhD, Quenna Martinez, MA (USA)</b></p>	<p><i>"Mom, I Want to Live: Overcoming Opioid's Clutches"</i></p>	<p>In light of the horrendous COVID-19 pandemic, the opioid crises continues to escalate in the U.S. and is taking lives via overdoses at a rate of over 130 persons per day. When you strip away all the many reasons people use substances, it comes down to just one thing: people use to change the way they feel. A Counselor Education professor, who is a licensed addiction counselor and mother of an addict, along with a mental health counselor who is a police officer share their unique perspectives on humane treatment, intervention, and recovery during these unparalleled times.</p>

## Session 3: PINK

Presenter	Session Title	Session Description
1. <b>Dr Karen Ward (Ireland)</b>	<i>Supervision and Covid 19: the impact, learning and support from an Irish perspective.</i>	In these unprecedented times, never have our supervisory relationships been so important. As professionals we need to continue to come to terms with the impact on our lives and those of our supervisees and their clients. Dr Karen Ward considers the silver linings as we learn to cope and how we can best support those who look to us for support.
2. <b>Craig McCullough (Ireland and USA)</b>	<i>Helping Maintain and Improve the Social Skills of Socially Challenged Teens and Young Adults during a time of Social Isolation with Evidence Based Techniques: An Opportunity to Get on a Leveller Playing Field!</i>	Presentation will focus on the impact of the pandemic on the socially challenged teen and young adults and help to identify ways for providers and parents to use this time of socially isolating as an advantage to help these teens and young adults gain some ground socially.
3. <b>Anita A. Neuer Colburn PhD, LPC (VA), LCMHCS (NC), BC-TMH, ACS, NCC; &amp; Susan F. Branco, Ph.D., LPC (VA), LCPC (MD), NCC, ACS, BC-TMH (USA)</b>	<i>Multi-Tiered Clinical Skills Training from a Distance</i>	In this session we will discuss the challenges of preparing students for field placement, particularly in a 'learn-by-doing' model that allows students to be in the field from the very beginning of their training. Additionally, we will highlight the unique complications of utilizing this model in a COVID-19 environment. A multi-tiered system for teaching clinical skills, including telemental health, in this context will be presented. Participants will have the opportunity to weigh in on pros and cons.
4. <b>Robert Pincus, Ph.D, LSC; TeShaunda Hannor-Walker, Ph.D., Denise</b>	<i>Changing the school counseling culture: Navigating students through the Covid-19 pandemic in an</i>	School counselors are facing unprecedented times in working with students who are experiencing mental and emotional distress as a result of the Covid-19 pandemic. It is important that counselors have appropriate tools to provide emotional support and safety for every child experiencing a

<p><b>Ebersole, PhD (USA)</b></p>	<p><i>in-person, hybrid or virtual world</i></p>	<p>variety of emotions after being impacted by lockdowns. This presentation will offer practical evidence-based techniques, strategies, and interventions on counseling PK-12 students who could be suffering from stress, depression, anxiety, suicide ideation, and effects of ACEs.</p>
<p><b>5. Devika Dibya Choudhuri. PhD, LPC (USA)</b></p>	<p><i>Trauma-Informed Practices in Remote Mental Health Services</i></p>	<p>The presence of trauma can significantly impact the therapeutic alliance, ability to create goals in the midst of chaos, and be able to commit and engage in the process. In remote mental health counseling, videoconferencing or phone, certain practices can assist in dealing with these challenges. Informed by neurocounseling and somatic psychotherapeutic approaches, this program offers ways to conceptualize beginning and building therapeutic alliances remotely. Counselors will learn new ways to use language, resourcing and grounding practices to predict, assist and manage trauma reactions in clients. Many of the suggestions may be broadly implemented in individual, couple, family and group therapy</p>
<p><b>6. Paige Begich, Ed.D., LPCS; Donna Henry. MEd, LPCS, RPT, NCC (USA)</b></p>	<p><i>Counseling and Supervision in an Online World: Creative Approaches, Engaging the Brain, and Planning for the Future</i></p>	<p>This presentation explains the neuroscience behind ‘Zoom fatigue’ and offers strategies to successfully manage the psychotherapeutic challenges of using online platforms with clients. Creative techniques to engage clients and supervisees are discussed. A case study of counseling profession gatekeeping in changing times, specifically to advocating in telehealth supervision, is explored.</p>
<p><b>7. Stacy Perez Waterman, PhD, LPC, LCDC; Martin Timoney, EdD, LPC-Intern (USA)</b></p>	<p><i>Maintaining Focus on Personhood in the era of Covid-19: Mental Health and Diversity in Ireland</i></p>	<p>A challenge exists regarding the varying definitions of personhood and the unique ways they are expressed among contrasting cultures and in different cultural contexts. Ireland is becoming more ethnically and culturally diverse. It changed in the 1990s from a country where people emigrated from to a country people immigrated into. The challenge in the COVID era is to facilitate a focus on personhood within an online counseling context.</p>

8. **Peggy Mayfield, Ph.D., Jane Webber, PhD, Carol Smith, PhD (USA)**

*Connection and Compassion in the time of Covid-19 Counseling*

The most important thing counselors-in-training need during the time of COVID-19 is a genuine connection with more seasoned practitioners who genuinely care about their development and well-being. We present principles and practices for genuine connection and compassion for counselors-in-training using the technology we have available today, phone, email, and videoconferencing. We teach specific practices to maintain meaningful human connection and compassionate supervision in the fluid and dynamic context created by COVID-19 uncertainties.

