

KNOWLEDGE EXCHANGE AND REFLECTION

THE 7TH COUNSELLING AND PSYCHOTHERAPY CONFERENCE ORGANISED BY THE IACP,
THE UNIVERSITY OF HOLY CROSS, NEW ORLEANS AND DEPAUL UNIVERSITY CHICAGO.

TRINITY COLLEGE DUBLIN 19/07/2023

Presenter details:



Irish Presenters

Anne Crossey - Queering the family narrative: the perspective of a donor conceived person.

M.A (Hons) Philosophy, M.A., M. Phil. (Psychoanalytic Studies), Diploma Traumatology and PTSD

Biography:

Anne is currently a student on the BSc programme in Counselling and Psychotherapy at PCI College and is completing a MSc in Psychology through Brunel University, London.

In 2006, she discovered by accident that she had been conceived by donor sperm which marked the beginning of a decade long journey to find her paternal family and come to terms with the impact of being created through ART. She lives in West Cork and has a passion for swimming in the sea. About the session: Infertility is devastating for those affected, and ART offers a solution, both to those struggling with infertility and for those who would not otherwise be able to conceive, such as single mothers' by choice and the LGBTQ+ community. From the outset I want to be clear that I am not an advocate for traditional family structures and I think ART has an important role in helping people to create families. That said, in terms of knowledge exchange and reflection, the only perspective that most of us are familiar with is that of the fertility industry and those who are service users, the recipients who are using it to make their families. But there is another perspective and it is one we need to be aware of in clinical practice, and that is the perspective of the people created this way. People created by the fertility industry are traditionally infantilised in the same way as we infantilised historic adoptees. The images we see and the focus is always on the baby that is produced, never on the adult that that baby will become, who may want to find their genetic family. In this talk, I will outline my personal story and how I found a community of adults who had also been conceived this way. It seems that the majority of us are impacted by similar psychological consequences: for the older ones, like myself, the devastating impact of family secrets around our real identity fostered by the cultural shame of infertility, but even for those who have always known about their donor-conceived status, there is genetic bewilderment, problems with having a lack of a proper medical history, coping with having potentially 100 or more siblings, the fear of accidental incest, the feeling of being a commercial product, not wanting

to upset our raising family and the family conflict that asking questions about our genetic background can cause. Many of the issues overlap with issues faced by adoptees family members who don't want us looking for bio-family, the reality of rejection by bio-family and handling the shame of being a secret within our wider family unit. As more people become aware that they were created this way, as more people who have always known begin to process the magnitude of severance from genetic family, often triggered when they have children of their own, we will see more and more people created by the fertility industry seeking psychological help. It is vitally important that we understand the psychological trauma that they may face in order to respond with the empathy. Our voices, like with early adoptees speaking out, are voices that society at large does not want to hear because it challenges the narrative that love by the raising family is enough. Love cannot be underestimated, but the challenges that we uniquely face, and often have to carry alone, are also real and that needs to be acknowledged if we are going to be able to heal. Education, reflection and the exchange of information about our experiences are key to being able to help future donor conceived clients. Transparency begins with open communication and this is my objective for this session: to begin a discussion on how we can bring the people created by this industry in under the umbrella of our compassion through learning about their experience.

Alex Delogu - Living Melodies – Modes of Therapeutic Resonance.

Foundation Certificate in Group Analysis, The School of Psychotherapy, BA Counselling Psychotherapy, DBS, MA Contemporary European Philosophy, UCD, Accredited Member of the IACP.

Alex is an accredited psychotherapist with a private practice in South Dublin, working at Insight Matters. He received his Master's in Philosophy from UCD and went on to get his BA (Hons) in Counselling and Psychotherapy from DBS. He has a strong interest in embodiment and teaches Tai Chi and Qi Gong in Dublin. He runs a monthly reading group on the work of Iain McGilchrist. He has also had a long standing interest in music.

About the session:

This session aims to explore the centrality of music for understanding what it means to be human. Musical metaphors have often been used to describe human relating, and psychotherapy, and this session aims to bring many of these disparate lines of thought together. We will begin with deep history, to think about the co-evolution of music and language, with some hints that language evolved from musical forms of communication. This will lead to the more relatively short-term processes of child development. Here we will focus on the sound world of the infant and how our first communication is through patterned sound, well before language takes shape. Some considerations from neuroscience will be used to inform us on some of the more salient features of music. This will be in an effort to describe how we can think more musically about the world at large, expanding the topic beyond the confines of music itself. There has been a decline in people's participation in music in the modern era, which can be seen as a loss of our capacity to connect at a deep unconscious level. Some alternative cultural perspectives will be briefly shared to show

different possibilities in how we can be with each other. The last portion of the talk will aim at the more therapeutic aspects of thinking musically. We begin with Freud and his difficult relationship with music and then present one or two modern analysts as they try to accommodate a more musical mode of thought. This, I think, is broadly representative of the relational shift, just with a focus on the musical here. The final therapeutic element is to do with group analysis and how they use the example of an orchestra as a foundational analogy. We will end by engaging our, possibly neglected, capacity to make music with a short collective song.

Antoinette Stanbridge and Catherine Tierney - Grief Encounter: In the aftermath of COVID-19, what has changed in how we work with grief?

Catherine Tierney, MA in Humanistic & Integrative Counselling & Psychotherapy; PG Dip in Counselling and Psychotherapy

Antoinette Stanbridge, MIACP; PhD Psychology (ongoing) Middlesex University; PG Dip (Hons) in Counselling and Psychotherapy (U.C.C); B.A.(Hons) Psychology (U.C.D).

Biography:

Catherine Tierney is an accredited psychotherapist with almost 20 years of experience in clinical practice. She has also worked as an EAP affiliate for many years. She trained in Complicated Grief Therapy in 2021 through the Centre for Complicated Grief (USA) and has extensive experience in the delivery of workshops on grief and bereavement with the Irish Hospice Foundation (IHF). She also manages a freephone HSE-funded Bereavement Support Line (1800 80 70 77) for IHF, which offers nationwide bereavement support by phone.

Antoinette Stanbridge has been in clinical practice for over 20 years and has worked as a senior lecturer in counselling and psychotherapy since 2006, leading the academic design and university validation of a number of Masters programmes. She is the Course Director for the Royal College Surgeons in Ireland and Irish Hospice Foundation MSc in Loss and Bereavement, and MSc in Loss and Bereavement (Clinical Practice). She is currently undertaking a PhD in Psychology which explores the role of research in counselling and psychotherapy practice.

About the session:

In the aftermath of the Covid pandemic and the ongoing Russian/Ukrainian war, many therapists find themselves working with grief and loss in myriad and unexpected ways. This session aims to inform and support therapists on how to recognise grief in its various presentations and work with grief and loss through a contemporary evidence-based lens with a particular focus on Prolonged Grief Disorder and Non-finite loss.

1. Exploring COVID-19 impact: Research shows that Prolonged Grief Disorder may be more prevalent in the community than before the pandemic: Helping therapists to recognise the signs and symptoms.

2. An overview of contemporary grief theories and how they can be applied to enhance practice for non-finite loss (e.g., losses due to displacement, job loss; relationship breakdown; serious illness etc).
3. Creativity & Grief: creative approaches when working with clients experiencing a loss (
4. Therapist self-care when working with loss and grief.

Clair- Breen - Paws for Thought: – Impact of a dog on the adolescent therapeutic process – in an Irish school context.

MSc (Distinction) Child & Adolescent Counselling & Psychotherapeutic Skills; Dip Supervision; P.G. Cert Sexual Consent Promotion; BA Hons (1st Class) in Integrative Counselling & Psychotherapy, Prof Cert in Cognitive Behavioural Therapy, Prof Cert in Crisis, Pregnancy Counselling, IACP Accredited Supervisor and Therapist.

Clair is the psychotherapist and student support co-ordinator in a secondary boarding school in Dublin. The school has over 700 students, 300+ are boarders. In 2020, Nala – a community dog from The Irish Guide Dogs for the blind, joined Clair in her work with adolescents. Alongside her therapeutic work, Clair lectures, facilitates groups and supervises students embarking on their dissertations for their Master's in Education.

Her passions are family, learning, live music, and walking (just about to embark on her second Camino).

About the session:

The aim is to explore the positive impact having a dog in the room has on the therapeutic process with Adolescents.

Animal-assisted therapy is gaining popularity worldwide and is used to increase well-being in a variety of contexts. Although the research is limited, it indicates that therapy dogs can provide children and adolescents with positive psychological, social, emotional, and physical support. While we are seeing more schools offer counselling services, introducing a dog into an Irish school therapy setting is a new concept altogether. This session aims to inform participants of the impact of a dog on the therapeutic process with adolescent clients both in private practice and in an Irish school setting. For context the session will inform participants of a brief history of animal therapy. Characteristics of Therapy dogs will be provided before moving onto the therapeutic model and interventions used by therapists with dogs, namely attachment theory, person centred theory in particular the core conditions and the therapeutic alliance. The session will inform participants of the work and commitment required from the therapist working with the dog. Exploring the pros and cons.

Heike Felzmann - Uber for therapy: how online platforms are shaping the practice of counselling for platform therapists

Diploma in Psychology, BSc Counselling and Psychotherapy, PhD (Philosophy), Diploma in Online Counselling and Psychotherapy, (Pending graduation for MSc in Cognitive Behavioural Therapy), Pre-accredited member of the IACP.

Biography: Heike Felzmann is a philosopher and psychotherapist who is especially interested in ethical aspects of counselling and psychotherapy.

About the session:

This paper will explore how the delivery of counselling on large online therapy platforms is impacted by characteristics of these platforms and reflect on the significance of associated changes for professional practice on the platform. While these platforms have become a prominent presence in the US therapy landscape, they are also beginning to gain prominence in Europe, with advertising and a recent recruitment drive for platform therapists in the UK. I will begin by describing how these platforms shape the delivery of counselling, including potential benefits and challenges for therapists and clients using these platforms. I will explore the ways in which these therapy platforms appear to resemble other tech platforms that serve as intermediaries for workers and clients or service users, such as Uber or Amazon Mechanical Turk. Characteristics and trends regarding platform workers' experience of platform work will be identified and their particular challenges for ethical professional practice in counselling will be identified, including the management of professional autonomy, scope of practice and referrals, safeguarding, boundaries, and confidentiality.

Niamh O'Sullivan – Altered State? An exploration of the views of psychotherapists in Ireland towards the therapeutic use of psychedelics.

MSc in Pluralistic Counselling and Psychotherapy, IICP (pending qualification, autumn 2023), B.A. Film and Journalism Studies, Ulster University, IACP Student Member.

I am a final year student with IICP on the MSc in Pluralistic Counselling and Psychotherapy. I have been on placement for almost two years in a family resource centre, seeing a range of self-referred clients. I have a background and interest in working on areas of social change and I view my developing psychotherapeutic practice through this lens. In the latter part of my therapy training, I have become trained in Reiki energy healing with a view to integrating this into my psychotherapeutic practice.

About the session:

My objective for this presentation is to create conversation within the Irish counselling and psychotherapy community on the therapeutic use of psychedelics. For the past number of years, during my training as a psychotherapist, I have been reading about clinical trials examining the use of psychedelics for the treatment of mental health conditions that have been conducted in various countries around the world, including one in Ireland. In some countries there are already moves to change legislation and mainstream psychedelics as mental health care treatment. Central to the therapeutic use of psychedelics in mental health care is psychotherapy and there are calls in the U.S. and the U.K. for the urgent need to train many therapists in this specialised area. Despite these advances and the centrality of psychotherapy to this practice, there has been little exploration of psychedelics as therapeutic tools within the counselling and psychotherapy community in Ireland. I was

curious to know what therapists working in Ireland thought about the use of psychedelics and whether they felt it would likely become mainstreamed in mental health care here.

My Master's research explored these areas with four qualified psychotherapists working in Ireland and revealed some interesting insights. In this presentation, I wanted to add my findings to the growing body of research with the purpose of examining what therapists in Ireland think of the potential of psychedelics and how we might better prepare for the possibility of psychedelic assisted psychotherapy coming to Ireland.

Theresa Wood - Working with Victims and Perpetrators of Domestic abuse.

M.Phil. Psychoanalysis, Trinity College, Dublin. BSc. (Hons. 1st). Counselling & Psychotherapist. H.Dip. Addiction. H.Dip. Psychology. H.Dip. Supervision. Adv. Dip. Child & Adolescent Counselling.

Theresa is a founder member of Drogheda Women & Children's Refuge. Working with survivors of Domestic abuse for the past 25 years. She is a Tutor on The Fundamentals of Recognising & Responding to Domestic Abuse in D.K.I.T. since 2016. Facilitator of a Perpetrator programme, working with Victims and Partners. Theresa is a Trainer in Domestic Abuse to An Garda Siochana and Tusla Child and Family agency for over 20 years. Also a Qualified trainer in the Gender Based Violence programme. Theresa has her own private practice offering Supervision to Students and Therapists.

About the session:

The session will describe how a victim is chosen by a perpetrator from the moment they meet. The hidden warning signs of an abusive relationship will be explained and how it can be prevented. The Dynamics of abusive relationships and how the perpetrator plans the abuse will be explored. The Myths surrounding abusive relationships will be exposed, to assist us in understanding how to work with Victims and Perpetrators in a therapeutic setting.

US Presenters:



James Benshoff - Visual Explorer: A Tool for Illuminating Group Process

James M. Benshoff, Ph.D., NCC, LCMHC is a Professor Emeritus at UNC-Greensboro and an Adjunct Professor at UNC-Pembroke.

His areas of particular interest include group work, teaching and supervision, consultation, and leadership. He is a past ACES President and past NBCC Chair and Board member. These days, he plays keyboards in a working classic rock band, is learning to cook well for one, enjoys biking and Pilates, teaches part-time, and embraces being a grandfather to three young grandkids. Dr. Benshoff was a faculty member for the Ireland trip in 2022, and has participated in the original Counselor's View of Italy Institute since its inception in 2004.

Dottie Martin & Deatrice M. Green - Counselor Education and Supervision: Bridging the Gap between Personal Values and Professional Ethics.

Dottie M. Martin, PhD, LPC-S, NCC, CFRC

And Deatrice M. Green, PhD, LPC-S, NCC, Registered Play Therapist Supervisor

Dottie M Martin is a Professor of Counseling at the University of Holy Cross in New Orleans, Louisiana. Dr. Martin holds a Ph.D. in Counselor Education & Supervision from the University of New Orleans and an MA in Marriage and Family Counseling. She is a Licensed Professional Counselor and Supervisor (LPC-S), a Nationally Certified Counselor (NCC), Certified First Responder Counselor (CFRC) and has specialized training in Southern Law Enforcement Foundation Basic CISM, EMDR and is TeleMental Health Certified in LA. Her dissertation research was on the competency of school counselors working from a family systems perspective. Her interests of study include supervision, trauma, crisis, and family counseling. She is a published scholar and a frequent presenter at international, national, and local professional conferences. She chairs and serves on dissertation committees of doctoral students in counseling. Dr. Martin has served as school counseling program coordinator, practicum and internship coordinator for both masters and doctoral programs and is the moderator of the Psychology club. She is an active member of the Louisiana Counseling Association and currently serves as the President of the Louisiana Association for Counselor Education and Supervision. In addition to teaching, Dr. Martin has diverse experiences as a counselor in schools, community agencies, behavioral health hospitals and in private practice. For over a decade, Dr. Martin has maintained a private practice where she has experience working with couples and families, survivors of sexual/physical abuse, first responders, clients with symptoms of PTSD, depression, anxiety, and interpersonal issues. Dr. Martin loves spending time with her family and friends, traveling, attending music festivals or just relaxing on a beach.

Deatrice Green - Addressing Racial Socialization in Counseling African Americans in the United States.

PhD, LPC-S, NCC, Registered Play Therapist Supervisor

Dr. Green is a native New Orleanian where she has earned her Bachelor of Science (BS) degree in Psychology from Xavier University, her Master of Health Sciences (MHS) degree in Rehabilitation Counseling from Louisiana State University Health Sciences Center, and her Doctorate of Philosophy (PhD) in Counselor Education and Supervision from the University of Holy Cross. She is a licensed professional counselor/board-approved supervisor, a nationally certified counselor, and a registered play therapist supervisor. She has been an adjunct professor at the University of Holy Cross and Loyola University and is currently an Assistant Professor at Southeastern Louisiana University. Dr. Green is the owner of Aspire to Empower Counseling Services, LLC., New Orleans. She continues to fuel both her passion and purpose through continued clinical practice working with children, adolescents, families, and adults. Her private practice also serves as a teaching practice where she allows her supervisees and student interns to strengthen their clinical skills while providing counseling to clients under her supervision. In addition, they get the experience of working in private practice. Dr. Green has received several grants to assist her practice in providing pro-bono counseling to clients experiencing financial barriers. Dr. Green is a graduate of both the Louisiana Counseling Association and the Association for Play Therapy Leadership Academies. She demonstrates her commitment and dedication to the profession through service and leadership. She is a professional member of several national and state counseling associations. She is currently serving as President of the Louisiana Mental Health Counselors Association (LMHCA), President-Elect of the Louisiana Association for Play Therapy (LAPT), and Treasurer for the Louisiana Association for Counselor Educators and Supervisors (LACES). She actively presents on various topics at both state and national conferences. Her research interests include supervision, mentorship, gatekeeping, and the following areas related to African Americans; perinatal mental health, play therapy, substance use/abuse, and disparities in mental health. She is also a mother of an amazing, beautiful, and talented 17-year-old daughter who keeps her busy. Her daughter, Kayla, is now entering her senior year of high school.

Suzanne Whitehead, Andrea Vera-Reyna & Claribel Zavalla - Saving a Life: The Explosion of the Opiod/Fentanyl Epidemic in the US.

Suzanne A. Whitehead, EdD, LMHC, NCC, LAC

My name is Suzanne Whitehead, and I am the Department Chair, Counselor Education Program Coordinator, and Associate Professor at California State University, Stanislaus. I am a Licensed Mental Health Counselor, and Licensed Addiction Counselor, as well as a retired school counselor/director of counseling. I have been attending these summer counselor institutes since 2018, and have had some incredible experiences in Italy and Ireland with our graduate students, colleagues, and conference participants. My husband, Dave, and I have three amazing adult children, and three beautiful grandchildren.

Andrea Vera-Reyna

Hello, I am 28-year-old Andrea V-Reyna. I enjoy long walks to the taco trucks, hiking, and helping young people find their paths in life. I have worked with at-risk youth across various roles since 2013. Currently, I work as a Student Support Specialist, teaching SEL and life skills to students on suspension in a 2nd chance program. I love this program because it allows me the opportunity to provide intervention & support to students who have been labelled as “the bad kids” when in reality, there is no such thing as bad students. I also love traveling, trying new experiences, and just living life in general. I’ve been known to be an adventure seeker.

Claribel Zavala

Hi, my name is Claribel Zavala and I am currently in the master's program at California State University, Stanislaus working on my PPS and PCC credential. I graduated in 2018 with my bachelor's in physical education and completed my teaching credential in 2021 at CSU Stanislaus. I love going to the beach and meditating, trying new foods, taking care of my succulents and watching Netflix. This will be my third time going to Europe! I've been to Poland (visited Auschwitz & Birkenau) and Amsterdam and attended the Italy Institute last year.

Aaron Norton - An Introduction to Virtual Reality-Assisted Psychotherapy in the United States (and Beyond)

PhD, LMHC, LMFT, NCC, CCMHC, MAC, CRC

I’m a 42-year-old professor at the University of South Florida, where I teach undergraduates in a Behavioral Healthcare major. I also have a part-time private practice providing therapy, forensic evaluation, clinical supervision, and consultation. I am a licensed mental health counselor and a licensed marriage and family therapist. I enjoy fitness (yoga, running, martial arts, weight training, cycling), music, gaming, nature, and animals. I attended this institute in 2019 and am returning with my husband for round two.

Bianca Lee - Human Services Workers in Crisis: Burnout, Vicarious Traumatization, and Compassion Fatigue

Med, LPC-S, NCC, Doctoral Student in Counseling, University of Holy Cross, New Orleans

Bianca Renae Lee-Jones was born and raised in Detroit, MI. She attended the University of Michigan-Ann Arbor with a Bachelor’s in Sociocultural Anthropology. Upon graduation, she joined the South Louisiana Region of Teach for America in 2011. In 2016, she shifted from a special education teacher to a full-time counseling student. Bianca received her Master’s in Clinical Mental Health Counseling in 2017 from Louisiana State University and is currently a doctoral student in Counselor Education at University of Holy Cross-New Orleans. While working on her doctorate, she returned to the classroom and was the lead special education

teacher at her middle school in Gonzales, LA. Bianca is a licensed professional counselor, board-approved supervisor for provisional counselors, and national certified counselor. Bianca has experience within the following settings: inpatient, intensive outpatient, a charter school, outpatient, and academic advising. Bianca is currently a counselor within an outpatient clinic through a state agency in Denham Springs, LA. She works part time at a private practice, is active with her church as the leader of the tutoring program, and is an active member and host of a local twinning committee. She is an avid Sudoku player and loves to travel. She has travelled domestically and internationally; she has travelled and studied in Italy, Canada, Ghana, Dominican Republic, Ireland, England, US Virgin Islands, British Virgin Islands, and has visited many others via plane or cruise including France, Bahamas, Puerto Rico, Jamaica, Mexico, Central America and Germany.

Tiffany D. Matthews, Jacinta Nafziger - School Counseling in the US: Benefits and Challenges

Tiffany Matthews

Professional School Counselor, J.B. Martin Middle School, St. Charles Parish Public Schools, Paradis, Louisiana, USA

Tiffany D. Matthews is a doctoral student in Counselor Education and Supervision at the University of Holy Cross. She received her Bachelor of Arts Degree from Dillard University in Psychology and her master's degree in Counselor Education from the University of New Orleans in 2001. She was born and raised in New Orleans, Louisiana. Tiffany is currently working as a professional school counselor in a middle school. Tiffany is a licensed professional counselor-supervisor, national certified counselor, and national certified school counselor. She has over 20 years of counseling experience. Her passion is working with students and being their biggest advocate in the school system. Tiffany's counseling interests include trauma-informed practice, at-risk students, and anxiety. She would like to receive certification as a Clinical Certified Trauma Specialist. Tiffany is married and likes to spend time with her family and friends, as well as travel. This will be Tiffany's third time visiting Europe, but her first time participating in the Ireland Institute. She is very excited and is looking forward to this tremendous learning experience and meeting everyone.

Jacinta Nafziger

Professional School Counselor, Skyline High School, Ann Arbor Public School, Ann Arbor, Michigan, USA

Greetings! My name is Jacinta Nafziger and I am originally from a small town in Ohio called Archbold. I currently live and work in Ann Arbor, Michigan with my husband and dog. I am in the doctoral program at the University of Holy Cross. Though I just successfully completed my dissertation defense, I still have a couple of courses left in the program. I am a high school counselor and love all things related to professional school counseling. In my free time, I enjoy going on walks with my dog, eating good food from our local farmers market,

gardening, reading mysteries, and helping my dad at his pottery shop. I also love traveling, so I can't wait to explore Ireland as part of the program.

Jane Simmons - Helping Clients Learn: Practical Techniques and Approaches in Session.

Private Counseling Practice, Help Means Hope Counseling Services, San Antonio, Texas, USA

Hi, my name is Janie (or Jane) Simmons and I am a native Texan. I was born in San Antonio, where I presently live. After graduating from UTSA in 1986, I taught middle school and high school science for several years. I stopped in order to stay home and raise my six children, whom are all now adults. When my youngest began 6th grade, I went back to school to procure my Masters in Counseling. You see, when I taught school, I absolutely loved teaching those teens but what I loved more than teaching them was getting to know them, guiding them and caring for them. So I knew I wanted to be a counselor when I "really grew up." In Dec. 2015, I walked across the stage with my graduate degree, at age 53. I worked in a residential treatment center for 3 years, counseling teens in groups as well as my case load of ten boys. I opened my private practice as an LPC at the beginning of COVID (June, 2020) and have offered in-person and virtual counseling services ever since. I love this very much! I treat 12 year olds through adults with any mental health issue and I specialize in OCD treatment, using ERP as the primary modality. Teens are my favorite. I enjoy taking care of animals, listening and singing to soft rock, reading, organizing, sewing (especially curtains), praying and playing with my 6 yr. old grandson, Finnegan, and all my kids and their significant others! On 4/1, I gained another precious son-in-law. Looking forward to meeting you all! This is my second trip to Ireland with the Institute and I love it! I am Irish from both parents so Dia dhuit (Hello)!