

## COUNSELLING, RECOVERY, PROFESSIONAL GROWTH, AND PERSONAL SELF-CARE: A U G U S T • 2 0 / 2 1 • 2 0 2 1

### Friday Sessions

Session	Presenters	Session Title	Session Description
#1-1	Heather Harris, MIACP, LMHC, MaCCS, ATR-BC, ATCS	Utilizing Art Therapy and a Social Justice Model: Empowering Marginalized Communities Through Non-Traditional Treatment Methods	This session will focus on the effectiveness and practical application of the expressive arts and non-traditional group techniques with diverse, marginalised populations. Participants will better understand how to integrate a social justice model and art therapy; empowering communities through opportunities to share collective stories and to be witnessed for their experiences; using the arts as a vehicle for expression, engagement and bringing about real social-political change.
#1-2	Brigid Nee, MIACP	Mindful Art Workshop	The workshop has been created through Brigid's experience and training as a way to introduce people to mindfulness and the practice of staying present in the moment. It also offers participants the space to engage in creative exploration through art making, and to support with connecting to how they are feeling in that moment, and therefore being better able to connect with what self care needs they may have.
#1-3	Dr. Fariba Ehteshami, Adjunct Assistant Professor, Adler University Chicago, IL	New view: Spirituality and Counselor Self-Care	Providing knowledge and learning practical techniques as a daily opportunity for self-care will help professional counselors and counselor educators to achieve more balance and inspiration to take care of themselves. Through the use of specific tools, strategies, reflection prompts, counselor educators and supervisors will walk away feeling grounded based on their experiences of working with diverse population and they can also engage, empower, and motivate their students who are new to the profession, those who are new to the building, and those who are experienced educators. While physical self-care helps our body and mental self-care takes care of our mind, Spirituality is another type of self-care with the goal of replenishing our soul and focuses on taking care of our soul to make sure we are healthy and well.

<p>#1-4</p>	<p>Michele Kerulis, EdD, LCPC, CMPC, Fellow, AASP, Associate Professor, The Family Institute at Northwestern University, 618 Library Place, Evanston, IL. Bridget Montgomery, MA</p>	<p>Reflections from the Road: What Counselors Can Learn About Self-Care from the Chicago Psyching Team's Response to Pandemic-era Virtual Marathons</p>	<p>The Chicago Psyching Team share their strategies for successfully launching public education lessons from sport psychology into the homes of over 26,000 runners worldwide during the first ever Bank of America Chicago Marathon Virtual Experience in response to the COVID-19 pandemic. Not only are these tips helpful for building lasting community relationships, they can help counselors understand the importance of self-care and learn resiliency skills marathon runners have successfully used for decades. This interactive presentation will help counselors identify barriers to wellness, understand how to create a wellness plan, and introduce them to ways running and walking can enhance physical and psychological wellbeing.</p>
<p>#1-5</p>	<p>Donna Hickman, PhD, LPC, CSC, Assistant Professor, Texas A&amp;M University-Commerce, Commerce, TX. Rebecca L. Mathews, PhD, LPC-S, Clinical Assistant Professor, UNC Greensboro, Greensboro, NC. Nancy Thomas, PhD, LPC, Assistant Professor, Colorado Christian University Crystal Brashear, PhD, LPC, Assistant Professor, Colorado Christian University</p>	<p>Reducing Disparities Through Health-Centered Wellness: Counselors As Systemic Change Agents</p>	<p>Collective trauma has been experienced with the onset of COVID-19 widening the gap of unequal access to educational resources, healthcare, food insecurity, and generational trauma as well as other social determinants of health. School counselors have a unique role to influence healing in students, staff, and communities. This presentation explores how school counselors can be systemic change agents in shifting from a trauma-informed to a healing-centered approach, leading to individual, community, and collective healing.</p>

#1-6	Denise Purvis, PhD, NCC, LCPC, CRADC, CODP II, Core Faculty Judson University, Elgin, IL	In session strategies for clinicians to maintain self-care despite shared trauma of COVID 19 with clients.	The lived experience of the COVID 19 pandemic mimics situations of both continuous and secondary traumatic stress for clinicians in cases of shared trauma with clients. Activities that can be applied with clients present, will be taught to participants to reduce the impact of negative emotional and psychological symptoms connected to providing counseling services through the pandemic. Participants will share potential expertise which can be integrated into counseling sessions to promote self-care and reduce negative symptoms connected to shared traumatic content.
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Session	Presenters	Session Title	Session Description
#2-1	Stephanie Finan, Dpsych, MIACP	“At What Cost am I Doing This?” The process of Rebalancing following an experience of professional burnout among psychotherapists	This presentation explores the experience of burnout as understood by participants in a qualitative study using Interpretative Phenomenological Analysis. It starts with various definitions of burnout, looks at prevalence and significance of burnout among psychotherapists followed by an in-depth examination and discussion of the findings of the study. At a practical level this presentation emphasises the difficulty in being able to recognise the signs of burnout and the importance of being proactive in taking steps to mitigate the impact of this experience. Particular attention is given to the process of rebalancing following an experience of burnout, and the significant roles that training, selfcare, reflective practice and supervisory support play.
#2-2	Rebecca Michel, PhD, LCPC, Associate Professor, DePaul University, Chicago, IL	Navigating a Career during Covid: Authoring your Career Story	This presentation will engage participants in reflection about how Covid-19 has impacted their career development, goals and plans. Together, we will take a narrative career assessment and explore our own career story. Finally, we will set career goals for the year ahead.

#2-3	Cassandra Riedy, MA, Doctoral Student, Belmont University, Nashville, TN	COVID-19: Evidencing the Reciprocal Relationship Between Trauma Symptoms and Our Community's Health	This program will contribute to the international counseling community by establishing and exploring the reciprocity inherent in the relationship between individuals' trauma symptoms and their community's mental health. While the impact of an individual's community on their experience of trauma is well-documented, fewer studies establish the ways in which trauma symptomology actually impact the health of communities. Examples that will be examined include the search for certainty leading to the acceptance and dissemination of potentially hazardous, invalid information; extreme behaviors as attempts to find control (ex. panic buying); and sublimated emotions (ex. anger being directed at scapegoat, hate crimes).
#2-4	Crystal Hatton, Ph.D., LSC, NCC, NCSC, ACS, Assistant Professor, Liberty University, Lynchburg, VA Angelica Greiner, Ph.D., LSC, CDF, Assistant Professor, Liberty University, Lynchburg, VA	School Counseling After COVID: Establishing Trauma-Sensitive School Environments for All Students	Many children and adolescents have encountered trauma due to the global pandemic. Thus, as children and adolescents return to school, school counselors must be prepared to implement trauma-informed practices to assist them in feeling safe, comfortable, and supported during the school day. In this engaging session, participants will explore pandemic-related trauma experienced by children and adolescents, understand how it impacts their social-emotional health in school, and identify strategies for fostering trauma-sensitive school environments for all students.
#2-5	Wendi Schweiger-Moore, Ph.D., NCC, LCMHC, Director, International Capacity Building, National Board for Certified Counselors, Inc. & Affiliates; Greensboro, North Carolina Eugenie Yang, M.S., NCC, Program Manager, International Capacity Building, National Board for Certified Counselors, Inc. & Affiliates; Greensboro, North Carolina	Cultivating International Connections	Presenters will discuss international partnerships and programs of the National Board for Certified Counselors (NBCC), the certification body for professional counselors in the U.S. This will include existing programs, additions, and adaptations made due to the COVID-19 pandemic, and how counselors engage with NBCC to become part of these international programs. This presentation will also include participant engagement through creative digital platforms.

#2-6	Jennifer Kirsch, M.Ed., LPC, Doctoral Candidate, Virginia Tech University, Blacksburg, VA	The Burden of Over Functioning: The Impact of COVID Era Supervision Dynamics on the Supervisor	This presentation will be looking into the demands placed upon supervisors due to the pandemic and the required social shifts: the maintenance of the working alliance, the managing of shifting supervisory roles and the likely increase in supervisory over functioning as a means of mitigating the existential anxiety of supervisees.
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Session	Presenters	Session Title	Session Description
#3-1	Clive Rooney, MIACP	Cognitive Behavioural Compassionate Mind training for recovery from post traumatic shame based trauma.	Presentation focusing on the often experienced difficulties with chronic trauma via self blame and self critical dialogues that prolong the symptoms in chronic trauma sufferers I will be presenting initially the theoretical concepts and then swiftly moving on to Compassionate focused work illustrated by clinical work examples with shame based trauma memories.
#3-2	Aaron Norton, Ph.D., LMHC, LMFT, NCC, CCMHC, Norton Consulting Services, LLC/Integrity Counseling, Inc., Largo, FL	Counseling During and After the Pandemic: 7 Tips for Fostering Post-Traumatic Growth	The COVID-19 pandemic of 2020-2021 triggered an unprecedented demand for mental health counseling and related services, with dramatically increased rates of anxiety, depression, suicide, substance use, overdose, and domestic violence. One out of every three Americans saw a therapist at least once in 2020, and data collected through the American Mental Health Counselors Association from counselors nationwide revealed that 1 out of 3 counselors was working overtime in an attempt to meet an unprecedented demand. This presentation outlines seven tips counselors can use to play a role in post-traumatic growth both in the U.S. and around the world with an added emphasis on self-care.

#3-3	<p>Daria White, Ph.D., Assistant Professor, Liberty University, Lynchburg, VA</p> <p>Aimee Brickner, Ph.D., LPC, Program Director and Assistant Professor, South University, Richmond, VA.</p> <p>Jamie Rice, Me.D., LPC Pendleton Community Care, Inc. Franklin, WV</p>	<p>Addressing the Unique Mental Health Needs of Women Post-Pandemic</p>	<p>This session will examine stressors experienced by women due to COVID-19 over the past year resulting in pandemic fatigue and burnout. We will focus on the emerging needs and support for women in counseling across a variety of settings including higher education, private practice, integrated health, and schools. We will offer evidence-based treatment ideas and explore the domains of Post Traumatic Growth during a crisis.</p>
#3-4	<p>Dr. Dionne Hill, LPC-Supervisor, Mental Health Clinic Practice Manager, The Harris Center for Mental Health and IDD, Houston, TX.</p> <p>Grace Landry, LPC-Associate, Lead Professional School Counselor, Stafford Municipal School District, Stafford, TX</p>	<p>It's Universal: Rethinking Self-care and professional growth during Covid</p>	<p>To elaborate on the importance of professional growth during the Pandemic.</p> <p>To lead a discussion on how counselors globally understand the need for work life balance.</p> <p>To tie in universal experiences on self-care during and after the pandemic across the globe.</p>
#3-5	<p>Jane M. Webber, PhD, LPC, Assistant Professor, Kean University, Union, NJ</p>	<p>Polyvagal Techniques for Rediscovering Safety, Calm, and Social Connections: Self-Compassion for Counselors and Clients</p>	<p>Covid is a global trauma without bookends that turned our sense of safety, routine, and trust upside down. People continue to struggle with personal loss, fear, confusion, and anxiety. Simple counseling techniques based on Porges' Polyvagal Theory and Social Connection System are presented that can help counselors and clients rediscover safety, reconnect with others, and feel calm and joy again.</p>

#3-6	Kimberly Nelson, PhD, LPC, ACS, BC-TMH, RYT, Leander, Texas Mita Johnson, Ed.D, NCC, LPC, LMFT, ACS, LAC, MAC, SAP, LMFT-S, CTHS-II, EMDR-Trained, Littleton, CO	The Personal and Professional Benefits of Mindfulness for Counseling Professionals	Self-care is an essential practice necessary for all counseling professionals to offset occupational stress that can potentially lead to decreased job satisfaction, compromised executive functioning, emotional exhaustion, compassion fatigue and burnout ultimately leaving clients and counselors vulnerable. A mindfulness practice has personal and professional benefits including increased self-awareness, self-compassion, improved mental health, enhanced Rogerian clinical skills including empathy, acceptance and genuineness, increased job satisfaction, happiness, focus, improved executive functioning resulting in lasting brain changes, improved self-regulation and decreased emotional exhaustion, depression and anxiety.
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**COUNSELLING, RECOVERY, PROFESSIONAL GROWTH, AND PERSONAL SELF-CARE: A U G U S T • 2 0 / 2 1 • 2 0 2 1**

**Saturday Sessions**

Session	Presenters	Title	Description/Theme
#4-1	Michael O'Toole, MIACP	Finding a Voice: Loss and Grief in an Irish context.	In this presentation I am using the word 'Loss' to refer to 'the loss of one's speaking voice,' and the recovery of that loss in the shared experience of finding one's voice through the experience of psychotherapy. I use the words and poems by Seamus Heaney, especially his poem 'Digging' as a metaphor for how this journey from silence to the finding of one's voice through psychotherapy can be facilitated. I also explore how the impact of my own father's silence on me as a young boy, and as a grown man, continues to act as a silent thread that weaves its way through my work as a psychotherapist, with many of the men who are find it difficult to articulate their own internal experience.
#4-2	Bríd O'Meara, RPN, RGN, M.Sc HSM, H Dip HRM	Counsellors and psychotherapists practicing self-care	In this presentation, Bríd will raise awareness of the potential for compassion fatigue among counsellors and psychotherapists. She will address stress and burnout, considering the causes and symptoms of burnout and compassion fatigue in counsellors and psychotherapists. She will identify skills and techniques for prevention, promoting simple self-care practices, which are easy to apply.

#4-3	Daria Borislavova White, Ph.D. Assistant Professor, Liberty University, Lynchburg, VA Jama Davis, Liberty University, Lynchburg, VA	Environmental and treatment considerations for Intimate partner violence (IPV) following the impact of COVID-19	This presentation discusses the implications for working with domestic violence victims and survivors during the COVID-19 pandemic. It explores the challenges of the changing framework for counseling from traditional to telehealth services as they relate to Intimate partner violence. Evidence-based treatments, interventions and resources will be shared with participants.
#4-4	Angelica Greiner, PhD, LSC, CDF, Assistant Professor, Liberty University, Lynchburg, VA Crystal Hatton, Ph.D., LSC, NCC, NCSC, ACS Assistant Professor, Liberty University, Lynchburg, VA	School Counselors and Suicide Risk Assessments in a Post-Pandemic World	As schools recover from the COVID pandemic, they are increasingly requiring school counselors to conduct suicide risk assessments and quantify the level of risk. These procedures put school counselors in an untenable position as it has become painfully clear in the courts the fallacy and danger of labeling a child's risk of suicide as low or nonexistent. Accordingly, it is imperative that school counselors know how to respond when asked to quantify suicide.
#4-5	Holly M. Smith, MS, MSc, LPC, MIACP, Kent State University, Kent, Ohio	American Counselors Abroad: Unique Insights, Challenges, and Implications	This session presents original research on American counselors practicing abroad and includes both their challenges and unique perspective. The American counselor practicing abroad has distinct counseling tools at their disposal as well as American-specific challenges that differ from other immigrant counselors. Implications for counselor education and counseling associations will be discussed.
#4-6	Nocona Canady-Flatt, MS, PhD Candidate, San Antonio, Texas Taylor Brown, MA, MS, LPC, PhD Candidate, San Antonio, Texas	We Remember: Historical Accounts After Public Tragedy and What they Teach in the Wake of COVID-19	In this program we will explore various historical accounts of individuals and groups coping in the wake of public, country, or worldwide tragedy. Once we review these accounts we will draw themes on how these accounts can help us understand how society might cope in the wake of COVID-19. We will conclude by brainstorming ways to help improve or provide help to our world in its recovery process using the historical examples we have explored and our knowledge as mental health professionals.



#4-7	<p>Lisa Surrency, PhD, LPC-S, NCC, Registered Play Therapist, Program Director and Adjunct Faculty Member, Catholic Charities Archdiocese of New Orleans, Covington, LA &amp; University of Holy Cross, New Orleans, LA</p> <p>Sonja Smit Polley, LPC, NCC, Private Practice at Integrity Counseling Logansport and Stonewall, LA &amp; Doctoral Student, University of Holy Cross, New Orleans, LA</p>	Self-Care: Is it Selfish or Selfless???	<p>This presentation will cover education on understanding self-care. Presenters will discuss the importance of implementing self-care practices into every day life. After attending the presentation, attendees will understand why self-care is important including practices that may be harmful self-care.</p>
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Session	Presenters	Session Title	Session Description
#5-1	Gitti Maas, MIACP	Meeting the Suicidal Client	<p>The session is based on my personal journey of feeling suicidal, attempting suicide, surviving it, learning how to cope, and eventually thrive. I will share parts of this journey and how it informs my understanding on what it is that is at the core of feeling suicidal. My understanding of how to meet and therapeutically work with the suicidal client is informed by personal experience of feeling suicidal, as well as an integration of Gestalt Therapy, Existential Therapy, Attachment Theory, results of research on the effects of childhood trauma, the trauma work of Joanne Zucchetto, CCT Suicide Therapy, and Mindfulness. In addition to my training as an integrative humanistic counsellor I travelled to Seattle twice to study CCT Suicide Therapy, and had a close 7 year working relationship with the theory's founder. My approach to working with suicidal clients is based on the understanding that feeling suicidal is not an illness, but a representation of an adaption to childhood trauma and uncomforted pain. This dramatically changes what we as therapists aim for and how we work with our suicidal clients.</p>

#5-2	<p>Chantrelle D. Varnado-Johnson Credentials: PhD, LPC-S, Registered Play Therapist, BC-TMH, NCC, Assistant Professor, Nicholls State University, Thibodaux, LA.</p> <p>Teneka Gash, PLPC, RSW, MA, Doctoral Student, The University of Holy Cross, New Orleans, LA</p>	<p>Disconnecting to Reconnect: The Role of Digital Detoxification in Recovery from the COVID-19 Pandemic</p>	<p>This session will be an interactive discussion that aims to educate attendees about how diverse populations use disconnection or digital detoxification to promote professional growth while recovering from the COVID 19 pandemic within counselor education and supervision programs. The presenters will offer insight on the role of grief and trauma expression experienced by diverse populations ranging from COVID-19 infections, historical trauma, institutional racism and social determinants of mental health, job loss, mass incarceration, and systemic racism. Lastly, the presenters will offer insights on how reconnection can foster counselor self-care.</p>
#5-3	<p>Samantha Klassen PhD, LPC-S, Assistant Professor, Texas A&amp;M University - Commerce in Commerce, TX</p>	<p>Working Wounded: Supporting Professional Counselors and Supervisors in Processing Grief and Loss</p>	<p>Counselors and supervisors experience unique challenges related processing personal grief and loss. In this educational session, we'll name some of the unique challenges associated with maintaining an ethical and effective therapeutic practice in the midst of coping with our own losses, such as professional burnout, difficulties with countertransference, trouble staying emotionally present in session, emotional numbing and disengagement, and compassion fatigue. We'll also discuss self-care strategies appropriate to the counselor role and share some of our challenges and triumphs in professing personal grief.</p>
#5-4	<p>Suzanne A. Whitehead, Ed.D., LMHC, NCC, MAC, LAC, Coordinator, Counselor Education programs and Associate Professor, California State University, Stanislaus, Turlock, CA.</p> <p>Quenna Martinez, MA, University Police Officer, California State University, Stanislaus, Turlock, CA</p>	<p>Saving a Life: The Impact of the COVID-19 Pandemic on the Opioid Crisis</p>	<p>The national opioid crisis continues to ravage our nation with over 221 overdose deaths per day, nearly doubling since last year, and deeply affecting our neighborhoods, schools, and communities. The COVID-19 pandemic has only served to drastically hamper the already overly burdened access to treatment in the United States. Addiction is an "equal opportunity disease," and can strike any person, from any background, culture, or environment. Few truly understand the irrepressible anguish of the addicted person's withdrawal that compels continued use. This presentation discusses the raw realities of addiction, the profound hope found in recovery, and the humanistic advocacy role that more police are engaging in as first responders to help those afflicted.</p>
#5-5	<p>Joshua D. Kreimeyer, PhD, LPC, LMFT, Assistant Professor, Regis University, Denver, Colorado</p>	<p>Compassion Fatigue to Compassion Satisfaction: More Than Just Self-Care</p>	<p>Compassion Fatigue has been called "the cost of caring" and is different than the burnout that non-helping professions might endure. Many trainings on compassion fatigue take on a limited self-care perspective. Come and learn how to move beyond simple self care steps that are only rearranging deck chairs on the titanic, to discover and plan for treatment of the underlying causes of compassion fatigue.</p>

#5-6	Fariba Ehteshami, PhD, Adjunct Assistant Professor, Adler University, Chicago, IL Shive Yaghmaee, PhD., Assistant Professor, Lewisville, TX	New Look: Be Prepared Emotionally and Environmentally to Decrease Psychological Issues of the COVID_19 and Deal More Effectively with Social Isolation	Virus suppression of COVID-19 expected extensive social isolation and emotional issues. We need to become aware and to be prepared about how solitude and disorder control processes impact on the mental health in families' relationship.
#5-7	Eve Menezes Cunningham, MIACP	Self-Care Ideas for Embodied Wellbeing: A Practical, Holistic Session Helping Therapists Feel Better	This practical, empowering session includes psychoeducation, mind body practices, transpersonal psychology (being open to what might be trying to emerge at a soul level - the Self - from even the most painful situations) and self care coaching, using tools from the book and Eve's practice. While self care has always been important for therapists, an enormous amount has been coming up for healing during this global pandemic. Our personal bandwidth may be lower and we owe it to ourselves as well as our clients and supervisees to take better care of our whole selves. By remembering our connection to the world at large, we can find a greater sense of personal peace and wellbeing and contribute to the co-creation of a better, more sustainable and compassionate world for everyone.

Session	Presenters	Session Title	Session Description
#6-1	Cormac McQuaid, MIACP	Understanding Mental Health Stigma and its Negative Impact on Seeking Help, Maintaining Coping Skills, and Mental Health Recovery	In recent years, mental health has become a more talked about topic and increased emphasis continues to be placed on the importance of availing of support for mental health problems. However, mental health stigma continues to be a serious problem: some studies have found that 9 out of 10 people who have a mental health diagnosis still encounter public stigma because of their condition, and some people feel so debilitated by the depth of stigmatisation they experience that it becomes a secondary illness alongside their condition. This presentation will focus on the problem of mental health stigma. Some of the main factors thought to contribute to mental health stigma, along with its negative impact on people's attitudes to seeking help, maintaining coping skills, and achieving recovery will be discussed. The role of counselling and psychotherapy in supporting clients who are impacted by mental health stigma will be considered.

#6-2	Jonna Byars, Ph.D., LPC, NCC Associate Professor, Liberty University Lynchburg, VA Sonya Heckler Cheyne, Ph.D., LPC, NCC, Associate Professor, Liberty University Lynchburg, VA	Collective Trauma: Finding Meaning from a Worldwide Pandemic	The year 2020 presented the world with a novel virus, COVID-19 (coronavirus), and catapulted the world into a pandemic and developed into worldwide collective trauma. Such trauma has demonstrated widespread symptoms mirroring post-traumatic stress disorder (PTSD), yet the pandemic is still an active present phenomenon, anticipated to become one of the most impacting events of this lifetime. In response, how do individuals and societies worldwide discover meaning when confronted with novel, unfamiliar experiences as insights into the virus and its impacts. Research has not explored the effects of living in amidst ongoing collective trauma on a worldwide scale, and how societies find meaning in the unknown and unpredictable. This presentation will address these complexities of meaning formation following unprecedented turbulence
#6-3	Carol Teuton Benoit, LPC- S, NCC, PhD, Private Practice, Houma and New Orleans, Louisiana	The Resilience from Past Pilgrimage During the COVID- 19 Pandemic	During this presentation, I will present the findings of research that I conducted during the quarantine of COVID-19. The research focus is on how pilgrimage, completed prior to the pandemic, had resiliency building effects upon participants. These results have implication for counselors in terms of working with clients and also related to self-care.
#6-4	Kevin Doyle, Ed.D., LPC (VA), LSATP (VA), LPCC (MN), Dean, Hazelden Betty Ford Graduate School of Addiction Studies, Center City, MN	Ethical Issues in the Treatment of Substance Use Disorders	Counselors treating clients with substance use disorders face a variety of challenging ethical issues. This presentation will highlight several of these challenges including confidentiality, autonomy, dual/multiple relationships, and scope of practice. Ethical codes and guidelines will be highlighted to assist counselors in making sound, ethical decisions.
#6-5	Sarah Irvin, PhD, LPC (MS), NCC, Assistant Professor, Stephens College Columbia, Missouri	The Wounded Healer: Ethical Self-Care through Forgiveness	This session offers an understanding of helping professionals through the wounded healer's lens and addresses the importance of ethical self-care using forgiveness. Throughout the session, participants will gain awareness of personal wounds, develop an understanding of ethical self-care and reasons for healing, and recognize the impact of ethical clinician self-care on the therapeutic process.
#6-6	Beverly Smith, PhD, LPC, NCC, CCMHC, ACS, NCSC, CFT, BC-HSP, BCC, MAC, CPCS, BSmith Consulting Group	Compassion Fatigue & Self-Care: COVID-19	This session will explore self-care strategies while navigating during the COVID-19 Pandemic. Psychotherapists and Counselors will address Compassion Fatigue and increase the awareness of interventions that can promote a growth mindset. Also, participants will engage in selected activities for mental balance in coping with the long haulers syndrome of Post COVID-19.

<p>#6-7</p>	<p>Rebecca L. Mathews, PhD, LPC-S, Clinical Assistant Professor, University of North Carolina at Greensboro, Greensboro, NC.  Nancy Thomas, PhD, LPC, Assistant Professor, Colorado Christian University Crystal  Brashear, PhD, LPC, Assistant Professor Colorado Christian University  Donna Hickman, PhD, LPC, CSC, Assistant Professor Texas A&amp;M University-Commerce</p>	<p>Bolstering Resilience In Counselors Through Trauma-Informed Self-Practice</p>	<p>Stress is part of the human experience, but what happens when this stress response is stuck in the “on” position, overactivating the survival response? For counselors who have continued to support clients during this trauma-filled time, there is a need to embed trauma-informed self-practices to prevent burnout. In this session, attendees will gain an understanding of the trauma and stress counselors have been exposed to over the past 18 months and experience skills that can be embedded in their routines to foster healing and resilience.</p>
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