The annual conference is a great way to network with colleagues and to rejuvenate by attending various professional development workshops!

- **Keynote Speaker** –
  Dr. Thelma Duffey, ACA President
- **Featured Speaker** –
  Dr. Jeremy Richman, Founder of Avielle Foundation
- **Educational Sessions**
- **Graduate Student Poster Presentations**
- **Networking Opportunities with Colleagues**
- **Annual Award Ceremony**
- **Exhibitor & Job Fair Area**
- **Raffles & Giveaways**
- **Evening Social Activity**

### NOT A CCA MEMBER?
**Invest in your Profession!**

As a member of CCA, you would be able to access member benefits!

- Annual Conference
- Members-Only Forum
- Job Postings
- Leadership Opportunities
- Mentoring Services
- Networking Opportunities
- Student Scholarship Fund
- CCA Website
- E-Newsletter
- Professional Development Events
- Guidance with Professional Ethics
- Public Policy and Legislation Efforts
- Reduced Student Rates one year after graduation

The greater our membership base is, the more successful CCA can be in accomplishing our goals to improve the counseling profession in CT!
SCHEDULE:
FRIDAY - APRIL 24, 2015

*(Schedule subject to change)*

7:30am – 8:30am  Registration & Continental Breakfast

8:30am – 8:45am  Welcome & Introductions

8:45am – 9:45am  **Keynote Speaker Presentation**  
"Counselors Coming Together for a Culture of Peace"  
Dr. Thelma Duffey, American Counseling Association President

9:45am – 10:15am  Break

10:10am – 12:10pm  **2 hr Breakout Workshops**

- Real Food for Thought: Considering Nutrition in Mental Health Practice
- Working with LGBTQI+ Clients: Multicultural Competence All Counselors Should Acquire
- Two Topic Session – 1) Universal Screening for Social, Emotional and Mental Health Concerns and 2) Piercing the Cloud of Stigma, Myth and Shame When Counseling the Adult Adoptee

10:15am – 11:45am  **1 ½ hr Breakout Workshops**  
(Additional break from 11:45am – 12:15pm)

- Resume Trends in 2016: The Impact of Social Media on the Resume
- Pathways to Resiliency© for the Professional Counselor

12:15pm – 12:45pm  Division Year Reports & Elections

12:45pm – 1:45pm  Buffet Lunch

1:45pm – 2:45pm  **Featured Speaker Presentation**  
Dr. Jeremy Richman

2:45pm – 3:00pm  Break

3:00pm – 4:30pm  **1 ½ hr Breakout Workshops**

- Panel Presentation with Dr. Thelma Duffey & Dr. Jeremy Richman
- Mitigating the Trauma of Job Loss – Models, Tools, and Tips
- Clinical Supervision in the Era of Evidence Supported Therapies
- Talking the Talk and Walking the Walk on Teaching and Practicing Self-Care
- Ethical Dilemmas presented by the CCA Ethics Committee

4:30pm – 5:30pm  Wrap Up  
**2016 Award Ceremony & Social Gathering**  
Sign Out & Return Evaluations
Thelma Duffey, Ph.D., is the 2015-2016 President of The American Counseling Association (ACA). She is Professor and Department Chair in the Department of Counseling at the University of Texas at San Antonio and Owner of a Multidisciplinary Private Practice. Dr. Duffey was the Founding President of The Association for Creativity in Counseling (ACC), a division within The American Counseling Association, and she served two terms on the ACA Governing Council. Dr. Duffey is a past president of the Texas Association for Counselor Education and Supervision (TACES) and she served on the Executive Board of the Southern Association for Counselor Education and Supervision (SACES).

Dr. Duffey is Editor for the Journal of Creativity in Mental Health (JCMH), and guest co-editor for the Journal of Counseling and Development’s (JCD) special issue on Counseling Men and special section on Relational-Cultural Theory (RCT). She is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Texas. Dr. Duffey’s published books include Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies, and a co-edited book, A Counselor’s Guide to Working with Men. She also has over 60 publications in the areas of creativity, innovations in grief and loss counseling, relational competencies (Relational-Cultural Theory), and addictions.

Keynote Speaker Presentation:

Counselors Coming Together for a Culture of Peace

Dr. Thelma Duffey, ACA President, will provide a keynote address entitled The Ties that Bind: Counselor's Coming Together for a Culture of Peace. Dr. Duffey will discuss the power of connection and collaboration in moving the counseling profession forward and making a difference in our larger communities. Counselors enjoy ties with each other and within their communities that not only bind them during times of adversity, these ties also propel them toward clear and compassionate action during times of growth and transformation. Professional counselors create a culture of peace by collectively making an impact through their work together, and by using their creativity and strength of their numbers. Given the 2015-2016 ACA presidential initiative on anti-bullying and interpersonal violence, counselors have many opportunities to join together and address this serious and often tragic social issue. We make a difference when we come together as counselors creating a culture of peace.
Keynote Speaker
Dr. Jeremy Richman – Founder, Avielle Foundation

Dr. Jeremy Richman has extensive research experience that spans the range from neuroscience and neuropsychopharmacology, to cardiovascular biology, diabetes, obesity, metabolic syndrome, immunology and inflammation, and kidney disease. He has worked in the drug discovery arena for over two decades and is passionate about helping people live happier and healthier lives. His hobbies include rock climbing, mountain biking, kung fu, and teaching children how to be healthy and happy.

Following the murder of his daughter, Avielle, Dr. Richman and his wife, Jennifer Hensel, started the Avielle Foundation. It is his belief that through brain health research and initiatives, we can protect our loved ones and foster happier and stronger communities.

Featured Speaker Presentation:

Violence, Compassion, and the Brain

Brain science is the least explored of all our sciences. As a result, there is a lot of fear, trepidation, and stigma associated with the invisible world of brain illnesses (referred to as “mental illnesses”). People are afraid to advocate for themselves and their loved ones to get appropriate help in times of need. But the brain is just another organ, and as such, can be healthy or unhealthy. In this presentation we will discuss what is known in regard to risk factors for engaging in violent behavior and protective factors for building connection and compassion. At the Avielle Foundation, we seek to better understand the neuro-biological and environmental factors associated with violence and compassion. Once a deeper understanding has been established, we can apply these insights to educate the everyday citizen (students, parents, teachers, healthcare providers, and law enforcement) about how to identify the signs and symptoms of someone troubled or in crisis, how to responsibly advocate for those at risk of violence to themselves or others, and most importantly, how to foster kind, healthy, and compassionate individuals and communities.
Listing of Workshops

**Clinical Supervision in the Era of Evidence Supported Therapies**

In this CACES sponsored workshop, participants will discuss, learn, observe and practice the various roles and functions necessary for effective clinical supervision of counseling interns in community and mental health settings. This workshop will be helpful for supervisors of counselors working toward their licensure, as well as interns and practicum students.

**Allison Buller** is Assistant Professor of Counseling at UB and practices Mindfulness based Cognitive Behavioral Therapy supervision in her work with students. **Dr. Liane Leedom** is an Associate Professor of Counseling and Psychology at UB and is interested teaching evidenced supported therapy techniques and case conceptualizations to master’s level students. **Dr. Jessica Nelson**, is an Assistant Professor of Counseling at UB, practicing Marriage Family Therapy (MFT) supervision with a constructivist philosophy.

**The Healing Power of Compassion, Kindness and Empathy**

ACA President Duffey will lead a panel discussion regarding the principles of compassion, connection, creativity, and collaboration, as they relate to the pressing social issues of bullying and interpersonal violence. Joining Dr. Duffey will be Jeremy Richman, Ph.D who will share the work Of the Avielle Foundation in bringing social emotional learning into communities throughout the country. Deb Del Vecchio Scully will focus on how to implement Emotional Intelligence constructs of compassion, kindness and distress tolerance into clinical practice.

Emotional Intelligence is the single most important protective factor of success and not only prevents violence but promotes connection, kindness, and communication. Emotional Intelligence skill building can easily be learned, taught and modeled to clients of all ages. Attendees will learn the impact of social emotional learning and ways to implement into clinical practice.

**Mitigating the Trauma of Job Loss – Models, Tools, and Tips**

For most of us, job security is a thing of the past. Although many of us will experience job loss and career change, that does not lessen the potential trauma when it does happen. All counselors must understand various models of grief and transition and how to help clients mitigate the trauma of job loss. Learn how to apply the principles of transition put forth by Elizabeth Kubler-Ross, William Bridges, and Nancy Slossberg. Identify ways to help clients develop career resiliency through resume gap analysis, SWOT, KASE and transferable skills tracking, LMI resources, and sphere of influence techniques. Leave with practical information, handouts, and resources you can use right away.

**Linda Kobylarz (M.Ed.)** is an award-winning consultant with 20+ years of experience in career counseling and development. She has presented hundreds of workshops dealing with job search, employability, career development, and career planning. Leadership positions include: President of CCCDA and CCA, served on Executive Board National Career Development Association and National Employment Counselors Association.

Make sure to visit the Graduate Student Poster Presentations!
Pathways to Resiliency© for the Professional Counselor

Psychology has traditionally focused on identifying and fixing what is “wrong” with an individual. This program will introduce participants to the science, research and concepts behind the field of Positive Psychology, founded in 1998 by Dr. Martin Seligman of the University of Pennsylvania. Pathways to Resiliency teaches the how and why of focusing on “what’s right” with our clients, and supporting them to build resiliency through identification of their character strengths. The research shows that when we practice skills for resiliency, we can thrive, improve our self-regulation and experience safety in our bodies, particularly after trauma.

Marianne M. Seeber, an integrative psychotherapist, is founder of Pathways Counseling of CT in Brookfield. Having extensive training in various Body-Mind modalities, she most recently became one of the first 100 people to receive certification in Applied Positive Psychology from The Flourishing Center in NYC and is creator of the curriculum Pathways to Resiliency©.

Piercing the Cloud of Stigma, Myth and Shame When Counseling the Adult Adoptee

Throughout the past century, the counseling profession’s ability to understand and appropriately counsel adult adoptees has been negatively impacted by the culture of stigma and shame surrounding adoption. Negative beliefs about women’s sexuality, pregnancy “out of wedlock”, “illegitimate” birth, “bad blood”, infertility, “as if” adoptive families, and “real” parents have often resulted in society at large, (and counselors as members of society) to negate, dismiss or overlook the impact of being adopted on adoptees. In a roundtable format we will identify these common myths, their benevolent (and sometimes not-so-benevolent) origins, and their potential impact(s) on the counselor and the client. Our goal is to empower counselors to assist their adult adoptee-clients in developing a reality-based understanding and integration of their unique, personal experience of being adopted.

Karen Caffrey, LPC, JD is an adoptee and a psychotherapist with private practice in West Hartford. She is a Contributing Author to Adoption Therapy: Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues, and The Adoptee Survival Guide: Adoptees Share Their Wisdom and Tools.

Real Food For Thought: Considering Nutrition in Mental Health Practice

Considering nourishment in dynamic relationship with mind, body, emotions, and spirit is imperative for wellness and stress management. While it is estimated that half of adults diagnosed with a mood or anxiety disorder use complementary and alternative interventions, recognizing the relationship between nutrition and mental health will enrich the counseling professional’s perspective in considering food as a vital part of preventing and treating “dis-ease”. Integrating clinical expertise with sound understanding of nutrition and its applicability will enhance case conceptualization, create more treatment opportunities, generate experiential learning possibilities, and allow for movement past the constraints of the biomedical medical model.

Amy Otzel, a Retired U.S. Army Behavioral Health Sergeant, continues the mission specializing in integrative mental health counseling with service members and families at Inner Resource Psychotherapy. Amy is a holistic health facilitator at Toivo, is certified in holistic stress management and Breath~Body~Mind, and co-owner of Nature’s Resource Wellness Market.

Resume Trends in 2016: The Impact of Social Media on the Resume

This workshop will assist Professional Counselors, Career Practitioners, and current students in improving their skills and knowledge for resume preparation and use of LinkedIn. This workshop will assist in career development for both professionals, masters-level counseling students, as well as clients.

Michael Shavel, LPC, has been employed as a Career Counselor with the CT Dept. of Labor for nearly 26 years. He provides career counseling, guidance, and support to a range of job seekers and workers in transition. As a Certified Professional Resume Writer, Michael writes and reviews resumes for clients ranging from professionals and executives to students. He conducts workshops on LinkedIn and job search strategies in the Bridgeport Dept. of Labor. He is a graduate of Southern CT State University 2011 where he obtained a Master’s in Clinical Mental Health Counseling.
Talking the Talk and Walking the Walk on Teaching and Practicing Self-Care

We tell our clients to practice good self-care but do we walk the talk we give? This experiential workshop will focus on interventions that can be used with your clients and suggestions on ways to care of you. Participants will receive information on the concepts of self-care and self-compassion and have an opportunity to explore ways to be kinder toward self thus leading to more joy, meaning and purpose in all aspects of life.

Michelle A. Lawler, LPC, NCC, is a well-seasoned clinician at SCSU. Her passion is helping clients discover their strengths and values in life resulting in peace, meaning and well-being. She is a certified Grief Recovery Specialist and Clinical Trauma Professional. Her areas of expertise also include spirituality and positive psychology.

Universal Screening for Social, Emotional, and Mental Health Concerns

One of the recommended best practices to improve school safety and promote positive school climate is the use of Universal Screening (US). US can be utilized to effectively and efficiently plan for evidence based interventions in school based mental health programs. School staff and their collaborators can improve outcomes for students by identifying students with social, emotional, behavioral, and/or mental health concerns early and in a more targeted fashion. This workshop will explore the successful use of US in one Connecticut school district, the evidence based interventions used and plans for the future. Challenges and benefits of the use of US will be discussed.

Peg Donohue, PhD, is an assistant professor in the Department of Counselor Education and Family Therapy at Central Connecticut State University. Her research has been focused on building school counselor capacity through multi-tiered system of support development and by fostering social and emotional learning for educators and students. Prior to joining the CCSU faculty, she was a school counselor in California and Connecticut for 16 years. Kathleen Laundy, LMFT, PsyD, is an adjunct professor in the Department of Counselor Education and Family Therapy at Central Connecticut State University. She has worked in schools and agencies focused on systemic reform to maximize mental health benefits for children throughout her career. She helped champion state legislation which opened the door to credentialing for school based marriage and family therapists. She recently wrote the book Building School Based Collaborative Mental Health Teams: A Systems Approach to Student Achievement.

Working with LGBTQI+ Clients: Multicultural Competence All Counselors Should Acquire

This workshop will cover LGBTQI+ counseling and cultural competence by reviewing ALGBTIC Competencies through the lens of multicultural competence (awareness, knowledge, skills, action; marginalization and privilege). This workshop addresses the expanded community (LGBTQQIAAP-2S), issues in counseling, identity models, cultural elements, role of oppression and discrimination, knowledge of current and past treatment, advocacy issues and best counseling practices. This interactive workshop will help counselors to build a solid foundation for cultural competence when counseling LGBTQ+ clients.

Drs. Misty Ginicola and Cheri Smith are faculty at Southern Connecticut State University. Both Misty and Cheri’s research and clinical expertise involve LGBTQI+ clients. They have published and presented on this topic at state and national levels and are currently have a book contract on the topic with ACA.

Carol Jodaitis Scholarship Fund Raffle

Purchase raffle tickets at the conference to win great prizes!

All proceeds will go toward the Carol Jodaitis Graduate Student Scholarship Fund, which provides financial assistance to graduate students attending conferences.
Graduate Student Poster Presentations

Treating Post Traumatic Stress Disorder in Intimate Partner Violence Victims  Sara Jalbert
Diagnosis Training in CMHC Programs: Wrestling with the Identity Dialectic  Christopher Carlino / Dr. Liane Leedom
What Baby? Advocating and Supporting the Pregnancy & Infant Loss Community  Melissa Kish
Creating Awareness of the Issues Facing High School Student Athletes  Chrissie Osborn
Counseling in Ireland: Voices of Counseling Students Traveling Abroad  Stephanie McCormick / Peg Donohue, PhD / Cherie King, PhD

Continuing Education Credits:

5 to 5.5 clock hours of continuing education may be earned

The Connecticut Counseling Association has been approved by NBCC (National Board for Certified Counselors) as an approved Continuing Education Provider ACEP #2007. Programs that do not qualify for NBCC credit are clearly identified. CCA is solely responsible for all aspects of the program.

Be an Exhibitor / Sponsor in the CCA Expo & Job Fair!

Conference Attendees – Bring your resume with you!!
Four Points by Sheraton
275 Research Parkway, Meriden, CT, 06450
Phone: 203-238-2380  Hotel Reservations: 866-716-8133
http://www.fourpointsmeriden.com/

From East
Take Interstate 84 West into Hartford, then take Exit 56 to Interstate 91 South.
From I-91 South, take Exit 17, to East Main Street and turn left.
Turn right at the second light onto Pomeroy Avenue.
The hotel is ahead 0.5 mile on the right.

From West
Take Interstate 84 East to Exit 27, then take Interstate 691 East.
Take Exit 10 and stay in the right-hand lane and take exit for East Main Street
Turn left onto East Main Street at the light.
Turn right onto Pomeroy Avenue at the second light.
The hotel will be 0.5 miles down on the right.

From South
Take Interstate 91 North to Exit 16.
Turn right onto East Main Street.
Turn right at the first light onto Pomeroy Avenue.
The hotel is approximately 0.5 mile ahead on the right.

From Bradley International Airport (North)
Take Interstate 91 South to Exit 17.
Turn left onto East Main Street at the light.
Turn right onto Pomeroy Avenue at the second light.
The hotel will be 0.5 miles down on the right.
## Registration Information

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<th>2016 CCA Annual Conference</th>
<th>Early Bird Registration By March 15</th>
<th>Regular Registration After March 15</th>
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<td></td>
<td>Includes continental breakfast, buffet lunch And up to 5.5 clock hours</td>
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<tr>
<td>CCA Member</td>
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<td>Emeritus</td>
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** Lead workshop presenters earn a reduction of their fees upon registration. Consult with the conference chair before registering to ensure that you are making correct payment.

** Poster Presenters and Student Scholarship Recipients will receive a $30 reimbursement upon arrival to conference. Register at full payment rate.

** On-site registration: A **$10 LATE FEE WILL BE ADDED TO THE ABOVE FEES.**

** Registration is not official until payment is received.

** Scholarships are available for graduate student members of CCA. First come, first served.

** Cancellation Policy:
Transfer of registration to another person may be done at any time without a fee. All requests for refunds must be made in writing. Written notice of cancellation received by email or mail postmarked by April 15, 2016 will be issued a full refund minus a $20 service fee. No refunds will be issued for cancellations received after April 15, 2016.

Special thanks to the many members of the 2016 Conference Committee!

Register online now!!

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10