

# VCA Annual Convention

***You Matter! Planting Seed of Growth!***

November 12-14, 2020



*Virginia Counselors Association  
316 Hodges Cove Road  
Yorktown, VA 23692  
800-225-8103; [vcaoffice@cox.net](mailto:vcaoffice@cox.net)*

# *President's Welcome*



Welcome to the 2020 VCA VIRTUAL CONVENTION!!! Although I look relaxed in this picture myself and the convention committee are anxious, overwhelmed, excited and nervous as we endeavor to provide you with a new experience for the 2020 Convention. This is a convention like we have never had in our ninety years as an organization. The goal is the same, the Convention committee is dedicated to providing counselors with the opportunity to gain new skills, hone established skills, network, learn and just exhale and enjoy each other's company. This year, this goal is packaged in a different way.

When I decided on the theme for this year's Convention "You Matter!! Planting Seeds of Growth" I could never have predicted how much the world would recognize that counselors indeed matter even more than people thought. With two pandemics, medical and racial, our society is experiencing, the general community has taken notice of our importance and I think we have overdelivered and this is very encouraging. I am so proud to be a counselor in this moment and time. So, whether you are in the schools, teaching at a college or university, in a private or community practice, offering residential treatment, serve in a hospital, or other mental health facilities please know that you matter, and you are appreciated.

The second part of the Convention theme is Planting the Seeds of Growth. What that means is as leaders of chapters, divisions, task forces and committees we want to make sure that we leave our position or organization better off than it was when we inherited it. I challenged the leadership to do that in August and I am proud to report that they have stepped up to this challenge. The VCA leadership continues to be steadfast in supporting and training counselors because we believe that the better the counselor, the better the outcome of counseling.

With that said, the convention committee has worked diligently to offer the attendees high quality educational sessions that will bring value to you personally and professionally. Specifically, Dr. Samuel Gladding who is a Counseling Profession Rockstar, will provide attendees with a Live keynote titled "All Dogs Have Read Carl Rogers: Moving Through the Pills and Ills of Society to Prevention through Counseling". During the Convention you will have all the high-quality educational sessions that you have had in the past. In the evenings, chapters and divisions will have their traditional social get togethers. Of course, they will be delivered differently, the leaders are very excited to connect, engage, play games, laugh and just hang out during this time. For our new attendees and graduate students, the Virginia Counselors Association Foundation will offer an opportunity to meet more seasoned counselors during the speed mentoring activity and the graduate student council has planned a time for graduate students to get-together to meet, network and connect. Finally, the newly created task force on Anti-Racism and Inclusion will facilitate a Live discussion on Racism and Racial Trauma. On Saturday, we will have individualized training for clinical counselors that focus on Ethics and VASC will be facilitating a LIVE panel on "Social Justice Journey from Leaders in the Field."

I have to say one more time and I need you to understand just how difficult it has been and how hard the 2020 VCA Convention has worked to reimagine this event with no experience and limited time and resources to bring you this very impressive event. As such, I am asking for two favors, please reach out to a convention committee member and thank them for their work. The second favor I am requesting from you is to extend a little patience and grace, there will be technical problems but will get through them together. Lastly, Welcome!!! Thank you for being a trailblazer. You can tell everyone that you were there when the VCA Convention went virtual. It is not easy being a pioneer, but we are counselors and we were made for times such as these.

Enjoy the conference, see you online!

Cyrus Williams, PhD, LPC  
VCA President 2020-2021

## *VCA Convention At-A-Glance*

### **Thursday, November 12, 2020**

8:00 am - 9:00 am	Session 1: Morning Mindfulness Practice Group
8:00 am – 6:00 pm	Help Desk is open: vcaoffice@cox.net or 757-766-5466
9:00 am - 10:15 am	Opening Welcome & VCA Annual Awards Ceremony
10:15 am - 11:15 am	Session 2: Keynote Speaker - Dr. Samuel Gladding
11:30 am - 12:30 pm	Session 3
12:30 pm - 1:30 pm	Lunch, Poster Sessions, LIVE Social Justice League @ The Roundtable
1:30 pm - 2:30 pm	Session 4
2:45 pm - 3:45 pm	Session 5
4:00 pm - 5:00 pm	Session 6
5:00 pm	Silent Auction Kickoff
5:00 pm - 6:00 pm	VCA Business Meeting & Advocacy Update
6:00 pm - 7:00 pm	VCAF Speed Mentoring with the Experts
6:00 pm - 8:00 pm	Chapter and Division Networking Socials

### **Friday, November 13, 2020**

8:00 am - 9:00 am	Session 7: Morning Mindfulness Practice Group
8:00 am - 5:00 pm	Help Desk is open: vcaoffice@cox.net or 757-766-5466
8:00 am - 9:30 am	2nd Annual VAAC Breakfast at the Convention
9:00 am - 10:00 am	Session 8
10:15 am - 11:15 am	Session 9
11:30 am - 12:30 pm	Session 10
12:30 pm - 1:30 pm	Lunch, Poster Sessions, LIVE Advocacy Roundtable
1:30 pm - 2:30 pm	Session 11
2:45 pm - 3:45 pm	Session 12
4:00 pm - 5:00 pm	Session 13
6:00 pm – 7:00 pm	Graduate Student Trivia Event
7:00 pm – 8:00 pm	Session 14: VCA Anti-Racism & Diversity Task Force Panel & LIVE Q&A

### **Saturday, November 14, 2020**

8:00 am - 9:00 am	Session 15: Morning Mindfulness Practice Group
8:00 am - 1:00 pm	Help Desk is open: vcaoffice@cox.net or 757-766-5466
9:00 am - 10:15 am	Session 16: VASC Panel-Social Justice Journey from Leaders in the Field
9:00 am - 10:00 am	Session 17
10:15 am - 11:15 am	Session 18
11:30 am - 12:30 pm	Session 19
1:00 pm	Closing / Silent Auction Ends

# *Keynote Speaker*

## *Thursday, November 12, 10:15 – 11:15 AM*

*All Dogs Have Read Carl Rogers:  
Moving Through the Pills and Ills of Society to Prevention Through Counseling*



**Dr. Samuel T. Gladding** will present on how counseling can constructively address the ills of society, (e.g., systemic racism, climate change, addiction, the coronavirus, and polarization) with a focus on prevention. It will also emphasize what counseling can contribute to systematically promoting positive mental health.

Samuel T. Gladding is a professor in the Department of Counseling at Wake Forest University. He is a fellow in the American Counseling Association (ACA) and its former president. He has also served as president of the American Association of State Counseling Boards, Chi Sigma Iota (international counseling honor society), and three ACA divisions: the Association for Counselor Education and Supervision (ACES), the Association for Specialists in Group

Work (ASGW), and the International Association of Marriage and Family Counselors (IAMFC). He is an ASGW fellow and the former editor of the *Journal for Specialists in Group Work*.

Dr. Gladding has authored numerous books (N=16 with 35 revisions), scholarly articles (N=92), book chapters (N=32), teaching videos (N=10), and poems (N=45). His writings have been translated into half a dozen languages including Korean, Indonesian, Chinese, Polish, and Russian. He was a mental health first responder to the 9/11 attack in New York and has twice been a Fulbright Specialist (Turkey & China). He is the recipient of ACA's Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person, the David K. Brooks, Jr. Distinguished Mentor Award, and the Arthur A. Hitchcock Distinguished Professional Service Award. The Association for Creativity in Counseling (ACC) and ACA have each named awards in his honor.

Dr. Gladding received his degrees from Wake Forest (B.A., M.A. Ed.), Yale (M. A.), and UNC-Greensboro (Ph.D.). He is a National Certified Counselor (NCC), a Certified Clinical Mental Health Counselor (CCMHC), and a practicing Licensed Clinical Mental Health Counselor (North Carolina). He has taught counseling and worked with counselors and universities in Estonia, Austria, Malaysia, Sweden, Ireland, Germany, Austria, Qatar, South Africa, Australia, Singapore, the Philippines, Mexico, and Canada. Before becoming a professor of counselor educator, he worked fulltime as a clinician in a rural mental health center and was a first lieutenant in the U.S. Army. Prior to coming to Wake Forest University, he taught at Fairfield University and the University of Alabama at Birmingham (UAB).

Dr. Gladding is married to Claire Tillson Gladding and the father of three grown children. For fun, he enjoys playing with his therapy dog, Lexie, as well as traveling, walking, swimming, reading humor and biographies, and interacting with friends and family.

**This keynote presentation counts towards 1.00 NBCC CE Hour**

# Special Events...

## **Opening Welcome & Awards Ceremony**

**Thursday, 8:30 am – 10:15 am**

VCA President, Dr. Cyrus Williams & ACA President, Dr. Sue Pressman, will kick off the VCA Convention in the opening welcome, followed by the annual Awards Ceremony.

Take time to honor your fellow colleagues' significant to the contributions to the counseling profession at VCA's Annual Awards Ceremony. VCA awards include the *John R. Cook Award, Counselor of the Year, William H. Van Hoose Career Service Award, Chapter of the Year (Large & Small) and Legislator of the Year*. Additionally, VCA Chapter and Division Members of the Year & Graduate student awardees are recognized.

## **VCA Annual Members' Meeting**

### **And Advocacy Update**

**Thursday, 5:00 pm – 6:00 pm**

This is your opportunity to be involved in YOUR professional organization. The annual business meeting offers members a forum to interact with VCA leadership, address any questions, and "take care of business." VCA Lobbyist, Becky Bowers-Lanier will also provide a snapshot of the current challenges and opportunities for counselors in Virginia and provide information on the VCA Legislative Agenda for the coming year.

## **Chapter & Division Social Hours**

**Thursday, 6:00 pm – 8:00 pm**

Everyone is invited to join the VCA Chapters and Divisions for this networking social event.

## **Silent Auction**

**Bids start on Thursday @ 5:00 pm**

Don't miss your chance to bid on wonderful items at this year's silent auction. Bids will wrap up Saturday, November 12th at 1:00 pm. Winning bids will be announced during the closing remarks. Items will be mailed.

## **VAAC 2<sup>nd</sup> Annual Breakfast**

**Friday, 8:00 am – 9:30 am**

## **Graduate Student Trivia Night Event**

**Friday, 6:00 pm – 7:00 pm**

Join us Friday night from 6-7pm EST to play Trivia! If you are a masters or doctoral student within the VCA community we invite you to show us your best trivia skills for a shot at a \$25 Amazon gift card. We will be using the *Kahoot* trivia app so it is helpful if you download the app prior to our event. We will cover great practice questions for testing you may have coming up such as the CPCE and NCMHCE. See you there!

## **VCAF Speed Mentoring**

**Thursday, 6:00 pm – 7:00 pm**

The Virginia Counselors Association Foundation is proud to host this panel discussion for new, and old, professionals who need some questions answered. This panel of experts will be LIVE and anxious to provide feedback, suggestions, advise, and more to anyone who needs them. Using a Zoom platform all participants can submit their question through the Q&A icon and a moderator will organize and give the questions to the panel.



## **WHOVA EVENT & CONFERENCE APP**

NOTE: To attend this virtual convention, you must download the Whova App to your smartphone or to your computer and sign up using the same email you used to register for the VCA Convention.

Whova provides important planning and logistics tools you can use throughout the event. From the app or web portal, click on **Agenda** to view available sessions, sort by track, and add sessions to your personal schedule. Click on the session title to join it when it is scheduled to run. When the webinar ends, scroll down to **Subsessions** to join the 15-minute **Live Q&A session** following each presentation.

Click on **Community** to read answers to frequently asked questions, post a question, and see announcements from the organizers. The **Community** page will be utilized throughout the event for announcements and technical questions. For tips and tricks on how to get the most out of Whova, please visit the **Whova Guides** available on the app.

If you have any questions, please contact Kimberly Richards-Thomas at [kimberly@kinematics.com](mailto:kimberly@kinematics.com) or 757-817-8806.

## **NBCC VERIFICATION FORM & CERTIFICATE OF ATTENDANCE**

### **National Board of Certified Counselors (NBCC)**

VCA is a NBCC approved provider (#2047) of continuing education for National Certified Counselors. Forms for documenting NBCC credit, up to 19.0 CE hours. This documentation is only applicable to those holding NBCC certificates. The NBCC Verification Form will be emailed to you.

\*Note: Each numbered session has a value of 1 NBCC CE hour and is one hour (60 minutes) long. In order to receive 1 NBCC CE hour for each session you attend, you must watch the prerecorded presentation AND participate in the LIVE Q & A, immediately following the recorded presentation. According to the guidelines set by NBCC we are unable to assign the CE hour if you choose to watch the recording at a later time. Upon completion of the session survey/evaluation, for each presentation you attended in its entirety, a NBCC Verification Form will be e-mailed to you.

### **Certificate of Participation**

All registered participants will receive a certificate of participation. The certificate can be used to document up to 19.0 contact hours for licensure renewal and recertification by LPCs and School Counselors. The Certificate of Participation will be emailed to you.

## ***Bronze Sponsor***



**Founded in 1959 by Sara O'Meara and Yvonne Fedderson**  
**PREVENTION *and* TREATMENT of CHILD ABUSE**

# VIRGINIA COUNSELORS ASSOCIATION

## 2020 VCA AWARD RECIPIENTS

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### ***John R. Cook Award***

Dr. Charles Gressard

### ***Counselor of the Year Award***

Taisha Steele

### ***William H. Van Hoose Career Service Award***

Renee Bruno

### ***Large Chapter of the Year***

Richmond Area Counselors Association

### ***Small Chapter of the Year***

Roanoke Area Counselors Association

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### ***Legislators of the Year***

Delegate Delores L. McQuinn, 70<sup>th</sup> House District

Senator Mamie E. Locke, 2<sup>nd</sup> Senatorial District

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### ***Chapter Members of the Year***

Ellie Karle – Lynchburg

Jamie Hardy – Prince William

Ashley Brynne – Roanoke

Connie Elkins – Southwest

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### ***Division Members of the Year***

Shelley White, VA-ALGBTIC-Lesbian, Gay, Bisexual & Transgender Issues

Kathleen McCleskey, VA-ASERVIC-Spiritual, Ethical, and Religious Values

Regina Meredith, VASC-Virginia Alliance for School Counseling

Halina Banas-Jones & Margarita Martinez, VASGW-Specialists in Group Work

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The VCA Annual Awards Ceremony will take place  
Thursday, November 12, 2020, 8:30 AM – 10:15 AM

# Session Descriptions

## KEY FOR SESSION CATEGORIES

GC - GENERAL CONVENTION

AS - ADVANCED SKILLS

CC - COMMUNITY

CEC - COUNSELOR EDUCATION/CAREER

CSE - CLINICAL SUPERVISION/ETHICS

SH - SCHOOL

SP - SPECIAL POPULATIONS

## Thursday, November 12, 2020

### Session 1: 8:00 - 9:00 AM

#### **1GC - Morning Mindfulness Practice Group**

Alan Forrest, Ph.D., LPC, LMFT

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore, we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day. All participants will: Experience mindfulness practice; Learn how to integrate it into their personal lives.

#### **8:30 - 10:15 AM: Opening Welcome & VCA Annual Awards Ceremony**

### Session 2: 10:15 AM – 11:15 AM – Keynote Speaker

#### **2GC - All Dogs Have Read Carl Rogers: Moving Through the Pills and Ills of Society to Prevention through Counseling**

Samuel T. Gladding, Ph.D., LPC, CCMHC

This keynote will address how counseling can constructively address the ills of society, (e.g., systemic racism, climate change, addiction, the coronavirus, and polarization) with a focus on prevention. It will also emphasize what counseling can contribute to systematically promoting positive mental health. Learning Objective #1: Attendees will examine anew how remediation and piecemeal strategies to promote mental health, such as the overuse of prescriptions, is not enough to make a society healthy. Learning Objective #2: Attendees will learn what counselors and the profession of counseling can do to become leaders in promoting a healthy society through taking preventive strategies and evidence-based treatments to the public through various interpersonal means, e.g. advocacy, social media, public service announcements, podcast, etc. Learning Objective #3: Attendees will be introduced to the idea of counseling becoming a public health specialty as well as a helping profession and why advocacy for mental health becoming a year-round activity, rather than a special occasion day or month, can make a difference.

### Session 3: 11:30 AM - 12:30 PM

#### **3AS - Self-Care in the New Normal: Effective Stress Management Strategies for Counselors**

Elias Moitinho, Ph.D. LPC (VA), LPC-S (TX, LMFT (TX); Denise Moitinho, Ph.D.

Counselors are living in a new normal created by the COVID-19 crisis. This new normal has created unique stressors and challenges for counselors, which in turn may create chronic stress and potentially lead to burnout. Unfortunately, burnout is a reality for a high number of counselors. Therefore, self-care has become absolutely essential for counselors to maintain control of their lives and thrive in the counseling profession.



Participants will: 1. Identify unique stressors and challenges counselors are facing in the new normal 2. Describe physical, mental, relational, and spiritual stress management strategies for counselors 3. Explore and create a customized self-care plan to manage stress and thrive in the counseling profession.

### **3CC - Grief Counseling: The Helpless Role of Companioning the Bereaved**

Jennifer Blake BSN, MS, RN

Working with a client experiencing grief can be a difficult process for counselors-in-training, their teachers, and their supervisors. This presentation will explore the grieving process, clients' grief experiences, ways to work with bereaved individuals, training strategies to use with students counseling the bereaved, and effective supervision strategies for the process. At the conclusion of this session, participants will be able to: Identify theories of grief counseling and ways these may manifest in practice. Discuss areas of particular discomfort within the context of assisting a bereaved individual as well as ways in which these might be mitigated. Describe ways in which the supervisor of a counselor working with a bereaved individual might actively support the counselor through this process.

### **3CEC - Promoting Student Voice in Counselor Education: Lessons Learned from a Program Evaluation of Multicultural Competence and Climate**

Rachel A. Regal, MS, NCC

Student-led listening sessions that evaluate the cultural climate and preparation of multicultural competent practitioners in counselor education programs promote student voice and advocacy. This program will review a model and share lessons learned from the process at one program, along with shared discussion for how sessions might be adapted in other educational settings. 1. Identify the clinical utility and role of promoting student voice in counselor education programs 2. Develop an understanding of one model for conducting student listening sessions 3. Review lessons learned and tips from one program's experience with student listening sessions. 4. Provide a start-up kit to host sessions including flyers, online survey, and facilitator guide 5. Discuss how student listening sessions might be adapted to fit different programs.

### **3CSE - Social Justice & Leadership: The Intersection (Sponsored by: VCDA)**

#### **ETHICS**

Sue E. Pressman, PhD, LPC, NCC, NCCC, CCC, GCDFI, BCC, President of ACA; Dr. Judy Daniels, CRC

How do counselors put their leadership skills to work or perhaps most importantly how do we make sure there is social justice and opportunity for us to lead? Our overarching goal is for you to be empowered with the leadership tools needed to address racism, deal effectively with the crisis of pandemics, and be able to respond swiftly, timely, and effectively. Because of this, there has never been a more important time for counselors to demonstrate leadership through problem solving and creative solutions. We welcome thought and engagement on the topic because counselors as leaders make people, organizations, and communities strong. That is what we envision for you, and VCA, its Chapters and Divisions and ACA. 1. Examine the history of social justice within the counseling profession and increase your knowledge of how to lead with a social justice mindset. 2. Review Maslow's Hierarchy of Needs as it relates to leadership development and self actualization. 3. Increase knowledge between the connection of leadership and ethical practices. 4. Learn strategies for how counselors can become more involved in counseling leadership. 5. Take away new tools and techniques to effectively and creatively lead others.

**\*\*This session counts for 1 NBCC CE Hour in Ethics\*\***

### **3SH - Sowing Suicide Postvention Seeds in K-12 Schools**

Rita Schellenberg, PhD Counselor Ed & Supervision; Licensed School Counselor (VA); LPC (VA); LCP-S (VA), ACA, NCC, NCSC, NCMHC; Justin Silvey: Doctorate Counseling; Licensed School Counselor

Postvention versus prevention? Why postvention? Presenters examine these constructs, looking specifically at postvention as it relates to the role of school counselor, working with suicide survivors, those left behind, grieving the loss of a significant other due to suicide in K-12 schools. Warning signs and postvention strategies are highlighted by both a professional counselor and school counselor. 1) Attendees will be able to define postvention and its role in promoting positive mental health. 2) Attendees will be able to identify postvention strategies for suicide survivors in the aftermath of suicide in K-12 schools. 3) Attendees will be able to develop postvention plans for inclusion in school crisis management programs.

### **3SP - Physically Distant, Emotionally Connected: Helping Children and Families Navigate Separation**

Kelly Atwood, PsyD, LCP, LPC

Attachment theory provides a framework to understand capacity for emotional and behavioral regulation in the context of unique experiences and challenges faced by families during periods of separation, including the COVID-19 Pandemic. Implications of culture and trauma will be explored. Possible interventions, including interprofessional intervention, are identified and examined. 1. Participants will be able to explain the implications of family separation through the attachment theory framework. 2. Participants will be able to describe trauma-informed care as it relates to family separation. 3. Participants will be able to identify two unique challenges presented by the COVID-19 Pandemic. 4. Participants will be able to identify two cultural considerations related to family separation.

### **12:35 PM - 1:30 PM: Lunch, Poster Sessions, Social Justice Round Table, Meet Ups**

#### ***Social Justice League @ The Roundtable***

Alicea R. Jenkins, MA, LPC; Pierre Durant M.Ed.; Kelly Kaczmarczyk, MS

A live and interactive session, where some of Virginia's leaders in the counseling profession come together at the Roundtable to discuss Social Justice, its importance, the issues facing our profession and country today, and how counseling professionals can make a difference, because we matter! Roundtable guests: Susan Cook, VA-ASERVIC President; Matt Bukowski, VA-ASERVIC Treasurer and Matt Gamble, VA-ALGBTIC President. Learning objectives: Counselors will understand the importance of social justice and advocacy activities. 2) Counselors will define activities that will foster advocacy behaviors that will promote social justice. 3) Counselors will devise an action plan to continue their own education on advocacy and to intentionally support marginalized groups. **(This presentation qualifies for NBCC CE Hours)**

#### ***Poster #1: Psychological Distress Among Victims of Stalking***

Kelly Eikenberg, B.S., QMHP-C

Stalking. We are all familiar with the word, but do we know the extent of the psychological distress that its victims endure? This poster examines the mental health symptoms and the behavioral and personality changes in victims who have experienced stalking. 1. The attendees will assess the demographics that characterize the qualities of individuals who engage in stalking and victims of stalking. 2. The attendees will examine the psychological effects and behavioral shift that occur for victims of stalking. 3. The attendees will co-construct ideas for raising awareness and participating in advocacy to support clients of this population.

**(Does not qualify for NBCC CE Hours)**

#### ***Poster #2: Community Uprisings: A Crisis Response and Activism Model***

Carrie Lynn Bailey, PhD, NCC, LPC

Minneapolis, Charlottesville, Baltimore, Ferguson. Communities are experiencing collective trauma in what seems a never-ending cycle. How do counselors respond to the pain of those impacted by these events and how do we increase resilience and advocate for change in the process? This presentation outlines a culturally responsive disaster-intervention model. 1 - Understand precursors to racially charged events such as institutionalized racism that implicitly support discrimination. 2 - Gain knowledge of innovative counseling tools and interventions that can be implemented with clinical populations in response to specific crisis and/or uprising situations. 3 - Gain knowledge of information that can inform teaching activities to be implemented in counselor education curriculum to address clinical response to specific crisis situations. 4 - Explore/expand upon the ACA Disaster Impact Recovery Model to facilitate sustained social change & prevention efforts.

**(Does not qualify for NBCC CE Hours)**

#### ***Poster #3: Perspectives of Young Adolescent African American Middle School Females Using Social Media***

Christa A. Benton, Ph.D., LPC, NCC

This poster session explores the experiences of African American adolescent females use of social media. It will address what they do, who they communicate with, and the purpose and impact social networking sites have on their online and offline relationships. 1 - Understand the perceptions of a group underrepresented in

literature and their use of social media. 2 - Understand social media's impact on young adolescent African American females' quality of life. **(Does not qualify for NBCC CE Hours)**

#### **Poster #4 - Cancelled**

#### **Poster #5: Preparing CITs to Address Social Determinants of Health in Practice**

Alexandra Gantt, M.A., NCC

Counselor competence to address social determinants of health (SDOH) remains an under-explored area of counselor development. Internship serves as the pedagogical environment for equipping counselors in training to navigate the diverse SDOH client needs that impact mental health. This session will examine the significance of addressing SDOH in counselor training. Provide a general understanding of social determinants of health (SDOH). Discuss results from a qualitative study to further promote understanding of the counselor's role in addressing SDOH. Provide implications and directions for CITs in preparation for assessing and addressing SDOH in practice. Discuss and provide notable frameworks for addressing SDOH. Provide implications for counselor educators in preparing CITs to assess for and address SDOH in practice. **(Does not qualify for NBCC CE Hours)**

#### **Session 4: 1:30 PM - 2:30 PM**

#### **4AS - Planting Seeds of Growth: Authoring Stories of Resilience**

William Scott, PhD, LPC, LMFT

The collaborative, relational counselor as an audience to clients stories empowers them to become authorities, and more involved in the construction of their own stories. In this workshop guidelines for a therapeutic stance, that plants seeds for re-authored stories will be presented, while participants are invited to explore additional resiliencies. 1. To utilize systemic, solution-focused and social constructionist ideas in the construction of useful guidelines for therapy. 2. To introduce ideas which will stimulate the evolution of new techniques in therapy and empower therapists to utilize and apply their creativity in such situations. 3. To generate therapist interest in use-of-self, the introduction of uncertainty to our therapist constructions, and a willingness to take a reflecting position to ourselves and our work. 4. Participants will feel that the principles they have evolved for effective practice can fit into this model.

#### **4CC - Introduction to Counseling via Telehealth**

Kevin Doyle, Ed.D., LPC, LSATP, Associate Professor, Longwood University; John Rogers, MA/Ed.S., NCC, Resident in Counseling, Doctoral Candidate, James Madison University

This session will present the basic considerations for counseling, considering or learning how to use telehealth to provide services. Ethical issues, licensure implications, training, and technology will be covered, as well as advantages and disadvantages of using telehealth in our work with clients. 1. Attendees will learn basic skills of counseling via telehealth 2. Attendees will be able to identify advantages of counseling via telehealth. 3. Attendees will be able to identify disadvantages of counseling via telehealth 4. Attendees will have an enhanced understanding of ethical issues of counseling via telehealth. 5. Attendees will learn about potential platforms for telehealth delivery and additional resources.

#### **4CSE - Cultivating Evaluation for Case Conceptualization in a Clinical Setting: Using a Critical Thinking Framework**

Brandi Chamberlin, PhD, NCC, Eric Camden, PhD, LPC, NCC, ACS; Robyn Trippany-Simmons, PhD, LPC; Brandon Waggoner, LPC, NCC

This session will challenge counselors to grow in their case conceptualization skills by evaluating cases and applying de Bono's six hats of critical thinking in creative ways. Two additional hats will be utilized to provide a comprehensive evaluative framework for case conceptualization. Learning Objectives: 1) Present an innovative strategy for conceptualizing client cases. 2) Expand understanding of the 6 hats to include a hat for cultural responsiveness in case conceptualization. 3) Expand understanding of the 6 hats to include a hat for theoretical in case conceptualization. 4) Examine implications for development of case conceptualization skills for graduate students and new clinicians. 5) Demonstrate application of the 8 hats approach.

#### **4SH - Digging Deeper to Plant Seeds for Holistic Wellness and Life Satisfaction in K-12 Students**

Rita Schellenberg, PhD, Counselor Ed & Supervision, Licensed School Counselor (VA), LPC (VA), LCP-S (VA), ACA, NCC, NCSC, NCMHC; Justin Silvey, Ph.D., Licensed School Counselor

Grab your shovel as we dig deep into the fertile soil of human development. Would you like guidance in cultivating the spiritual/religious needs of students in a manner that is legal, ethical, culturally sensitive, and aligned with the ASCA National Model? Presenters will provide seeds and sowing skills to grow students' holistic development.

Objective1: Attendees will gain a greater understanding of the positive correlation that exists between spiritual/religious belief systems, and wellness. Objective 2: Attendees will gain a greater understanding of the culture and ethics related to actively seeking to include students spiritual/religious beliefs in the practice of school counseling as critical aspects of human development inseparable from virtually all aspects of life. Objective 3: Attendees will be given published, expert-reviewed Spiritual and Religious Standards and integration approaches for use in school counselor programming and practices.

#### **4SP - From Mr. Roger's Neighborhood to the Counseling Office: Using earned- secure attachment to impact emotional regulation in trauma survivors**

Anita Kuhnley, PhD, LPC, Lisa Compton, Ph.D., LCSW, CTTS

Trauma, attachment relationships, and emotional intelligence intersect on the pathway to well-being. Particularly for survivors of developmental trauma, earned-secure attachment can dramatically increase emotional regulation. This workshop will use the emotionally intelligent attachment figure of Mr. Rogers as a model for counselor self-development and client therapeutic healing. 1. Describe the link between attachment relationships and emotion regulation. 2. Analyze the impact of trauma on tolerance of unpleasant emotions 3. Apply secure base/safe haven lessons from Mister Rogers cultural figure 4. Develop counseling skills for emotion regulation & attachment security.

#### **Session 5: 2:45 PM – 3:45 PM**

#### **5CC - Trust the Process: Humanism in Addictions Counseling**

Justin Jordan, MA, LPC, CSAC; Kelly Eikenberg,

Humanistic approaches have influenced the work of professional counselors since the establishment of our profession. Addictions counseling often involves more prescriptive approaches in educating clients about lifestyle changes conducive to recovery. This session will focus on the importance of integrating humanistic counseling skills in addictions treatment. Attendees will compare and contrast humanistic approaches and traditional addictions counseling approaches. Attendees will assess the value of humanistic counseling approaches in treating addictions. Attendees will examine how humanistic approaches are being utilized in a variety of addiction treatment settings. Attendees will co-construct ideas for integrating humanistic counseling throughout the healing journey of clients with addictions.

#### **5CSE-Promoting Student Wellness & Counselor Self-Efficacy through Mindfulness CLINICAL SUPERVISION**

Dr. Laura Daniel, Ph.D., LPC

The presenter will review a research project exploring the integration of mindfulness practice into clinical supervision of Practicum students. The relationship between student wellness and outcomes in counselor training will be addressed as well as the use of mindfulness practice as one coping strategy within a larger student wellness plan. 1. Define the concepts of student wellness and mindfulness 2. Understand the research in support of the usefulness of mindfulness and counselor training 3. Understand the research related to the benefits of mindfulness on mental health and in the counseling relationship 4. Review results of a research project integrating mindfulness into clinical supervision for Practicum (This session qualifies for Clinical Supervision Hours)

#### **5SH - Career Development for the Future Workforce**

Melissa Wheeler, PhD, NCC, ACS, Janelle Bettis Cox, EdD, LCPC, NCC, ACS

The fourth industrial revolution has changed how we look for work, the type of work we do, and the skills needed to be successful in the future workforce. Researchers have predicted increased job polarization in the next decade and the need for workers to be agile, flexible, and able to handle multiple tasks at one time.



This presentation will discuss the skills needed for success in the future workforce and career development theories that can frame interventions. Participants will discuss the changing world of work and skills predicted to be essential for the future. Participants will explore career theories that help clients prepare for an unpredictable job landscape. Participants will develop a list of strategies and considerations for working with the career issues of the future workforce.

### **5SP - Board of Counseling Updates**

Johnston Brendel, LPC, LMFT

This session will focus on current issues under consideration by the Virginia Board of Counseling, as well as recent actions. Co-facilitated by the Board Chair and the Executive Director, the session will also include an opportunity for questions and discussion about the Board's role and activities. Attendees will understand the primary purpose of the Board of Counseling in Virginia. Attendees learn about recent activities of the Board including modifications that have been made due to the pandemic. Attendees will gain an understanding of upcoming challenges and initiatives facing the regulation of professional counseling in Virginia.

### **Session 6: 4:00 PM – 5:00 PM**

#### **6AS - Meaning Making in Troubled Times: Co-Construction Strategies for Thriving**

Lennis Echterling, Ph.D.

In troubled times, people are confronted with a crisis of meaning. The purpose of this session is to highlight how counselors can promote meaning making. Using co-construction strategies, counselors help clients transform crisis narratives into survival stories, achieve a greater resolve, and set the stage for thriving in their lives. At the conclusion of this session, participants will be able to: Describe the power of narrative in creating meaning; List examples of transcendence in troubled times; Summarize co-construction strategies for meaning making; and

Demonstrate techniques for transforming crisis narratives into survival stories.

#### **6CEC - It's Not My Job to Stay Quiet So You Can Stay Comfortable: Narrative Group Counseling with Survivors of Complex Trauma**

Jennifer Apperson, PhD, LCP; Erin Mahone, QIDP, QMHP-e, Counseling Intern, 2020 Pete Warren Fellow  
Individuals with complex trauma often believe they must hide their painful stories to shield others from the discomfort of their truths. Silence deepens the cycle of isolation, shame and fear. The use of Narrative Group Counseling allows clients to move past the pain toward healing. 1. Participants will learn about the general theoretical basis of narrative therapy. 2. Participants will learn the nature of complex trauma and how it differs from non-complex trauma. 3. Participants will learn how narrative therapy can be incorporated into group counseling. 4. Participants will learn how a culminating storytelling performance can be a powerful healing last group session.

#### **6CSE - Duty to Warn and Duty to Protect: Ethical & Legal Responsibilities with Non-Clients**

##### **ETHICS**

Deborah Braboy, PhD, LPC-S-TA, NCC; Yulanda Tyre, PhD, LPC-S, NCC; Jama Davis, PhD, LMHC, LPC, NCC, BCPCC; David R. Brown, PhD, LPCC-S, LCD-C-III, NCC, ACS

All states have mandatory reporting of abuse of vulnerable populations for clinicians. However, the procedures are clear only when working with the client and having direct knowledge and information of the situation. This session will explore professional responsibilities with no direct knowledge of the situation or identifiable information. Individuals attending this presentation will 1. Explore the challenges and limitations of reporting laws regarding abuse and neglect of minors, including the difference between mandatory and permissive requirements. 2. Analyze various rationales for and against reporting a child abuse/neglect situation for which no direct information is known. 3. Select and utilize an ethical decision-making process to determine a clinician's responsibility to report a situation of which they have no direct knowledge or identifiable information.

**\*\*This session qualifies for 1 NBCC CE Hour in Ethics\*\***

#### **6SP - Providing Counseling to Boys and Men of Color: Culturally Sensitive Theory and Practice**

Dr. Lakesha Roney, Ed.D. LPC; James Harris, M.S. Resident in Counseling

This session will focus on the difference in boys and men or color seeking services, explore cultural challenges acknowledging mental health, and examine theories and techniques that could address other underlying



issues. Counselors will increase awareness of challenges while enhancing their toolbox of culturally competent interventions to use with these populations. Identify why gender is a critical determinant on mental health and mental illness. Understand cultural reasons with boys and men of color acknowledging and coping with mental health concerns. Identify applicable theoretical approaches and techniques to use with boys and men of color. Learn and/or enhance learning of best practices and ethical standards when working with boys and men of color.

**5:00 PM - 6:00 PM: LIVE Business Meeting and Advocacy Update**

**6:00 PM - 8:00 PM: Speed Mentoring**

**6:00 PM - 8:00 PM: LIVE Chapter and Division Social Hours**

## **Friday, November 13, 2020**

### **Session 7: 8:00 AM - 9:00 AM**

#### ***7GC - Morning Mindfulness Practice Group***

Alan Forrest, Ph.D., LPC, LMFT

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore, we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day. All participants will: 1. Experience mindfulness practice; and 2. Learn how to integrate it into their personal lives.

### **8:00 AM - 9:00 AM: 2<sup>nd</sup> Annual VAAC Breakfast at the VCA Convention**

Justin Jordan, VAAC President

LIVE Meet Up

### **Session 8: 9:00 AM - 10:00 AM**

#### ***8CC - Am I Racist? How can walking in each other's shoes influence change and encourage healing?***

Melvin E. Pride, PhD, NCC, LPC, LCPC; Mark Myers, PhD

An exploration of race, and a path to healing. Using Relational Cultural Theory as a framework, these two diverse individuals (African American man raised in the south during the Jim Crow era @ rural Midwestern white man raised in poverty) explore dangerous topics including Blackface, Police, and raising their grandchildren. Participants will 1. Learn to apply Relational Cultural Theory to cross cultural relationships 2. Explore the effects of a vulnerable posture on cross-cultural relationships. 3. Increase awareness of biases in race relations 4. Increase awareness of intra-personal resistance to cross cultural connections.

#### ***8CEC - Residency Rewind: Tips and Tricks from Our First Year on the Job***

Brittany Trexler, MS, Licensed Resident in Counseling; Ann Marie Xia, MS, Licensed Resident in Counseling

This session will explore lessons learned from the first year of residency by two current residents in counseling. Based on feedback from other residents and experiences of the presenters, students will prepare for beginning their careers. Topics will include interviewing for residency positions, supervision, tackling imposter syndrome, and more. 1) Attendees will learn about unique challenges for first year residents in counseling 2) Attendees will feel practice finding and interview for beginning residency positions 3) Attendees will be able to identify a minimum of 3 skills they can use to avoid burnout and balance work and life as a resident in counseling.

### **8CSE - VCA Ethics Committee - 2020 Updates and Contemporary Ethical Considerations** ETHICS

Robert J. Froehlich, Ed.D., LPC, CRC; Kathleen McCleskey, Ph.D., NCC; Aimee Brickner, Ph.D., LPC  
VCA Ethics Committee members will describe the structure, roles, and functions of this newly reconfigured Committee. Ethics Committee members will apply the ACA Code to ethical challenges and dilemmas counselors face in the counseling profession and work setting, including, but not limited to COVID-19. Learn about the VCA Ethics Committee, including the newly endorsed format, as well as the roles and functions of the Committee. Increase awareness of ways to collaborate with the new VCA Ethics Committee. Discuss using the ACA Code as a tool to address newly emerging ethical dilemmas especially as they pertain to telemental health practices. Engage in a question and answer session among session participants and Ethics Committee Members. **(This session qualifies for 1 NBCC CE Hour in Ethics)**

### **8SH - Sowing Seeds for the Sweet 16...Career Clusters!**

Emily Fielder, MA

Delving into the 16 Career Clusters can feel intimidating: Where do you begin? How do you start? Discover creative ways to introduce and explore the 16 Career Clusters through ready-made resources including presentations, games, and activities. A resource toolkit is included in this hands-on session! Identify current challenges in presenting career information. Build career development resources. Design grade-specific career lessons. Set manageable goals for presenting career development information. Choose resources that work for your school setting and students.

### **8SP - Intuitive Eating, an Alternative to Destructive Diet Culture**

Anne Beverly Chow, Education Specialist, NCC, LMHC (FL), Resident in Counseling

Psychoeducation on Intuitive Eating as an alternative to dieting and diet culture. Diets have a 95% failure rate and lead feelings of shame, guilt, and feeling not good enough. We need to broaden our definition of what it means to have a "beautiful body," making room for more diversity of all kinds. 1. Reject society's narrow definition of beauty. What if we could open the door for more body neutral thinking? 2. Learn about the Principles of Intuitive Eating as an alternative paradigm when discussing dieting with clients. 3. Think about our own eating habits (e.g. Honoring our hunger, not overly relying on food to deal with difficult emotions). 4. Tie in techniques from DBT to reinforce emotional regulation and distress tolerance.

## **Session 9: 10:15 AM – 11:15 AM**

### **9CC - "Mile Markers": Spiritual Symbolism, Resilience, and Change**

William "Wally" Scott; PhD, LPC, LMFT; Makenna Sands, BS

This presentation explores the exploration and honoring of a client's spiritual "mile markers" in a client's life to promote resilience and change in mental health counseling. Promotes use of narrative and solution-focused theory with a spiritual lens. 1. To discuss the use of narrative and solution-focused approaches with clients. 2. To consider ways counselors may ethically and empathically hear and honor a client's spiritual invitations. 3. To contemplate a method for exploring a client's spiritual "Mile Markers" and associated significant life events to promote resilience and change.

### **9CEC - Female Faculty: Factors for Success in Christian and Non-Christian Institutions**

Nivischi Edwards, PhD, LMHC, LPC, NCC, BC-TMH; Patti Hinkley, PhD, EdD, LPC, LMFT, NCC; Melvin Pride, PhD, LPC, LCPC, NCC; Katie Askren, MA, LACMH, NCC

Female faculty members often report feeling pressured and challenged to successfully balance their scholarship and academic duties with their home responsibilities. This session will provide the results of an original research study where the female faculty members from both Christian and non-Christian universities were surveyed regarding their definition of success. 1) learn how female faculty define success 2) recognize correlations between one's definition of success and interpretation of how successful they are 3) understand implications of these findings with regard to recruiting and retaining female faculty members and the value of being aware of one's personal definition of success.

### **9CSE - Ethics of Spiritual Integration** ETHICS

Elizabeth Hunter, MA, LPC

Historically, the counseling profession has largely ignored the spiritual orientation of clients. However, ignoring their spirituality is to ignore an integral part of many of our clients' lives. This presentation provides training in

the ethical considerations of spiritual integration, including recommendations and guidelines for various scenarios. Learning Objective: Understanding ethics regarding spiritual integration. **(This session counts for 1 NBCC CE Hour in Ethics)**

### **9SH - School Counselor Intern Preparedness: The COVID-19 Internship Experience**

Nicole Kyser, PhD, CRC LPC-IL; Denelle Wallace, PhD; Monika McGhee, MA

This panel discussion examines the impact of the pandemic through the eyes of a school counselor experiencing COVID-19 as an intern through a dialog between school counselors and counselor educators. Participants will have a better understanding of lessons learned, effective ways to stay connected to meet student needs, and the development of virtual counseling techniques. 1. Describe an experience going through school internship through the COVID-19 pandemic. 2. Explain technology's role in preparing school interns to stay connected to students virtually. 3. Demonstrate two to three technological tools to effectively stay virtually connected. 4. Identify ways Counselor Educators can prepare school interns for the "new normal" that will be present due to COVID-19.

## **Session 10: 11:30 AM – 12:30 PM**

### **10AS - Increasing Your Effectiveness in Treating Trauma with Parallel Process**

Lisa Compton, PhD, CTTS, CFE; Pensiri Kongkaw, MA, NCC, LMHCA

Now more than ever, clients are entering counseling with significant trauma histories. This workshop is essential for both seasoned and novice counselors to navigate the parallel processes that occur during counseling sessions. Participants will have the opportunity to process a case study from their own practice during this interactive workshop. 1. Use self-reflective practice to explore several parallel processes in trauma work 2. Apply the awareness of parallel process to the skill of immediacy with clients 3. Create a plan to use parallel process in personal compassion fatigue prevention.

### **10CC - Perspectives in Suicide: Researcher, Clinician, Educator, Family Survivor**

Keesha Kerns, Ph.D, LPC, LCMHC, NCC, ACS; Melendez Byrd, Ph.D, PSC

The presentation will approach suicide from the perspectives of researcher, clinician, educator and family survivor. It will review current research on the statistics of suicide and discuss prevention and intervention strategies used by clinicians. The presenters will address the postvention as family and friends' survivors of individual that committed suicide. Participants will learn the current research trends in suicidality. Participants will learn clinician interventions used with suicidal clients. Participants will learn what counselor education programs are teaching candidates about suicide. Participants will learn postvention strategies for suicide survivors meaning family and friends of suicide attempters and completers.

### **10CSE - Navigating Ethical Best Practices and Unique Legal Issues Amidst COVID-19** **ETHICS**

Suzanne Davis, MA, LPC, RPT

During the unprecedented time and uncertainty created by COVID-19, counselors were forced to navigate the unfamiliar territories of telehealth bound by ethical standards and legal restrictions. Despite the "relaxing" of HIPAA regulations, ethics do not change when there is a global pandemic. 1. Participants will identify the ethical best practices as outlined by the 2014 ACA Code of Ethics regarding telehealth (ACA, Section H, Section A.12.). 2. Participants will identify ambiguities between the 2014 ACA Code of Ethics, and Virginia statutory law and federal laws (ACA, Section I). 3. Participants will learn the ABC's of an ethical and legal decision-making model and will apply this model to ethical and legal dilemmas for potential resolutions (ACA, Section I.1.b., I.1.c.). 4. Participants will analyze common case scenarios when working with minors in child custody cases (ACA, Section B.5.). 5. Participants will learn how to navigate and respond to subpoenas (ACA, Section B.2.d.)

**(This session qualifies for 1 NBCC CE Hour in Ethics)**

### **10SH - Mind Body Connection: Helping Students with Body Dysregulation as a Result of Trauma**

Decca Knight, MA, LPC, LPSC, NCC, CTP-C

In this session, participants will learn how the Polyvagal Theory and sensory integration systems have an impact on the emotional and behavioral presentation of students affected by trauma. Individual and classroom interventions that calm down and integrate these systems will be discussed and experienced. At the conclusion of this session, participants will be able to describe the Polyvagal Theory and sensory integration

systems. 2. At the conclusion of this session, participants will be able to recognize when children are out of their “Window of Tolerance” and experiencing sensory integration issues. 3. At the conclusion of this session, participants will be able to identify individual and classroom interventions that help children come back into their “Social Engagement System” and fully integrate their senses and brains. 4. At the conclusion of this session, participants will have experienced multiple interventions that integrate the sensory and autonomic nervous systems.

### **10SP - “What Are You” Considerations for Counseling Racially Ambiguous Clients**

Mike Takacs, PhD, LPC-S; Krista Kirk, PhD, LPC; Mariah Waller, MA, Resident; Haley Rose

This presentation sheds light on the pressure that multi-racial individuals face when they are coerced to identify themselves in a way that answers the commonly asked question “What are you?” The presenters will discuss how to become more cognizant and empathetic of racially ambiguous people through education and enlightenment. 1. Participants will understand the ways that racial ambiguity impacts both those who identify as multi-racial and those who must decipher the race of said individual 2. Participants will develop an awareness of the current literature surrounding the challenges of navigating social interactions with racially-ambiguous individuals 3. Participants will identify common themes related to interracial interactions and the consequential impacts upon the racially-ambiguous individual’s mental health 4. Participants will collaborate on identifying, developing, and examining innovative ways of promoting positive interactions with racially-ambiguous others.

## **12:30 PM - 1:30 PM: Lunch, Poster Sessions, LIVE Advocacy Round Table, Meetups**

### **LIVE Advocacy Round Table**

Rebecca Bowers-Lanier, EdD, MPH, VCA Lobbyist

### **Poster #6 - Enhancing Counselor Wellness and Building Workplace Resilience**

Renee Staton, Ph.D., LPC

School and clinical counselors encounter frequent stressors, including responsibility/power imbalances, intense workloads, and complex client considerations. However, research regarding mindfulness, vicarious resilience, and resilient work spaces suggests methods for protecting against fatigue and burnout. This session offers an overview of counselor wellness practices and strategies for developing resilient work environments. Through a combination of didactic presentation and experiential opportunities, participants will: 1) gain greater understanding of personally relevant wellness practices; 2) work thorough at least one guided practice for strengthening personal wellness; and 3) develop an individualized plan for assessing and enhancing workplace resilience. **(Does not qualify for NBCC CE Hours)**

### **Poster #7- Bridging the Gap Between Sessions: Assigning Clients Meaningful Homework**

Nathaniel Mason, M.Ed. NCC

While psychotherapy is found to be effective, there is a limit to how much can be accomplished. The literature contains recommendations from practitioners and researchers regarding the benefits of meaningful assignments and exercises for clients between sessions. Recommendations for counselors will be made in light of the literature. Implications for theoretical approaches and therapeutic relationships will also be discussed. Attendees will become familiar with current literature citing the benefits of assigning clients homework outside of session. Attendees will learn about the theoretical underpinnings supporting the use of practicing exercises, including coping strategies, and ways to identify patterns of behavior, outside of sessions. Attendees will come from the presentation with a working knowledge of examples of homework that often benefits clients. Attendees will be able to discuss what they have learned by engaging with a case illustration to illuminate their current knowledge of this clinical practice. **(Does not qualify for NBCC CE Hours)**

### **Poster #8 - Seeds of Growth: Hurricane Katrina Mississippi Women Survivors Resilience & Recovery**

Ophera A. Davis, Ph.D.

This session highlights the experiences of obscured Hurricane Katrina Mississippi women survivors’ resilience and recovery to give counselors practical examples of the ways in which they can assist students of color in



academic or private counseling settings. The women's narratives are courageous, ingenuous, and heartwarming. Participants will learn about new narratives about a group of Hurricane Katrina Mississippi women survivors. Participants will learn about some of the survival strategies of the women of color which can assist counselors in their work with students of color according to the ACA multicultural counseling standards. Participants will learn about some of the resilient strategies of these Hurricane Katrina Mississippi women survivors that can assist counselors' effectiveness with students of color in accordance with the ACA multicultural counseling guidelines.

### **Session 11: 1:30 PM – 2:30 PM**

#### ***11AS - Mental Health Counselors' Perceptions on Preparedness in Integrated Behavioral Healthcare in Underserved Areas***

Kyulee Park, PhD, Resident in Counseling

This phenomenological study examined the gap in interprofessional and counselor education by identifying the lived experiences and perceptions of mental health professionals serving historically marginalized populations in integrated behavioral healthcare settings. Research results, clinical implications, and considerations for future research will be discussed. Attendees will gain a better understanding of: (1) key elements and foundations of successful integration of behavioral and primary healthcare, (2) mental health counselors' roles in integrated behavioral healthcare practices in rural, medically underserved, and healthcare provider shortage areas, (3) results of the presented research study including the participants' lived experiences and perceptions on preparedness regarding their CACREP education, (4) clinical implications of integrated behavioral healthcare including counselor professional identity development and equitable access to mental healthcare in medically underserved areas, and (5) considerations for counselor education regarding interprofessional collaboration efforts and advocacy for increased healthcare equity and quality.

#### ***11CC - Increasing Multicultural Competence Through Social Justice Work***

Katie Askren, MA, LACMH, NCC

Many graduates of counseling programs reported the relationship between social justice awareness and multicultural competence was unclear. Moreover, research indicates in-class learning and traditional educational practices fail to adequately prepare counselors. This presentation will provide an overview of current research and discuss empirically supported methods for increasing competencies in counselors. 1) Better understand the connection between social justice awareness and multicultural competence, 2) Recognize the importance of specific skills training, 3) Identify effective methods of increasing social justice awareness and multicultural competence.

#### ***11CEC - Assessing Multicultural Orientation in Graduate Counseling Students through Study Abroad Experiences***

David R. Brown, PhD, LPCC-S, LCDC-III, NCC, ACS; Jama Davis, PhD, LMHC, LPC, NCC, BCPCC; Jerry Vuncannon, PhD, LCMHC, NCC; Charity Frazier, MA, LPCC

As study abroad and cultural immersion experiences grow in popularity, counselor education programs should consider the benefits of these experiences for student development, retention, and overall satisfaction. This presentation will address how multicultural development and faith integration can be embedded within diverse immersion experiences. Explore research-supported criteria for developing transformative and integrative learning opportunities within immersive cultural experiences and service learning activities. Discuss the benefits of immersion and service learning experiences to students, faculty, and the communities in which they are embedded. Analyze cultural humility, cultural opportunities, cultural comfort, and the expansion of student self-knowledge within cultural immersion experiences and service learning.

#### ***11CSE - Vicarious Trauma: What Supervisors Need to Know*** (CLINICAL SUPERVISION)

Stacey Lilley, Ph.D., LPC-S; Robyn Trippany Simmons, Ed.D., LPC-S (AL), NCC, RPT-S

In this presentation, the need for trauma sensitive-supervision will be discussed to better assist our pre-licensed counselor from experiencing vicarious trauma, countertransference, and burnout. In lieu of our world pandemic, more and more counselors need to unpack their trauma work in a clinical setting. Helpful strategies exploring the theoretical model, spiritual belief system, and ethics issues will be attended to through presentation and discussion. This work is imperative for the supervisor, counselor, and will ultimately affect our clients. 1) Identify the impact of trauma work on the mental health counselor 2) Discuss



elements of trauma-sensitive supervision 3) Demonstrate creative methods of supervision to aid in promoting post-traumatic growth. **(This session qualifies for 1 NBCC CE Hour in Clinical Supervision)**

### **11SH - Advancing Career Development and Promoting SEL Through Service Learning**

Steven Myers, LPC, NCC, GCDF, CCSP

Service learning engages individuals in providing service to their communities. This session will help participants learn how to apply service learning methods to advance career development while promoting social and emotional learning (SEL). Participants will also reflect on their own counseling work and roles in serving their community. 1) Participants will define Career Development, Social/Emotional Learning (SEL), and Service Learning while learning the connections between all three concepts. 2) Participants will examine how Service Learning can support both career development and SEL in the K-12 educational setting and beyond (including higher education and working with adult populations). 3) Participants will learn what resources are available to assist with service learning initiatives. 4) Participants will have the opportunity to reflect on their own work and communities to formulate their own service learning action plan.

### **11SP - Counseling Implications for Police Officers and Their Romantic Partners**

Paul Delaughter, M.A.Ed.

Career-related stress, along with the tenets of police culture, all have an influence on the relational discord of police officers and their romantic partners. This presentation will provide insight into common issues reported by police couples and how counselors can provide culturally competent therapeutic interventions aimed to improve relational wellness. Attendees will be able to examine unique sources of stress for police officers and their romantic partners. Attendees will be able to explore tenets of police culture and how they effect the relationships between police officers and their partners. Attendees will be able to apply culturally appropriate therapeutic approaches in their work with police officers and their partners.

## **Session 12: 2:45 PM – 3:45 PM**

### **12AS - The Eyes & Ears of Therapy (Comparing and Contrasting Eye Movement Desensitization and Reprocessing to other Therapeutic Modalities)**

Joan Monahan, MA, LPC, ACS

During this session the presenter will explore why clinicians and clients become overwhelmed throughout the therapy relationship. Exploring specific therapeutic modalities and the effectiveness of each in the therapy relationship. Participants will be given the opportunity to explore blocks, resistance, and complexities with presenting cases. 1.) Clinicians will be offered several descriptions of various modalities. A comparison and contrast of each therapeutic modality will be examined. 2.) Identify and explore ways to overcome challenges with clients whom are resistant to change. 3.) Understanding effective interventions to use when the therapy seems to be "blocked". 4.) Reviewing the Eight Phase Model and the Adaptive Information Processing Model of Eye Movement Desensitization and Reprocessing. 5.) Understanding the necessity for safety and stability when working with resistant clients.

### **12CC - The Action of Allyship: Effective Strategies for Advocacy in Communities of Color**

A'tasha Christian, PhD; Eunice Humphrey, PhD; Julio Orozco, PhD

Allyship is not often discussed in counseling programs. Instead, social justice is often presented as a broad concept with minimal instruction on how to implement it. This presentation will teach intentional strategies to become allies for communities of color. 1. Attendees will learn to define advocacy and allyship as two constructs. 2. Attendees will engage in interactive activities to teach intentional allyship through case studies. 3. Attendees will develop individual action items to implement within communities of color.

### **12CEC - A Preliminary Exploration of the Effects of Emotional Intelligence and Collective Cultural Identity of Hispanics and Latinos on Supervision Experiences in Counselor Training**

Michelle Colon, MA, LPC; Ashley Bauman, MA, LPC

In this educational session, we will explore the preliminary findings of a research study looking at the effects of emotional intelligence and collective cultural identity of Hispanics and Latinos on supervision experiences in counselor training. In reviewing the preliminary findings, the presenters hope to increase awareness of multicultural supervision dynamics. 1. Attendees will explore the constructs of emotional intelligence, collective self-esteem, and supervision conflict styles. 2. Attendees will review the preliminary findings of the

quantitative research study. 3. Attendees will become aware of potential implications of the preliminary findings for counselor educators and supervisors.

### **12CSE - Culturally-Sensitive Mentorship through the Lens of Acceptance and Commitment Therapy (CLINICAL SUPERVISION)**

Bianca R. Augustine, MA, CCTP, Resident in Counseling; Jordan Pearce, MA

Acceptance and commitment therapy (ACT) focuses on maintaining effectiveness in the presence of uncomfortable thoughts and emotions, both of which marginalized groups are at greater risk of experiencing. This presentation will examine ways in which ACT can be used to foster culturally sensitive mentorship through mindfulness and values-based work. 1. Attendees will learn how Acceptance and Commitment Therapy (ACT) can be used as a foundational strategy for mentorship of marginalized and minoritized mentees in a variety of multidisciplinary settings, from education to healthcare to community engagement to private practice. 2. Attendees will explore the impact that the marginalized and minoritized status of the mentee has on the mentoring relationship, specifically when the mentor possesses more social capital than the mentee, and discover ways to honor and navigate the cultural and social divides between mentor and mentee. 3. Attendees will learn practical interventions based on ACT they can apply in their current mentorship roles, with time allotted for experiential practice and discussion. **(This session qualifies for 1 NBCC CE Hour in Clinical Supervision)**

### **12SH - School Counselors & Administrators: Partners in School Crises**

Keesha Kerns, Ph.D, LPC, LCMHC, NCC, ACS; Angela Goodloe, EdD

Presentation will cover collaborative efforts between the school counselor and administrators in a multitude of school crises. It will include how the school counselor and the administrator are key in a school crisis, necessary to the recovery of students, faculty and the community at large. Participants will discuss current research on various types of school crises. Participants will learn the components of a school crisis and how the school counselor and the administrator collaborative efforts are key to recovery of students, faculty and the community. Participants will learn what schools are currently doing in the wake of the recent school crisis to help the students and community recover. Participants will learn resiliency building measures at the school level.

### **12SP - The Rainbow of Recovery: Counseling LGBTQ+ Clients with Substance Use Struggles**

Justin Jordan LPC CSAC, Roberto Martinez M.Ed.

Substance use counselors must be aware of the needs of clients who are gender expansive and of diverse sexual/affectional orientations by providing affirming and effective services. This session will focus on enhancing counseling practice considerations and the importance of knowledge, humility, and comfort for treating addictions with LGBTQ+ clients. Develop an overview of key issues surrounding LGBTQ+ clients with substance use disorders. Illustrate exemplary program adaptations and highlight the importance of advocacy for LGBTQ+ individuals in substance use counseling. Identify systemic barriers impacting utilization and access to addictions counseling for the LGBTQ+ population. Establish the importance of consulting and appropriate referral of clients and families.

## **Session 13: 4:00 PM - 5:00 PM**

### **13AS - Choosing Stillness in the Midst of Chaos: Practicing Mindfulness in Times of Uncertainty**

Alan Forrest, PhD, LPC, LMFT; Angela Cardenas, MA

If we're not mindful of our fear, we can become overwhelmed by it. When we face something threatening, it's normal to be afraid; our brains are hard-wired to scan for danger. Whenever fear and uncertainty arise, whether triggered by a mysterious virus or not, we can stop, and with curiosity, investigate it. When fear is mindfully observed it becomes workable and provides the wisdom to inform our next steps. Feeling into the discomfort of uncertainty can create new perspectives. This program will examine and provide mindful approaches for how counselors can serve as islands of calm in the midst of chaos, fear, anxiety, and uncertainty. Provide and explore a basic understanding of mindfulness; Discover how mindfulness can help skillfully manage the fear, stress, anxiety that arises with uncertainty; Actively practice effective mindfulness practices; and Learn how mindfulness can be integrated into everyday life.

### **13CC - Jim Crow Poverty and Covid-19: Different Results of the Same Disparities**

Walter P. Anderson, Jr., PhD, Retired

As counseling professionals, we try to use our knowledge of racial disparities to increase counselor empathy and advocate more effectively for others. The current presentation can help us do both more effectively by better understanding the connection between Jim Crow poverty and Covid-19. Counseling professionals who attend the proposed session will: 1. Better understand the racial disparities of income and wealth in their historical context 2. Better understand how the same two disparities have contributed to consequences as different as long-run poverty during Jim Crow and the mortality rates of Covid-19 3. Consider the implications of recent research suggesting that most people overestimate the income and wealth of Black people 4. Consider what counseling professionals can do in response to 1-3 above.

### **13CEC - Co-teaching in Counselor Education: Effectively Preparing Future Instructors**

Judith Wambui Preston, MA, LPC, NCC, ACS, CSAC; Radha Horton-Parker, Ph.D., NCC, NCSC

Co-teaching in counselor education programs, the process of preparing doctoral students for future teaching, will be the focus of this presentation. The presenters will highlight three recommended co-teaching structures and address implications for counselor education programs. The participants will also engage in a discussion about their co-teaching experiences. Participants will: (1) Identify and examine the application of three co-teaching structures in the preparation of doctoral students as they become future counselor educators. (2) Learn about implications and recommendations made for counselor education programs and how they could enhance the development of teaching practice and skills. (3) Enhance learning by participating in a discussion about experiences related to co-teaching.

### **13CSE - Gatekeeping is a Team Sport** CLINICAL SUPERVISION

Cynthia Miller, Ph.D., LPC

Who should intervene when a counseling intern presents with deficiencies in clinical or professional skills the supervisor or the training program? This session discusses the challenges both parties face when trying to work such students and the need for a collaborative approach to maximize odds of a successful intervention. 1) Discuss the ethical duty of supervisors to engage in gatekeeping 2) Discuss the phenomenon of gateslipping 3) Identify the ethical and legal obligations of university faculty which allow students with potential deficiencies to proceed to practicum and internship despite faculty concerns 4) Identify the competing ethical and legal concerns of site supervisors when working with a counseling intern who has deficiencies 5) Identify steps that both site supervisors and university faculty can take to increase the chances of successful intervention with students with deficiencies. (This session qualifies for 1 NBCC CE Hour in Clinical Supervision)

### **13SH - The impact of frequent relocations on military children, a retrospective study**

Michelle Weed, MA, MRC, CRC; Adrienne Backer, M.Ed; Nathaniel Mason M.ED, NCC

Looking back, how do adults, who were military dependents as children, view their experience of relocation during high school? How has it impacted their present lives? Adaptability and transitions, connectedness and family cohesion, uncertainty and anxiety, academic impacts, and 9/11 effects are themes for us to understand as counselors. 1. Identify the social and emotional impact relocation as on military teens. 2. Discover ways in which school counselors can assist in supporting teens to transfer. 3. Conceptualize the impact frequent relocations has on attachment.

### **13SP - Metaphors, Marriage, and Counseling: Helping Couples Succeed**

Elias Moitinho, Ph.D. LPC (VA), LPC-S (TX, LMFT (TX); Denise Moitinho, Ph.D.

Counseling work and therapy is accomplished by using language. Counselors often use metaphors in marriage counseling sessions to bring about therapeutic change. This workshop presents a review of the research literature on the effectiveness of using metaphors in counseling. It examines multiple creative metaphors about marriage and it covers practical strategies to use metaphors effectively in marriage counseling. Participants will: 1. Identify various metaphors couples use to describe their relationship 2. Explore how to use metaphors in counseling to help couples gain insights into their marriage dynamics 3. Describe specific metaphors to use strategically in marriage counseling to help couples reconnect.

## **Session 14: 7:00 PM - 8:00 PM**

### ***14ARDTF - VCA Anti-Racism and Diversity Task Force Panel Discussing Racism, Racial Trauma in Counseling***

Panel Members: Dr. Cecilia Butler; Ms. Ashley Evans; Dr. Karla Sapp; Dr. Shon D. Smith

Webinar Overview: Racial Trauma is understood to be the emotional and psychological response to racial incidents that are unexpected, experienced as a threatening, and that result in significant psychological stress. This training will focus on racial trauma as a counseling outcome associated with experiences of racism. Guidelines for counseling interventions are presented and the role of the counselor is discussed as it relates to the counseling treatment in our work as counselors. It is draws upon historical and current sociopolitical global events, anecdotal experiences and writings. Learning Objectives: At the end of this interactive presentation attendees will be able to: Understand the psychological effects of systemic racial oppression has on the counseling training process - Assess how systemic racial oppression impacts counseling - Evaluate assessment tools to be used in to address racial trauma as a counselor - Identify treatment interventions to address racial trauma as a counselor.

## **Saturday, November 14, 2020**

## **Session 15: 8:00 AM - 9:00 AM**

### ***15GC - Morning Mindfulness Practice Group***

Alan Forrest, PhD, LPC, LMFT

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore, we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day. All participants will: 1. Experience mindfulness practice; and 2. Learn how to integrate it into their personal lives.

## **Session 16: 9:00 AM – 10:15 AM**

### ***16VASC - A Leader's Journey to Social Justice Advocacy***

Darius Greene, PhD, NCC, VAMCD Secretary; Delila Owens, PhD, CSJ President- Elect; Laura Farmer, PhD, LPC, CSAC, ACS, VA-Saige Past President, SAIGE Board Trustee; Elizabeth O'Brien, PhD, LPC-MHSP, ASERVIC Past President & Governing Counseling Representative

This panel will hear stories from leaders in the field on their journey to social justice advocacy. The panel will consist of leaders in AMCD, SAIGE, ASERVIC and CSJ. Panelists will discuss their work as advocates, the meaningful moments that led them to a place of advocacy and provide participants tangible ways to engage in advocacy work. 1. Gain an understanding of the personal impact social justice advocacy has on the advocate. 2. Gain knowledge and strategies as to how one can engage in advocacy work 3. Increase one's knowledge about the contributions our field is making.

## **Session 17: 9:00 AM – 10:00 AM**

### ***17AS - Generation Zoomers: Blending Technique and Technology to Serve Clients with Evolving Expectations and Needs***

Dr. Daniel Hall, Ph.D., NCC, LPC; Baylee Worth, 2020 VCAF Pete Warren Fellow

Generation Z prefers things that are quick, easy, and painless, all of which counseling is not. How, then, do we as counselors meet their needs? This presentation will focus on using technology to meet this challenge in providing the best support for a generation facing a turbulent world coupled with contradictory expectations. Understand the current use of technology within the field. Learn characteristics and existing research regarding the post-millennial (Gen Z, iGen, Zoomer, etc) generation. Examine the positive areas and areas of growth/concern for utilizing technology. Consider projections for future generations and what their counseling needs may appear to be or are trending to become. Discover new, technologically savvy, ways of connecting and intervening with clients.



### **17CC - We Can Help: Social Justice on Campus**

Connie Elkins MS, LPC, NCC; Todd Stanley, MS, LPC

This session discusses the role of college counselors in promoting social justice on campus. The structure includes a review of pertinent ACA Codes of Ethics and Multicultural and Social Justice Competencies along with strategies for providing student and faculty support and increasing campus awareness. Participants of this session will: Understand the implications of providing counseling support from a multicultural lens Learn how to apply multicultural and social justice competencies for increased effectiveness of counseling services Explore ways to support faculty in creating a culturally sensitive classroom Explore strategies for promoting social justice awareness on campus.

### **17CSE - We Matter: Navigating Life as a Counselor Educator of Color**

Marsha L. Rutledge, PhD, NCC; Tameka O. Grimes, PhD, NCC

In this presentation, participants will engage in a dialogue about lived experiences as counselor educators of color. Participants will leave with tried and true strategies to help successfully navigate higher education and possibly circumvent some challenges and barriers known to impede productivity and career satisfaction. 1. To gain an understanding of lived experiences of counselor educators of color. 2. To identify strategies to successfully navigate higher education to hopefully result in increased productivity and job satisfaction.

### **17SP - Sibling Sexual Abuse: How to Help Families Confronting America's Silent Epidemic**

Brad Watts, MS, LPC, CSOTP

The session is based on presenter's book "Sibling Sexual Abuse: A Guide for Families Confronting America's Silent Epidemic," and will focus on how to work with families experiencing the common, but unspoken news of sibling sexual abuse. The session will define sibling sexual abuse and discuss the problems that result in families that keep disclosures from occurring and discuss how the help families heal from this traumatic event. The learning objectives from presentation are: 1.-To understand sibling sexual abuse and why this is such a vast problem in America today that affects all cultures and races. 2-How to identify when Sibling sexual abuse is taking place 3-How to help families through the lengthy process of healing. 4. The successful treatment of sibling sexual abuse offenders 5. The causes of sibling sexual abuse and how to get involved.

## **Session 18: 10:15 AM – 11:15 AM**

### **18AS - Couples vs. Relational? The Need for an Inclusive Rebrand of Relational Counseling Programs**

Allison Dukes, M.Ed., NCC; Esther Benoit, PhD, LPC, NCC

With an influx of LGBTQ+ research surfacing, we must understand how our profession's labels influence safety perceptions. One aspect of working with LGBTQ+ identifying individuals is understanding consensual non-monogamy, an overlooked relationship style. This presentation will work to illustrate the need for a rebranding from couples work to relational work. 1. Participants will discuss their initial reactions to consensual non-monogamy. 2. Participants will learn about currently existing literature surrounding work with this population. 3. Participants will learn about the importance of inclusion in counseling to decrease social stigma, increasing the quality of care provided to polyamorous identifying individuals.

### **18CC - Race-based Trauma: Approaches and Implications for Counselors**

Darius Green, Ph.D., NCC

People of Color may experience race-based trauma due to exposure to race-related stressors. Participants of this session will review the impact of race-based trauma on People of Color, analyze clinical approaches to fostering resilience among client populations, and develop strategies for advocating on behalf of vulnerable communities. As a result of attending this session, participants will: 1) Identify the mental health impact of race-based trauma on People of Color. 2) Examine culturally attuned clinical implications for supporting People of Color. 3) Discuss advocacy strategies for supporting clients impacted by race-based trauma.

### **18CSE - The Ethical Behavior of Counselors: Personally and Professionally ETHICS**

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Jennifer Gobble, LPC, Michelle Dowdy Student Award Winner

This session will explore the role and importance of gatekeeping and how this is strengthened through counselor educators, supervisors, mentors. A clear definition and overview of professional behaviors and how this affects a counselor's ability to provide ethical, moral and competent treatment is presented along with assistance with developing self-awareness skills in students to assist with monitoring how behaviors affect professionalism. Learning Objective 1: Participants will review research on gatekeeping and its importance and be able to assist students with developing professional self-awareness to assist with understanding how attitudes and behaviors affect service delivery and performance. Learning Objective 2: Participants will understand what personal professional boundaries in the community and with colleagues looks like. Learning Objective 3: Participants will understand what professional interpersonal and social behavior is in the workplace and how this affects their ability to provide ethical and competent services to clients. **(This session qualifies for 1 NBCC CE Hour in Ethics)**

### ***18SP - The Cultural Implication of Transgenerational Trauma: The Misdiagnosis of African American Youth***

LaConda Fanning, PsyD, LPC

Just over a quarter of children in the U.S will witness or experience a traumatic event during early childhood. These statistics are even more dire for African American youth who may experience consequences of transgenerational trauma that often go unrecognized or misdiagnosed, resulting in the least effective intervention implementation. The attendees will learn how developmental/transgenerational trauma is a unique childhood experience. The attendees will learn how children and adolescents experience developmental/transgenerational trauma. The attendees will learn how to appropriately respond to developmental/transgenerational trauma.

### **Session 19: 11:30 AM – 12:30 PM**

#### ***19AS - Sacred Serotonin***

Wendy Eckenrod, PhD, Associate Professor

The alarming rate of Americans, one in six, prescribed antidepressants warrants a deeper understanding of how serotonin is manufactured, the raw materials needed for serotonin productions, and how lifestyle and diet decisions can increase our clients' well-being. It is critical to understand how serotonin and SSRI's impact well-being in an effort to help our clients lead high quality lives. Long-term SSRI use and counseling implications will also be discussed. The following Learning objectives will be covered: Participants will: 1. Know where and how serotonin is manufactured in the body? 2. Understand how SSRI's function in the body 3. Know important demographic information related to SSRI usage (e.g., frequency/percentage, race, and gender) 4. Know counseling implications.

#### ***19CC - Examining the Impact of Intergenerational Trauma on Black Family Functioning***

Briana Gaines, MA, LAC, NCC; Aiesha Lee, MA, LAC, NCC

Trauma can be described as being a "little t" trauma or a "big T" trauma. Epigenetics has shown that "big T" traumas can be passed down through generations. This presentation will address the intergenerational trauma within Black families beginning with Post-Traumatic Slave Syndrome (PTSS) to present day traumatic experiences. It will examine the impact of PTSS on Black individuals today and how intergenerational trauma has affected the black family. The presenters will discuss how to encourage growth and healing in black clients and families using relational cultural theory as well as examining ways of reconceptualizing current family theories to include these phenomena.

- 1) Explain epigenetics and intergenerational trauma
- 2) Define and explore Post Traumatic Slave Syndrome
- 3) Provide interventions that encourage growth and healing for black individuals and families.

#### ***19CEC - Developing Professional Behavior of counselors and mental health clinicians from the classroom to the workplace***

Jennifer Gobble, LPC

This session will review research on professional identity development and how this is integrated into one's personal leadership philosophy. Participants will identify professional behaviors outside the counseling room that may impact or affect ethical and competent services and treatment to clients. Learning Objective 1: Participants will understand the importance of instilling professional attitudes, values and behaviors in

students and be introduced to ways that this can be accomplished. Learning Objective 2: Participants will understand the variables affecting the development of leadership in students early and will be able to assist students with implementing a personal leadership philosophy and plan early in their Masters or Phd program. Learning Objective 3: Participants will understand what professional behaviors are, both personally and professionally, outside the counseling room and how they affect the individual's leadership ability and professionalism.

### **19CSE - Virginia Board of Counseling Supervisors' Summit**

### **CLINICAL SUPERVISION**

Johnston Brendel, EdD, LPC, LMFT; Kevin Doyle, EdD, LPC, LSATP; Jaime Hoyle, Esq

This session will focus on current issues under consideration by the Virginia Board of Counseling, as well as recent actions. Co-facilitated by the Board Chair and the Executive Director, the session will also include an opportunity for questions and discussion about the Board's role and activities. Attendees will understand the primary purpose of the Board of Counseling in Virginia. Attendees learn about recent activities of the Board including modifications that have been made due to the pandemic. Attendees will gain an understanding of upcoming challenges and initiatives facing the regulation of professional counseling in Virginia. **(This session qualifies for 1 NBCC CE Hour in Clinical Supervision)**

### **19SH - You Matter! Using the School Counseling Professional Standards and Competencies to Plant Seeds of Growth**

Justin Silvey, Ed.D., Licensed School Counselor; Rita Schellenberg, Ph.D., LPC, ACS, NCSC, NCC, NCMHC

The ASCA National Model provides School Counseling Professional Standards to serve as guidelines for practicing self-development; however, these competencies are rarely emphasized as a means of on-going personal assessment or reflection. This session will provide a review, opportunity for personal rating, and reflection on the competencies for personal growth. 1) Review the ASCA School Counselor Professional Standards and Competencies. 2) Discuss how the ASCA School Counselor Professional Standards and Competencies can be implemented into a Comprehensive School Counseling program. 3) Provide a Social and Emotional Learning (SEL) framework to continued personal growth. 4) Rate and reflect on the use of the ASCA School Counselor Professional Standards and Competencies in practice using activities framed with SEL.

### **19SP - Discussing Weight in a Therapeutic Setting**

Michelle O'Brien, MA NCC LPC

Given the ubiquity of weight management efforts in the general population, it is appropriate that counselors be knowledgeable about aspects of weight that may be present and relevant in a therapeutic setting. This presentation examines the culture around weight and identifies factors that potentially affect the therapeutic relationship and outcome. Increase counselors working knowledge in their clinical practice through education on the current science around weight management, its causes, and clinical correlates. Improve counselors' competencies in treating patients with high BMIs and related behavioral medicine concerns, by training counselors in the use of counseling skills so that they may better serve the large percentage of the public that is overweight and contribute to the profession of professional counseling. Enhance counselors awareness of their own biases and identification of weight bias as it impacts the therapeutic relationship; and increase understanding of intersectionality as it applies to body image, the treatment of patients with eating disorders, and related behavioral medicine concerns through education on the culturally sensitive application of empirically-supported interventions.

**1:00 PM: Closing Remarks, Silent Auction Ends-Winners will be contacted by Email**

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## VCA Convention 2020

*You Matter! Planting Seeds of Professional Growth*

**Awards  
Announcements**  
**Thursday**  
**November 12, 2020**  
8:30 am - 10:15 am

### “Speed Mentoring”

**LIVE** Chat with the Experts

**Thursday, November 12, 2020**  
**6:00 – 7:00 pm**

**John Cook  
Award**

**Pete Warren  
Fellows**

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### Speed Mentoring Experts



**Kevin Doyle, PhD**  
Associate Professor  
Longwood U.



**Terri Mason, PhD**  
Elementary School Counselor  
Fairfax County Public Schools



**Sam Steen, PhD**  
George Mason U.  
Associate Professor



**Kysha Washington, MS,**  
NCC, LPC, ASC  
Case Management  
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## Help the Virginia Counselors Association Grow its Social Media Presence

The Virginia Counselors Association is currently active on Facebook, Twitter, and Instagram managed by Social Media Chair, Pierre Durant, and Kimberly Richards-Thomas, VCA's new Director of Digital Services. Our goal is to keep members informed about events, share resources, increase engagement, facilitate networking, and build the following on each channel.

To date, VCA has the largest audience on Facebook, with a over 1,250 followers. For current members, there is also a private Facebook group with about 200 people in it. This is intended to be a members-only forum for counselor-to-counselor conversations and updates. While current VCA membership stands at about 1,200, the number of followers on Twitter and Instagram is much lower, at about 50 and 100, respectively. We'd like to boost those numbers! (Please note, if you followed VCA on Twitter before 2018, at @VCAProfDev, that Twitter account is no longer active. Please follow @VACounselors on Twitter instead to stay up-to-date on current news and events.)

Many VCA chapters and divisions, as well as the VCA Foundation, have their own Facebook pages and/or Twitter and Instagram accounts, and we are actively connecting all these groups by following them and liking and sharing their posts. Social media has great potential to unite members and promote networking among members, and the first step is following VCA on its active channels.

Reach out to your social media team and tell us what you'd like to see more of! Kimberly Richards-Thomas: [kimberly@kinematics.com](mailto:kimberly@kinematics.com), Pierre Durant: [pdurant15@gmail.com](mailto:pdurant15@gmail.com)



Find VCA on Facebook at <https://www.facebook.com/VCAProfessionalDevelopment/>



Find VCA on Twitter at <https://twitter.com/VACounselors>



Find VCA on Instagram at <https://www.instagram.com/virginiacounselors/>

And, this weekend, don't forget to connect with our Convention hashtags! #VCAVirtual2020, #VCA2020, and #YouMatter



**Calling all Graduate Students!!  
Join the Graduate Student Committee  
for a Trivia Night on  
November 13, from 6-7pm!**

**We will be using the Kahoot! App and asking  
questions to help those who are preparing for the  
CPCE exam.**

**The winner will receive a \$25 Amazon gift card!  
Any student in a Master or Doctorate program is  
able to participate.**

**We hope to see you there!**

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## **Appalachian Telemental Health Network**

**Bronze Sponsor**

(276) 376-1099; [www.athn.us](http://www.athn.us)

[tasher@uvawise.edu](mailto:tasher@uvawise.edu)

The Appalachian Telemental Health Network (ATHN) is a project based at UVA-Wise. ATHN is funded by the General Assembly of Virginia to establish a behavioral/mental health network to the underserved Appalachian counties of Virginia via telehealth. This project works in collaboration with the UVA Center for Telehealth in Charlottesville, VA to connect primary care physicians, nurse practitioners, & physicians assistants of Appalachia to the appropriate resources for their patients. Through the advanced technologies of telehealth, patients can connect with psychiatrists, psychologists, social workers, and counselors not just at UVA, but also throughout the state in order to receive behavioral/mental health services. ATHN welcomes providers, referral streams, and people seeking help.

## **Beachbody with Team Legacy**

Shannon Larese; 434-977-5670; [legacyfitnesssteam@gmail.com](mailto:legacyfitnesssteam@gmail.com)

<https://beachbodycoach.com/SHANNONLARESE>

I help women build body confidence and lead leaders to build businesses that are purposeful, profitable and they are proud of. Be Your Best YOU! I will empower you to achieve the results you wish to achieve and believe in your potential. Based on the principle of surrounding yourself with a likeminded community. Holds value in having a hardworking, positive mindset, healthy eating, physical fitness and overall wellbeing as a way of life. Reality is, anything worth having is worth working for! We are here to share with you a Team of Coaches, who one by one, each has inspired and has instilled the same values and vision incorporated to who they are. Be limitless! You will not only help yourself but also help others create a life by design; mindset, nutrition and movement.

## **Childhelp**

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### **Alice C. Tyler Village of Childhelp**

540-399-9832; [www.childhelpvirginia.org](http://www.childhelpvirginia.org)

[tbouthillier@childhelp.org](mailto:tbouthillier@childhelp.org)

Alice C. Tyler Village of Childhelp provides a continuum of healing services for boys and girls ages 5-14, in a safe, structured and therapeutic environment. The Village is a Psychiatric Residential Treatment Facility located on 270 beautiful acres in Culpeper County, Virginia. The Village provides care for children whose emotional and behavioral issues prevent them from being successful in the community. Some of these children are receiving treatment focused on managing the emotional and behavioral issues associated with psychiatric and neuro-developmental disorders. While at Childhelp, these children are empowered to overcome obstacles and move forward in their lives to be reintegrated into nurturing homes. [Childhelpvirginia.org](http://Childhelpvirginia.org)

## **Color Street**

Christine Ashleman; [cashleman@yahoo.com](mailto:cashleman@yahoo.com); 518-860-7932

[www.Colorstreet.com/christineashleman](http://www.Colorstreet.com/christineashleman)

I am an independent stylist at Color Street which is a dry nail polish company. I have many styles to offer and sales as well. Please let me know if there is any additional info needed and if there are instructions to set up my online 'space'. Thank you so much.

**Kathie See – Kline May Realty**

Katie See; 540-896-6488; <https://kathiesee.klinemay.com/>

See R Team! Helping the Shenandoah Valley with their real estate needs. Serving the community has been a passion of mine! From church youth groups, to leading and organizing local recreational teams, member of various community clubs, active member in the local real estate association, Virginia Association of REALTORS and National Association of REALTORS. Helping buyers and sellers understand the local zoning codes, market values, market trends and in general, how real estate works! One of the See R Team's goals has always been to close the most transactions in the local REALTOR association (HRAR). Loving the Shenandoah Valley helps us sell and find buyers the perfect home. From Schools, recreation, shopping and historical sites we can share with you what properties we have to offer and what you can find when settling into the area. Whether it is "coming home" for you or a new location we have great connections to help you feel Welcome and a part of the community.

**Matilda Jane Clothing**

Cassie Fiscus; [cassiefiscus@matildajaneclimbing.com](mailto:cassiefiscus@matildajaneclimbing.com); 303-775-5111

[www.MatildaJaneClothing.com/CassieFiscus](http://www.MatildaJaneClothing.com/CassieFiscus)

Matilda Jane Clothing has one overriding goal – to bring happiness into the lives of our customers.

Our girls, babies, and women's collections are designed to bring a smile to your face every time you look in your closet or step out your door. Matilda Jane Clothing's whimsical approach to texture, pattern, and color results in designs that are youthful, playful, and expressive. Our clothes are made with the MJC girl in mind – she's smart, fun, stylish, and always 100% true to herself!

**Noonday Collection**

Jennifer Case; [jenn.case84@gmail.com](mailto:jenn.case84@gmail.com); 804-994-7441

<https://bit.ly/JennCaseNoondayCollection>

I'm excited to introduce you to Noonday Collection products. We are a social impact business that uses fashion and fair trade to create dignified jobs around the world. We design and sell an inspired collection of jewelry and accessories made by Artisans across the globe. Noonday empowers women to become stylists, storytellers and social entrepreneurs here in America and connects us to the men and women who create the beautiful collection around the world. To order: <https://bit.ly/JennCaseNoondayCollection> (party link will be available through November 14, 2020) Free Shipping on all orders \$75 or more. Simply email or text me to get your free shipping code.

**Pampered Chef**

Stacy Miller; [stacymiller2@aol.com](mailto:stacymiller2@aol.com); 703-304-2332

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Pampered Chef "the kitchen store that comes to your door." We celebrate the power that mealtimes have to become something more: a way to transform relationships, to create traditions, and to build happier and richer lives. Pampered Chef is here to help you have more of those moments, with high quality tools that inspire fun and confidence in the kitchen. We will be introducing new cooking tools that make aspirational meals attainable and cooking at home faster and easier.

**Plunder Jewelry Design**

Kenisha Cameron; 804-549-7510; [kenishacameron@gmail.com](mailto:kenishacameron@gmail.com)

<https://plunderdesign.com/kenishamcameron>

Plunder Design offers chic, stylish jewelry for the everyday woman. We offer a wide variety of pieces at affordable prices.

### **Sarah Holton Real Estate**

Sarah Holton; sarah.holton@napierera.com; 804-432-0669

[www.sarahholtonsells.com](http://www.sarahholtonsells.com)

I am specially trained to service military families on the move. Ask me about our military benefits program. I'm a Richmond, Virginia, based Realtor in the award winning Napier ERA Midlothian office. I'm a spouse of a retired active-duty Military Member and have relocated 8 times in 10 years, including overseas to/from Germany. I had the awesome experience, upon relocating to the Richmond area in 2012, to build a home as an absentee buyer and I truly understand the obstacles that can come up during this process. I work with buyers and sellers with resales, new construction, first-time home buyers and relocation. I pride myself for having an eye on detail/design. I have a passion to help others. Customer Service is my #1 priority. I understand quality and prefer quality over quantity. I embrace diversity. I treat others as I want to be treated. I want to be your Realtor! You served us, now it's our turn to serve you with Realogy's Military Rewards Program!

### **The Morgan Team at Long & Foster**

Koah O'Neill; themorganteam@longandfoster.com; 804-247-0641

<http://themorganteam.realscout.me>

At The Morgan Team, we are not just about real estate. We are about Relationships...with our clients, with our community, with our pets. We have a love of home, and a love of family. We are your neighbors and your friends. We are just like you, except we do a little real estate too! When you think of real estate, most people consider it buying and selling of homes with realtors in suits. Yeah, that happens! But being a realtor is a *lifestyle* and how we choose to interact with people and community is what defines us and successfully grows our business. We strive to bring exemplary service to each of our clients and we understand that a house is more than wood and bricks. It's more than the accessories that we place in it. It is the place that lasting memories are made. It is the place that children are raised. It is the place that holds our personal touches. It is the brick and mortar of our lives. When making the decision to buy a house, knowing which one to call Home becomes as important as the price tag and we are there every step of the way to ensure that you are happy with your purchase and that you have found "The One". Whether you started out as a friend or not, by the end of the transaction you will be! When we aren't buying and selling houses, we are busy being active members of the community in which we work. In the last year we have raised money for the local food bank, hosted adoption events with RAL and RACC animal shelters, started an ongoing supply drive for Area Rehabbers Klub wildlife rescue, and spent a LOT of volunteer time at different community events. Having a strong community reinforces our real estate market – change starts with YOU and we live by that mantra! Because of our deep love of community, we want to make our clients feel like they are helping contribute as well to the place that THEY are calling home to so we have created 2021: The Year of Giving. For every real estate transaction that we do, we are donating \$100 to the charity/cause of our clients' choice! If you are looking at relocating in the Central Virginia, consider buying and selling with The Morgan Team! Follow us on Facebook at <https://www.facebook.com/realestatematchmakerva>

Start your home search today or get updated market reports at <http://themorganteam.realscout.me>



## **Traveling Vineyard**

Amy Couillard; amywinestv@gmail.com  
804-337-8839; [www.wineguide.life/amyc](http://www.wineguide.life/amyc)

At Traveling Vineyard, we produce our own unique wines in cooperation with carefully selected partners from around the world. We use the finest materials to deliver award winning wines at an exceptional value. Interested in trying our wines? You can buy direct or host your own wine tasting event to earn rewards, like free & discounted wines. We have two types of events: virtual or face to face. I can do a catalog event or live virtual tasting via Zoom. You can also host a face to face vent where I bring 5 FREE bottles of wine!

## **VCA Foundation**

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[vcafbboard@vcafoundation.org](mailto:vcafbboard@vcafoundation.org); [www.vcafoundation.org](http://www.vcafoundation.org)

Virginia Counselor Association Foundation has 20+ years supporting counselors in the Commonwealth of Virginia. Our Board of Directors includes a hardworking, energetic and seasoned veteran of the counseling profession, who are very committed to the Foundation and to enhancing the counseling profession. We are pleased to support the John Cook Keynote speaker. However, the practicing professional counselor makes the difference every day, to help build and support the counseling profession of the future. That is why the VCA Foundation affirms that, "Counselors are the Foundation, Everyday!" We can't wait to see you at the VCAF Speed Mentoring event on Thursday, 6:00 pm – 7:00 pm

## **VCA Leadership Academy**

Virginia Counselors Association has a strong commitment to developing future leaders within the counseling profession in the Commonwealth of Virginia. Due to this commitment, VCA created the Emerging Leaders scholarship program for Graduate and doctoral students attending institutions in Virginia. The winners receive grants to attend the VCA Leadership Academy to learn about the leadership opportunities within VCA and become involved in service or advocacy projects. This training is designed to provide graduate counseling students with meaningful experiences that support leadership skill and competency development and diverse opportunities to actively participate in VCA Board meetings, serve on a committee, special committees, and/or engage in projects of interest, receive mentorship, build professional networks, and gain exposure to the responsibilities associated with fulfilling elected leadership positions.

The 2020-21 Emerging Leaders are:

Bianca Augustine  
Christopher Boler  
Tyler Cabatic  
Michelle Colon  
Erica Daniels  
Katelyn Dolieslager

Kelly Eikenberg  
Connie Elkins  
Ken Garland  
Jennifer Gobble  
Tessie King  
Patrick Knicely

Judith Mitchell  
Hayley Rose  
Courtney Schwartz  
Anaid Shaver  
Brandon Waggoner

## About VCA

VCA is the Virginia Counselors Association. VCA was founded in Richmond in 1930 as the Virginia Personnel and Guidance Association (VPGA). VCA is dedicated to the goal of meeting the needs of Virginia counselors in a variety of work settings. It is a dynamic and active organization that has been effective in responding to state-wide issues and in providing opportunities for professional interaction at the state and local levels.

### PAST PRESIDENTS OF VCA

1930-31	Bessie M. Mottley	1981-82	Ted Remley
1931-32	H. I. Willett	1982-83	Claire Cole
1932-33	Bessie M. Mottley	1983-84	Bob Pate
1933-34	W. C. Ikenberry	1984-85	Carol G. Barr
1934-35	W. C. Ikenberry	1985-86	Janice Clark
1935-36	Bessie M. Mottley	1986-87	Nancy Helms
1938-40	Martha Reely	1987-88	Lou Talbutt
1940-41	Martha Reely	1988-89	Carl Swanson
1941-42	Mitchell Dreese	1989-90	Pete Warren
1942-43	J. E. Bauserman	1990-91	Libby Hoffman
1943-45	Wilbur S. Pence	1991-92	Eleanor Saslaw
1946-48	John F. Showalter	1992-93	Susan D. Leone
1948-50	Fred B. Dixon	1993-94	Leslie Kaplan
1950-52	C. L. Schollenberger	1994-95	Judith Ladd
1952-54	Alfred J. Mapp	1995-96	Dorothy Blum
1954-56	Rebie H. Lassiter	1996-97	Patricia Lynn
1956-58	Kathryn G. Cook	1997-98	Claudia Sowa
1959-60	Donald J. Herrmann	1998-99	Donald Anderson
1960-61	Dallas H. Smith	1999-00	Paul Galvin
1961-62	George O. McClary	2000-01	Arlene Ingram
1962-63	Paul E. Behrens	2001-02	Laurie Rokutani
1963-64	Virginia B. Goggin	2002-03	Michele Dowdy
1964-65	Marguerite Key	2003-04	Loretta Kreps
1965-66	Walter O. Jewell	2004-05	A. Renee Staton
1966-67	Ethel R. Chrisman	2005-06	Adele Walker-Blue
1968-69	Richard L. Beard	2006-07	Terry A. Mullinnix
1969-70	Helen Jones	2007-08	Lisa M. McDowell
1970-71	Paul B. Walter	2008-09	Denise J. Jones
1971-72	Ellen Chewning	2009-10	Gerard Lawson
1972-73	Rex Tillotson	2010-11	Marcia Obenshain
1973-74	Shirley Downes	2011-12	Pamelia Brott
1974-75	Jack Duncan	2012-13	Summer Tetterton
1975-77	M. Catherine Cockrill	2013-14	Edward Magalhaes
1977-78	Janet W. Dingman	2014-15	Linda Leitch-Alford
1978-79	Fred Adair	2015-16	Hillary Press
1979-80	Johnnie Miles	2016-17	Helen Runyan
1980-81	Bonnie Wasmund	2017-18	Linda Grubba
		2018-19	Monica Band
		2019-20	Rebecca Kaderli

# VIRGINIA COUNSELORS ASSOCIATION

## HISTORICAL AWARD WINNERS

### John R. Cook Award

1991	John Cook
1992	Ted Remley
1993	Fred Adair
1994	Robert Pate
1995	Ellen Chewning
1996	Pete Warren
1997	Don Ayers
1998	Carl McDaniels
1999	Libby Hoffman
2000	Dorothy Blum
2001	Dale Brittle
2002	Carl Swanson
2003	Jack Duncan
2004	Ruth Perlstein
2005	Patricia Lynn
2006	Andrew Beale
2007	Martha Woods
2008	Paul Galvin
2009	Etta Jane Hall
2010	Judith Ladd
2011	Eleanor Saslaw
2012	Gerard Lawson
2013	Michele Dowdy/Sandy Hite
2014	Bryan Carr
2015	Marcia Obenshain
2016	Suzee Leone
2017	Emanuel Bartolotta
2018	Linda Grubba
2019	A. Adele Walker-Blue

### Van Hoose Career Service Award

1984	Claire Cole
1986	Ellen Chewning
1989	Fred Adair
1990	Gary Kelly
1991	Nancy Helms
1992	Kevin Geoffrye
1993	Robert Pate
1994	D.L. "Pete" Warren
1995	Dorothy Blum
1996	Don Ayers
1997	Andy Beale
1998	Rick Gressard
1999	Claudia Sowa
2000	Susan Leone
2001	Betty Hornick
2002	Tim Grimes
2003	Gary Waynick
2004	Thomas Hohenshil
2005	Claire Cole Curcio
2006	Hildy G. Getz
2007	Carol Kaffenberger
2008	Carl Swanson
2009	Linda Grubba
2010	Rosemary Thompson
2011	Sandra Hite
2012	Michele Dowdy
2013	Dr. A. Renee Staton
2014	Ellissia Price
2015	P. David Glanzer
2016	Lennis Echterling
2017	Nancy Bodenhorn
2018	Rebecca Dedmond
2019	Vacant

### Counselor of the Year

1984	Michele Diana
1986	Carolyn Wallace Jacobs
1989	Howard Taylor
1990	Gary Waynick
1991	Richard Kravitz
1992	Martha Jane Woods
1993	Pat Lynn & Susan Bates
1994	Bill Holmes
1995	JoAnn McCabe
1996	Jan Chandler
1997	Sue Conrad
1998	Phyllis Land
1999	Elaine Simmerman
2000	Lorraine Hall
2001	Wanda Chandler
2002	Terry Brown
2003	Suzanne Whitehead
2004	Loretta Kreps
2005	Carol Mallory
2006	Sylinda Gilchrist
2007	No awardee
2008	Kimberlee Ratliff
2009	Brenda Robey
2010	Carol Hoffman
2011	Shala Darwin
2012	Tracy Jackson
2013	Hillary Press
2014	April Harmon
2015	Jenn Kurbel/Regina Meredith
2016	Jodi Myers
2017	Norma White
2018	Terri Mason
2019	Dr. Monica P. Band

### Humanitarian & Caring Person

1984	Betty Sult
1986	Eva Davis Brinkley
1992	Margê Bleiweis
1993	John Pettyjohn
1994	Barbara Mills
1995	Randall Clingenpeel
1996	Eleanor Saslaw
1997	M. Kay Orr
1998	Ellen Chewning
1999	Anita Tieman
2000	Don Ayers
2001	JoAnn McCabe
2002	Lonna Horeth
2004	Lennis Echterling
2005	Mary Durgala
2006	Hillary Wing-Richards
2007	Alan Forrest
2008	Anne Stewart
2009	Marilyn Draughon
2010	Larri Pat Donaldson
2011	Patricia Lynn
2012	Felecia Allen
2013	Karre Lloyd Jones
2014	Adrienne McDonald
2015	Elizabeth Vohar
2016	Laura Farmer
2017	LaConda Fanning
2018	Decca Knight
2019	Todd Stanley

### Chapter of the Year

1984	Peninsula
1986	Northern Virginia
1990	Peninsula
1991	Peninsula
1992	Northern Virginia
1993	Prince William (large) Rappahannock (small)
1994	Peninsula (large) Rappahannock (small)
1995	Peninsula (large) Apple Valley (small)
1996	Peninsula (large) Apple Valley (small)
1997	Northern Virginia (large) Apple Valley (small)
1998	Richmond (large) Rappahannock (small)
1999	Hampton Roads (large) Lynchburg (small)
2000	Hampton Roads (large) Lynchburg (small)
2001	Hampton Roads (large) Apple Valley (small)
2002	Richmond (large) Central Valley (small)
2003	Richmond (large) New River (small)
2004	Roanoke (large) New River (small)
2005	Hampton Roads (large) Central Valley (small)
2007	Richmond (large) Roanoke (small)
2008	Hampton Roads (large) Lynchburg (small)
2009	Hampton Roads (large) Western Tidewater (small)
2010	Central Valley (large) Peninsula (small)
2011	Central Valley (large) Roanoke (small)
2012	Central Valley (large) Roanoke (small)
2013	Central Valley (large) Roanoke (small)
2014	Central Valley (large) Roanoke (small)
2015	Central Valley (large) Roanoke (small)
2016	Central Valley (large) Roanoke (small)
2017	Central Valley (large) Roanoke (small)
2018	Central Valley (large) Prince William Region (small)
2019	Richmond (large) Roanoke (small)

### Division of the Year

2018	VASGW
2019	VCDA

# **Convention Acknowledgments**

VCA would like to take a moment to thank all of the hard work and dedication of the 2020 VCA Convention Planning Committee. The committee worked diligently, committing their time and resources to ensuring this would be a successful convention. We all hope that you enjoy the convention.

## **2020 VCA Convention Planning Committee:**

Cyrus Williams, VCA President  
Wendy Eckenrod, VCA President-Elect  
Rebecca Kaderli, VCA Past President  
Kristee Trumbo, Convention Committee Chair  
Vicky Wheeler, VCA Director, Member Services & Operations  
Dr. LaConda Fanning, Professional Development Chair  
Dr. Amy Fortney-Parks, Programs Chair  
Mallory McMullin, Technology Chair  
Kimberly Richards-Thomas, Social Media Co-Chair  
Pierre Durant, Social Media Co-Chair  
Kristee Trumbo, Silent Auction Chair  
Kara Fulop, Sponsorships/Exhibitors Chair  
Sarah Tracy, Volunteer Chair  
Brandy Smith, Awards Chair  
Alicea Jenkins, Social Justice Chair  
Jacquee Smith, Programs Committee Member  
Lakesha Roney, Chapter Council Chair  
Brandi Chamberlain, Division Council Chair