The International Association of Marriage and Family Counselors

IAMFC World Conference

“Relational Issues in Couples and Family Counseling”

New Orleans, Louisiana
January 31 – February 2, 2019

Co-sponsored with:
The Military and Government Counseling Association
and Cognella Academic Publishing

International Association of Marriage and Family Counselors
President’s Message
Welcome to the 2019 IAMFC World Conference

On behalf of IAMFC, welcome to the 2019 World Conference! This is our third annual event and it promises to be our best yet!

This year’s conference features more than 100 presentations including pre-learning institutes, educational sessions, roundtables, and posters. Among other features, there is a track for working with military families. A maximum of 20 hours can be earned by participation in ALL the workshops and conference presentations at this event (including preconference sessions).

A highlight of the conference is a keynote by Dr. Mark E. Young, an international expert in the field of couple and family counseling and a well-known author and presenter. His keynote topic is “Fragile Couples, Fragile Families” and should be of interest to us all.

Whether this is your first IAMFC conference or whether you are a veteran, we are glad you are here. The conference is a wonderful time for us to learn from each other, reconnect with colleagues, and make new friends.

All of us are indebted to Dr. Cheryl Mark for her leadership in putting this conference together. She and her committee, especially co-chair Julie Hartman, Dr. Robert Casares, and the IAMFC Board, have worked tirelessly! However, please feel free to suggest how we could make this conference better yet. We are always looking for ways to improve. Also, please feel free to volunteer to be a part of next year’s conference committee or to be a part of another IAMFC committee. We are a system and we need you!

In closing, we would like to thank our sponsors: The Military and Government Counseling Association and Cognella Academic Publishing.

Please take advantage of all the wonderful opportunities connected with this conference and the City of New Orleans. Have a fantastic time! We hope to see you back next year!

Samuel T. Gladding, Ph.D., LPC, CCMHC
IAMFC President (2018-2020)
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Thank You to Our Sponsors

Military and Government Counseling Association
MGCA
A Division of the American Counseling Association
Formerly the Association for Counselors and Educators in Government (ACEG)

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IAMFC Leadership

Samuel Gladding
President (2018-2020)
Wake Forrest University
stg@wfu.edu

Robert L. Smith
Executive Director
Texas A&M - University Corpus Christi
robert.smith@tamucc.edu

Cheryl Mark
Board Member-At-Large
Colorado Christian University
cmark@ccu.edu

Executive Board

Brandé Flamez
Past President (2016-2018)
Lamar University
ndbrande@yahoo.com

Loretta Bradley
Treasurer
Texas Tech University
loretta.bradley@ttu.edu

Paul Peluso
Governing Council Representative
Florida Atlantic University
ppeluso@fau.edu
Keynote Speaker: Mark E. Young, Ph.D.

“Fragile Couples, Fragile Families”

Mark E. Young was Professor of Counselor Education at the University of Central Florida for nearly 20 years. For 17 years, he worked as a therapist in various settings including community mental health, college counseling centers and private practice. He is the author of five textbooks including the widely used, *Learning the Art of Helping* (6th edition) as well as *Counseling Today* (2nd edition) and *Counseling and Therapy for Couples* which is now being prepared for a 3rd edition. *Counseling and Therapy for Couples* provides a step-by-step Integrative Model for working with couples, a model which has been tested and taught to thousands of counselors. He has published more than 30 articles in refereed journals, 12 book chapters, 2 monographs and he has produced 40 counseling videos.

In 2003, Dr. Young and Dr. Andrew Daire founded the UCF Marriage and Family Research Center which has now garnered more than 27 million dollars in federal grants to help low-income couples. In the past 15 years, it has trained more than 100 counselors to work with couples and generated more than 30 research publications. The Institute, now under the direction of Dr. Sejal Barden, is a national model for helping financially challenged couples.

Dr. Young was a charter member of IAMFC and is Past President of the Association for Spiritual, Ethical and Religious Values in Counseling. Dr. Young has been honored with awards for his work including the Distinguished Mentor Awards from the American Counseling Association and the Association for Counselor Education and Supervision. In 2012, Dr. Young was named ACA Fellow.
<table>
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<th>Event</th>
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<tr>
<td><strong>Thursday, January 31, 2019</strong></td>
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<tr>
<td>Registration, 2nd Floor</td>
<td>7:30 a.m. – 5:00 p.m.</td>
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<td>Prelearning Institutes, 2nd Floor</td>
<td>9:00 a.m. – 12:00 p.m.</td>
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<td>(3 CE Hours for each session)</td>
<td>2:00 p.m. – 5:00 p.m.</td>
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<td><strong>Friday, February 1, 2019</strong></td>
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<td>Registration, 2nd Floor</td>
<td>7:30 a.m. – 5:00 p.m.</td>
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<td>Educational Sessions, 2nd Floor</td>
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<td>Opening Session &amp; Welcome, 2nd Floor</td>
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<td>(1 CE, 2 CE’s, or 3 CE’s as indicated)</td>
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<td>4:00 p.m. – 4:50 p.m.</td>
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<td>Roundtable Sessions, 2nd Floor</td>
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<td>(1 CE for each session)</td>
<td>10:00 a.m. – 10:50 a.m.</td>
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<td>Poster Sessions, 2nd Floor (During Reception)</td>
<td>6:30 p.m. – 8:00 p.m.</td>
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Saturday, February 2, 2019

Registration, 2nd Floor
7:00 a.m. – 12:00 p.m.

Educational Sessions, 2nd Floor
7:30 a.m. – 8:20 a.m.
(1 CE for each session)
8:30 a.m. – 9:20 a.m.

Brunch, Awards, & Keynote with Dr. Mark Young
9:30 a.m. – 11:45 p.m.
16th Floor, Crescent Ballroom
(1 CE for Keynote)

Educational Sessions, 2nd Floor
12:00 p.m. – 12:50 p.m.
(1 CE, 2 CE’s or 3 CE’s as indicated)
1:00 p.m. – 1:50 p.m.
2:00 p.m. – 2:50 p.m.

A maximum of 20 hours can be earned by participation in ALL the workshops and conference presentations at this event (including preconference sessions).

No credit is given for poster sessions.

International Association of Marriage and Family Counselors has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1023. Programs that do not qualify for NBCC credit are clearly identified. International Association of Marriage and Family Counselors is solely responsible for all aspects of the programs.
2019 IAMFC Award Recipients

Student Practitioner Award:
Ms. Camille Frank, LPC, NCC

Ms. Frank is a second-year doctoral student in the Counselor Education program at Idaho State University. Her clinical experience has been focused on trauma-based relationship-centered services, especially related to healing from sexual violence, work with older adults, grief and loss and co-parenting. She has worked as an intern and then as a licensed counselor at a non-profit agency serving survivors of domestic violence, sexual assault and stalking. She serves as an advocate with trauma survivors and their families. Ms. Frank consistently provides high quality, creative and relational care to the client systems she works with. She highly values creative systems-based approaches as a clinician, supervisor, researcher and emerging counselor educator. Her scholarly interests include systems-based approaches to counselor education and supervision, sexual assault survivorship, and relational cultural theory. She has been involved with advocacy projects in the Pocatello community concerned with trauma-informed community response, LGBTQ+ advocacy and cross-cultural discussion groups.

Faculty Research Award:
Dr. Dawn Wirick, Ph.D., LPC (NJ), NCC, ACS

Dr. Wirick is the Director of Clinical Training and Core Faculty in the Northwestern University Counseling Program. Dr. Wirick is passionately committed to promoting knowledge and awareness around the complexities of family systems, as evidenced by her extensive research record, and particularly, her 2018 publications. Specifically, Dr. Wirick published 9 peer reviewed articles in 2018 all of which were family focused. Two of these articles appeared in The Family Journal and the other 7 appear in Encyclopedia of Couple and Family Therapy. Dr. Wirick also maintains a robust conference schedule. She will present a total of 6 times in 2018 with half of those presentations being family focused. Finally, Dr. Wirick was also awarded a grant this year from the North Atlantic Region for the Association for Counselor Education and Supervision.
Training and Mentorship Award:
Dr. Shawn Patrick, Ph.D. NCC, LPC (TX)

Dr. Patrick is an Associate Professor in the Division of Psychology and Counseling at Governors State University. Dr. Patrick possesses a level of dedication to training future counselor educators and therapists that invites students to develop their own leadership skills by stepping outside of their comfort zone. Her emphasis on the importance of cultural sensitivity and celebration is inspiring to students, and it is clear she works to bring those values to the department by encouraging a wide variety of students to apply – and to excel once they are accepted. Dr. Patrick often does this through mentorship of students, despite her extremely busy schedule. Under Dr. Patrick’s leadership in the classroom, students have been exposed to both experiential and philosophical examples that will influence them for a lifetime. Dr. Patrick’s teaching style is fair-minded, encouraging, and one that allows students to deeply analyze and grow as future counselor educators. Dr. Patrick also has an incredible ability to collaborate and foster dialogue that is designed to develop and enhance knowledge, abilities and skills in future counselor educators.

Robert L. Smith Lifetime Achievement Award:
Dr. Loretta Bradley, Ph.D., LPC-S, LMFT-S, NCC

Dr. Loretta Bradley is the Paul Whitfield Horn Professor at Texas Tech University. Dr. Bradley has made substantial contributions throughout her career to the vitality and wellbeing of IAMFC and to the counseling profession as a whole. Dr. Bradley has sustained such high-quality contributions that her career and the advancement of IAMFC coincide. Her energy and enthusiasm are nothing short of exemplary, which is clearly chronicled in her curriculum vitae. Dr. Bradley’s long and storied history of service, which includes ACA, ACES, and IAMFC president, as well as IAMFC treasurer and governing council representative, is a testament to her lifetime commitment to the betterment of our profession. Through her leadership roles and countless publications and presentations, she has built a solid reputation as a counseling leader and scholar that spans a lifetime. Her work is cited by other professionals throughout the world, and her name is recognized internationally. She has taught and mentored innumerable students that went on to become leaders in the field of counseling as well. It is a tribute to her character and unquestionable commitment to counseling to have so many practicing professionals credit Dr. Bradley with their personal successes. She has left an unmistakable and deeply ingrained mark on the counseling profession that will benefit future colleagues for generations to come.
Emerging Leaders (2019-2020)

Master’s Level Student:
Amber James

Amber James is a Birmingham Alabama native. She is an alumni of the University of South Alabama and graduated with a Bachelor of Arts in Psychology. Amber then pursued a Bachelor of Science from The University of Montevallo in Family and Consumer Sciences with a concentration in Human Development and Family Studies and graduate with Institutional Honors and Summa Cum Laude. She is currently seeking a Master of Education in Counseling, Couples and Families from The University of Montevallo.

She is currently the Vice-President of Chi Sigma Iota, Chi Chapter, a member of Sigma Gamma Rho Sorority, Inc, the Birmingham Junior League, the American Association of Family and Consumer Sciences, the American Counseling Association, the Alabama Counseling Association and the National Council on Family Relations.

Amber is an AmeriCorps Member and Team Leader with the YWCA Central Alabama serving with College Admissions Made Possible (CAMP). She is passionate about equipping young people to reach their potential, empowering women, advocating for minority mental health, healthy families, and education. When she is not spending time with family, Amber loves to read, write, sing, and dance.
Doctoral Student: Diane Smedley

Diane Smedley is a doctoral student studying counselor education at Texas Tech University. In 2017, she obtained her Master of Arts in Counseling degree with a concentration in Marriage, Couples, and Family Counseling from Sam Houston State University in Huntsville, Texas. She is licensed as a Licensed Marriage and Family Associate and Licensed Professional Counselor Intern. She serves as a therapist at The Wellness Collective in Houston, Texas. Her primary research interests are couples and family counseling, wellness, and women’s life cycle transitions. She currently serves as an associate editor of the IAMFC Family Digest. She is excited to be working with IAMFC and hopes to strengthen her research and professional network through her involvement with IAMFC.
New Professional:
Dr. Fangzhou Yu-Lewis, Ph.D.

Dr. Fangzhou Yu-Lewis was born and raised in China. She is now a bilingual clinician, counselor educator, scholar, and first-generation immigrant. Dr. Yu-Lewis is a core faculty member in the counseling program at Northwestern University. Dr. Yu-Lewis also serves as a clinical supervisor working with therapists-in-training at The Family Institute at Northwestern University. Her specialized clinical areas are in interracial/intercultural couples counseling, grief and loss issues, and suicide risk assessment. Dr. Yu-Lewis has been a member of American Counseling Association (ACA) and International Association of Marriage and Family Counselors (IAMFC) since 2007. Dr. Yu-Lewis currently serves as the managing editor of The Family Journal. Dr. Yu-Lewis was the editor of a special issue titled “Asian and Intercultural Influences,” published in The Family Journal in April 2017. She authored the lead article of this special issue, “Counseling Intercultural Couples with Asian Ethnicity Origins.” Dr. Yu-Lewis has authored and co-authored several scholarly journal articles on cross-cultural counselor education, and marriage and family counseling. Her most recent publications focused on utilizing postmodern approaches in couples counseling which were included in the Encyclopedia of Marriage and Family Therapy. One of Dr. Yu-Lewis’ career goals is to develop the international collaboration and promote professional counselor training programs in the field of marriage and family counseling.
Conference Center Floor Plan

DoubleTree by Hilton New Orleans
300 Canal Street
New Orleans, Louisiana 70122 1-504-581-1300
Pre-Conference Sessions  
Thursday, January 30, 2019  
9:00 a.m. - 12:00 p.m. & 2:00 p.m. - 5:00 p.m.  

Thursday, 9:00 a.m. – 12:00 p.m.

Nottoway A, Thursday, 9:00 a.m. - 12:00 p.m. -- 3.0 CE Hour(s)

Title: "About Sex Therapy: Expanding the Clinical Boundaries of Couples Counseling"


Description: This session will enhance our understanding of the complex interactions related to forming and maintaining a couple/partnership system that includes intimacy and sexual satisfaction. Selected conceptual and technical frameworks for clinical practice with diverse clients will be addressed, including case study applications. An overview of current trends in sex therapy will include methods of assessment, treatment strategies and ethical concerns.

Nottoway B, Thursday, 9:00 a.m. – 12:00 p.m. - 3.0 CE Hour(s)

Title: "Teaching Family Counseling through Literature, Film, and the Media"

Presenter: Samuel T. Gladding, Ph.D., LPC, Professor, Wake Forest University

Description: There are multiple ways to teach family counseling. However, one of the most dynamic that can be used as a part of a class or for a whole semester is through using case examples from literature, film, and the media. Literature examples can range from relative recent fiction, such as novels by William Styron (Lie Down in Darkness) and Amy Tan (The Joy Luck Club), to classic dramas such as plays by Edward Albee (Who's Afraid of Virginia Woolf) and Shakespeare (Hamlet). Films used to highlight functional and dysfunctional aspects of families include comedies like Little Miss Sunshine to heartbreaks such Rachel Getting Married. This workshop will explore examples of family dynamics from novels, biographies (e.g., Franklin & Eleanor), feature films, television series (e.g., Modern Family), and media stories. The emphasis will be on ways of helping families stay and keep healthy and how this knowledge may best be imparted.

Rosedown A, Thursday, 9:00 a.m. – 12:00 p.m. - 3.0 CE Hour(s)

Title: "Let's Get Creative Again! 15 Techniques for Working with Families in Crisis"

Presenters: Brande' Flamez, Ph.D., LPC, NCC, Cheryl Mark, PhD., LPC, Wendy L. Greenidge, Ph.D., LMHC

Description: Come join us again for another hands-on workshop! Presenters will demonstrate 15 experiential activities and techniques that can be implemented with families, children, & adolescents, who are experiencing severe conflicts and crises. The presenters will provide specific exercises that can be implemented through the various stages of family therapy including: rapport building, assessment, coping with feelings, and building social skills.
Shadows, Thursday, 9:00 a.m. – 12:00 p.m. - 3.0 CE Hour(s)
Title: "Affirming Our Sexual Selves: Therapeutic Strategies to Heal from Sexual Shame"
Presenter: Megan Speciale, Ph.D., LMHC, NCC
Description: Sexual shame has a profound impact on clients' sexual self-esteem, intimacy and bonding satisfaction, and overall mental and emotional health. The high prevalence of sexual shame in the United States and globally has been traced to several factors, including societal stigma of sexual issues, decreased access to comprehensive sexual education, negative religious and sociocultural messaging regarding sexual activity and pleasure, heterosexism/homophobia, and rigid gender role and partnership expectations (Sellers, 2017). This session will introduce a set of clinical strategies aimed toward understanding and healing from sexual shame, building comfort with discussing sexual issues, and gaining awareness of one's own sexological worldview and how sexual bias may impact the therapeutic relationship.

Thursday, 2:00 p.m. – 5:00 p.m.

Nottoway A, Thursday, 2:00 p.m. - 5:00 p.m. - 3.0 CE Hour(s)
Title: "Ethical Concerns: Impact of Boundary Issues for Couple and Family Counselors"
Presenters: Loretta Bradley, Ph.D., LPC-S, LMFT-S, NCC, Paul Whitfield Horn Professor, Texas Tech University
Bret Hendricks, Ed.D., LPC-S, ASOTP, Professor and Associate Chair of Educational Psychology & Leadership, Texas Tech University
Description: In an era where ethical and legal issues abound, this presentation will focus on boundary issues often experienced by Couple and Family Counselors. The 2018 IAMFC Ethics Code will serve as the foundation for helping attendees recognize and avoid boundary issues. The presenters will provide an overview of the newly revised 2018 IAMFC Ethics Code and include case examples to illustrate how to recognize boundary issues. The presenters will also discuss the importance of ethical decision-making models in family counseling. Handouts will be provided and discussion will be encouraged.

Nottoway B, Thursday, 2:00 p.m. - 5:00 p.m. - 3.0 CE Hour(s)
Title: "A Systemic Guide for Counselors to Understand and Work with Couples Recovering from Infidelity"
Presenter: Paul R. Peluso, LMHC, LMFC, Professor and Chair, Department of Counselor Education, Florida Atlantic University
Description: Infidelity--affairs, cheating, emotional affairs-- are all potentially devastating to a relationship. It tears away the trust between two people and leaves them feeling lost and vulnerable. Often couples want to know how it could have happened, or why it happened. Many couples will (sometimes reluctantly) turn to couples counseling. Unfortunately, many couples counselors aren't specifically trained--and don't feel very comfortable--treating couples where infidelity is the primary issue. Researchers have shown that clinicians who have the ability to provide a systematic conceptualization that helps the client understand the causes of infidelity, and then have a planned method of treatment that they can readily articulate to couples have significantly better outcomes with clients. This training will take a family systems approach, and will outline a three-step model, which can provide both an explanatory model and a treatment model for clients.
Rosedown A, Thursday, 2:00 p.m. – 5:00 p.m. - 3.0 CE Hour(s)
Title: "Stressed Out: Using Systemic Interventions for Family Anxiety"
Presenters: Dawn M. Wirick, Ph.D., LPC, ACS, NCC, Anita A. Neuer Colburn, Corinna Costello, & Jinah Rordam
Description: As a follow up to the IAMFC webinar "Family stress: Systemic interventions for communal anxiety," this learning institute offers an opportunity to learn in-depth about family stress and its many forms. Participants will be informed about the benefits and challenges of stress and anxiety for families via a systemic lens. Slow down, sit back, and learn via various examples, systemic interventions, and handouts how to assist families in regaining wellness and balance in the face of constant dysregulation.

Shadows, Thursday, 2:00 p.m. – 4:00 p.m. - 3.0 CE Hour(s)
Format: Round Table
Title: “Suicide Statistics, Prevention Efforts and How Therapists can Assist Military Members and their Families”
Description: This session will address the issues of military service, suicide awareness, prevention and resources available for therapists to work with families.

Friday, February 1, 2019
Education Sessions
8:00 a.m. – 8:50 a.m.

Nottoway A, Friday, 8:00 a.m. – 8:50 a.m. - 1.0 CE Hour(s)
Title: “Marital fulfillment: Understanding the needs and communication of your spouse.”
Format: Education Session
Presenter: Keith Hudson, Ph.D., LPC-S
Description: Often times people think that if I marry the "right" person, it will be easy. However, it's the contrary. There will always be challenges and obstacles to address to sustain and enhance marital satisfaction. This workshop will focus on identifying the vital needs of your spouse and how to communicate in his/ her language. Means to identify specific strengths and how to build on them to promote greater fulfillment will also be addressed; as well as, how to restore passion and romance.

Nottoway B, Friday, 8:00 a.m. – 8:50 a.m. - 1.0 CE Hour(s)
Title: Counseling Couples Impacted by Substance Use Disorders (SUDs): Integrating Developmental and Systemic Domains into Treatment
Format: Education Session
Presenter(s): Amy Williams, PhD, LPCC-S, IMFT, LICDC-CS, Colin Vaughn, M.Ed.
Description: This presentation is an exploration of the art of establishing and maintaining the therapist- client alignment when working with couples and families. It is essential to the success of the therapeutic process that the client feels aligned with the therapist. Counseling with more than one client in a session requires careful balancing
of validation, empathy and acceptance in order to maintain that alignment with each client. Each client must feel that the therapist hears and understands his/her feelings and is able to place equal consideration and importance on his/her needs in the relationship. This requires the counselor to maintain an awareness of the interactions between the themselves and each client in addition to the interactions between the clients.

**Rosedown A, Friday, 8:00 a.m. – 8:50 a.m. - 1.0 CE Hour(s)**

**Title:** nACTing with Intentionality: Treating Sexual Compulsivity Among Men Who Have Sex with Men  
**Format:** Education Session  
**Presenter:** Jonathan Procter, PhD CES, LMHC, LPCC, CRC, NCC, ACS, Devyn Savitsky, MS, Clinical Mental Health Counseling, Ph.D. Student, Franco Dispenza, PhD, LPC, CRC

Description: Men who have sex with men (MSM) are more likely than heterosexual men to struggle with sexual compulsivity; furthermore, there are few counseling interventions specifically targeted for this population. Current research suggests that Acceptance and Commitment Therapy (ACT) may be an innovative and effective treatment approach. Fundamental principles of ACT (e.g., psychological flexibility, hexaflex, cognitive fusion) and its application to the treatment of sexually compulsive MSM will be discussed. Experiential activities and a clinical case study are integrated in this program.

**Rosedown B, Friday, 8:00 a.m. – 8:50 a.m. - 1.0 CE Hour(s)**

**Title:** Building Us: Relationship Skills Education and Therapy  
**Format:** Education Session  
**Presenter:** Richard Marks, Ph.D. LPC

Description: Most often couples do not know what to do different in their relationship and most treatment modalities provide insight, not skills. Adapting relationship skills educational models increases couples success and happiness and allows them to work through issues where Us wins.

**Shadows, Friday, 8:00 a.m. – 8:50 a.m. - 1.0 CE Hour(s)**

**Military Track**

**Title:** The impact of “double retirement” in work with Vietnam Veterans: Fifteen years of findings and implications for Marriage, Couple, and Family Counselors  
**Format:** Education session  
**Presenter:** Dawn Wirick, Ph.D., LPC, ACS, NCC

Description: This presentation will introduce the concept of "double retirement" in Vietnam Veterans' lived experiences from a developmental perspective. The lead presenter's extensive counseling work with Vietnam Veterans unveiled the challenges related to "double retirement." "Double retirement, in this context, refers to enlisted service personnel who were forced to retire from the military due to age, and then face retirement a second time, in civilian life. Narratives from Vietnam Veterans over the years revealed themes related to forced retirement at a young age from enlisted military careers. This forced retirement then led to an increase in relational difficulties, an increase in depression, and an increase in/return to using substances. As many felt forced out of the military, and into finding a civilian job, in their late-30's, most reported a civilian job market that was less than open to their military experience and knowledge base. As they entered the work force, with the notion, that they were not qualified, based upon their military service, for trades or higher paying positions, many reported entering lower level, entry positions, and staying there, quite unhappy, until they could afford to retire. At both points, military
retirement, and civilian retirement, all self-reported developmental regression issues such as identity crisis, trust issues, and a sense of industry.

Friday, February 1, 2019
Opening Session & Welcome,
Madewood A/B – Second Floor
9:00 a.m. – 9:45 a.m.

Welcome to IAMFC’s 2019 World Conference by our President, Dr. Samuel Gladding. This is a good opportunity to meet other attendees as we kick off the conference this year.

Friday, February 1, 2019
Education Sessions
10:00 a.m. – 10:50 a.m.

Nottoway A, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: Family Business Relationship Counseling
Format: Education session
Presenter: Brian Canfield, Ed.D., LPC, LMFT

Description: This session will provide information about intervention strategies for working with couples and families within the context of a family-owned business. Included will be an discussion about expanding an existing family counseling practice to serve this specialized client population.

Nottoway B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: Integrating the moral conversation into the family therapy context: Results of a series of family counseling, parent groupwork and counseling for children employing moral dilemma discussions
Format: Education Session

Description: The most important forms of moral character formation...are grounded by the prosaic transactions in daily family and social life of the young child.” This session reports processes/outcomes of an intensive program of family counseling, parent education and youth therapy groups specialized for families with children who display externalizing behaviors, including aggression. Families struggle in environments where fixed standards of right and wrong are no longer clear. Videos display broaching issues of justice and fairness, which has been linked to positive moral developmental outcomes in children as well as adults. Shifts in moral reasoning were assessed throughout the therapy process by analysis of reflective statements from parents and children to allow an exploration of how moral reasoning happens in “talk” about the therapy process among parents, children and the therapists. Outcomes suggest that introducing opportunities to discuss/reflect on moral questions in therapy has beneficial outcomes. Reactions from colleagues are encouraged as we refine the model for further clinical applications, assessment and counselor training.

Rosedown A, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: From Headphones to Head Over Heels: Utilizing Podcasts as Bibliotherapy Interventions in Couples Therapy
Format: Education session
Presenter: Robert Casares, Ph.D., LPC, NCC

Description: Over the past three years, the digital audio medium of podcasting has entered the mainstream. As a free and convenient web-based resource, podcasts provide a diverse range of engaging, educational, and thought-provoking content. Through an overview of the versatility of podcast content, a discussion of several case illustrations, and anecdotal examples drawn from the presenter’s experiences with integrating podcasts into the counseling process, this presentation will highlight the clinical utility and cost-effective nature of podcasts. The medium of podcasting can function as a valuable resource, by providing a succinct and portable format compatible with the busy on-the-go lifestyles of clients who, nonetheless, have expressed a desire to gain additional insight about their present circumstances or current relationship issues. Additionally, attendees will receive an extensive resource list of podcasts that are suitable for educating couples and facilitating meaningful conversations about a wide range of common relationship issues.

Rosedown B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)

Title: Systemic Support for Couples Experiencing Infertility: A Group Counseling Protocol
Format: Education Session
Presenter: Shawn Parmanand, Ph.D. LCPC, NCC, Travis Smith, Ph.D., LPC

Description: Couples who experience infertility are faced with a myriad of challenges including social isolation, financial concerns, and decreased sexual satisfaction (Monga, Alexandrescu, Katz, Stein, & Ganiats; 2015). In addition, many couples struggle to rely on one another for support, finding themselves too immersed in the infertility treatment process to support one another on an emotional level. Research shows that despite the need for support and counseling, only half of couples seek out professional support and counseling, preferring instead peer mentoring to fulfill needs for coping, shared experience, and guidance through the treatment process (Read, Carrier, Boucher, Whitley, Bond, & Zekowitz; 2014). Despite a need for such support, many couples report a lack of opportunities for peer connection in their communities. The presentation will spotlight a group treatment protocol for working with couples experiencing infertility, including specific therapeutic approaches and skills to best meet the needs of this unique population.

Shadows, Friday, 10:00 a.m. – 11:50 a.m. - 2.0 CE Hour(s)

Military Track

Title: The Ethics of Assessment with Military Affiliated Clients through a Multicultural Lens
Format: Education Session – 2 HOURS
Presenter: Tom Watson, Ed.D., LPC, NCC, CPCS (GA), Allison Spargo, PhD, LPC, NCC

Description: Active service membership is only a portion of the life cycle of an individual within the military. The circles of impact radiate from the service member to immediate and distant family members. The role of military culture in individual development and family patterns is unique and creates a meaningful challenge for counselors who interact with military affiliated clients. This program will train attendees in ethical practices related to assessment and treatment of military affiliated clients. Material will be provided to assist in defining the military culture with multicultural implications. This presentation will also review the Competencies for Counseling Military Populations (Prosek et al., 2018) as well as how to apply appropriate codes of Ethics when working with military affiliated clients. Specific examples will be used to demonstrate the Competencies for Counseling Military Populations. Participants will learn how to assess for substance abuse and misuse, suicide risk, and mental health concerns.
Friday, February 1, 2019
Roundtable Sessions
10:00 a.m. – 10:50 a.m.

Madewood A/B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: Guilt to Motherhood is like Grapes to Wine
Format: Roundtable Session
Presenter(s): Ashley Cosentino, Ed.D., LCPC, NCC, Lauren McKenna, LMFT

Description: Since the beginning of time, there have been gender roles when it comes to family. These roles have changed over time; however, the changes have not been equally applied to family life. Both society and mothers put extreme expectations on the role of a mother. The problem is rooted in the pressure of these expectations. There is this idea that mothers should have every aspect of their life together. Often time’s women feel immense guilt because they cannot achieve all these items. Due to social media, women see pictures of these items from their friends and feel like a failure. They are tired and defeated. When in reality most moms feel the same way. There has been a recent push on social media to encourage women to be honest and not fake having it all together. So what is this guilt and how can we minimize it?

Madewood A/B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: Incarcerated Families: Strategies for Increasing Multicultural Competence
Format: Roundtable Session
Presenter: Jennifer McClendon, LPC, LADC, ACS

Description: This interactive discussion will provide participants with an overview of the collateral consequences of incarceration on families. Participants will be engaged in a brief discussion about their current views, knowledge, and experiences of best practices for working with families impacted by incarceration. Emphasis will be placed on increasing participant’s awareness of multicultural competency as it relates to working with families of forensic populations. The ACA Advocacy Competencies will provide a framework for demonstrating how to incorporate social justice into counseling practices with this population. Participants will be provided with a handout summarizing the key points of the discussion.

Madewood A/B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: Polygamy: Counseling Women and Families who have Experienced Polygamy Internationally and as Refugees in the United States
Format: Roundtable session
Presenter: Robert Mehalik, MS, LPC, Alaa Alawsawi, Graduate Student (MS in CMHC)

Description: Polygamy is an international issue that women have faced in marriage and families. Counselors in the United States are now faced with refugee clients who are experiencing emotional symptoms related to this issue, including: depression, anxiety, low familial satisfaction/conflict, low self-esteem, and many more. We will present an innovative counseling model and techniques to address this issue in therapy.

Madewood A/B, Friday, 10:00 a.m. – 10:50 a.m. - 1.0 CE Hour(s)
Title: The Art of Therapy: “Listening” with One’s Eyes
Description: Scholars have developed experiential, socioemotional, and emotion-focused therapy approaches which highlight the importance of interpersonal attunement, connection, empathy, and intuition (e.g. Knudson-Martin & Huenergardt, 2010; Johnson 2004) especially when working with clients from different cultures. While it is important to recognize that the milieu of individuals from any cultural background is diverse, it is suggested that those from high context cultures (Hall, 1976) tend to be highly relational and collectivistic. In these cultures, complex meanings are conveyed through few words as meaning is made through being able to gauge the subtleties of another’s experience. Each year, over one week, we provide single session therapy to migrant persons in which a common language is not shared. We will discuss how to facilitate a connection and attend to another’s experience, beyond the use of words.

Friday, February 1, 2019
Education Sessions
11:00 a.m. – 11:50 a.m.

Nottoway A, Friday, 11:00 a.m. – 11:50 a.m.- 1.0 CE Hour(s)
Title: Careful Consideration: Diagnostic Nuances of Using Emotionally Focused Couples Therapy Format:
Education Session
Presenter: Catherine Roland, Ed.D., LPC, NCC
Description: Emotionally Focused Couples Therapy (EFT) can be an important strategy for use with couples. Based in the Humanistic theoretical approach, and emphasizing the “now” and honest emotional engagement, it almost sounds perfect. But it’s far from perfect for some couples. Through discussion, case examples, and group case analysis, we will see how case conceptualize and evaluation of the couples’ appropriateness for EFT can help in unfolding the ethical nuances of EFT. Educated diagnosis will ensure the ethical practice of couples counseling using ETF as a treatment technique. Join us!

Nottoway B, Friday, 11:00 a.m. – 11:50 a.m. - 1.0 CE Hour(s)
Title: Addressing Mental Health in Schools: Americas Crisis
Format: Education Session
Primary Presenter: Anna Owens, Ph.D., M.Ed., Specialization in School Counseling, Irene Canfield, Ph.D., MA, LMHC, LMFT
Description: During this educational session, participants will explore the mental health crisis in schools and the effects on children, adolescents, and families. Family Counselors are often called upon in moments of crisis but need to understand the unique challenges surrounding mental health in schools. Participants of this session will be invited to partake in an interactive small and large group discussion of a recent Case Study— Marjory Stoneman Douglas High School, Parkland Florida and share thoughts, ideas, and future steps for counselors. Resources for Mental Health Counselors, Family Counselors, and School Counselors will be provided.

Rosedown A, Friday, 11:00 a.m. – 11:50 a.m. - 1.0 CE Hour(s)
Title: Utilizing an Ethical Decision Making Model in Parent Consultation
Description: Working with minors is a challenging yet rewarding experience since every child has an ethical right to confidentiality in counseling, but every parent has legal rights to protect their children. Research links children who have parental support as more likely to have better success rates in counseling and will continue to develop into healthy adults. It is important for clinicians to incorporate parents into the counseling work with their children. Therefore, parent consultation is an important component of counseling minors, which draws on family counseling techniques. Being familiar with the ACA and IAMFC Codes of Ethics, as well as an ethical decision making model are important tools to utilize in deciding what information to share in a parent consultation to ensure the confidentiality, autonomy, and respect of the minor while communicating with the parents progress, concerns, and psychoeducation to make the client and ultimately the child-parent relationships stronger.

**Rosedown B, Friday, 11:00 a.m. – 12:50 p.m. - 2.0 CE Hour(s)**

2-Hour Session

Title: Intervening on Normal: Trauma, Substance Use, and Counseling in Appalachia
Format: Education session
Primary Presenter: Darlene Vaughn, MMsc, M.Ed., CSAC, FACASAC, NCC, LPCC

Description: Factual overview of trauma and substance use in Appalachia, and how counselors can implement a Trauma Informed Care approach to promote healing and sobriety.

**Shadows, Friday, 10:00 a.m. – 11:50 a.m. - 2.0 CE Hour(s)**

2-Hour Session

Military Track

Title: The Ethics of Assessment with Military Affiliated Clients through a Multicultural Lens
Format: Education Session – 2 HOURS
Presenter: Tom Watson, Ed.D., LPC, NCC, CPCS (GA), Allison Spargo, PhD, LPC, NCC

Description: Active service membership is only a portion of the life cycle of an individual within the military. The circles of impact radiate from the service member to immediate and distant family members. The role of military culture in individual development and family patterns is unique and creates a meaningful challenge for counselors who interact with military affiliated clients. This program will train attendees in ethical practices related to assessment and treatment of military affiliated clients. Material will be provided to assist in defining the military culture with multicultural implications. This presentation will also review the Competencies for Counseling Military Populations (Prosek et al., 2018) as well as how to apply appropriate codes of Ethics when working with military affiliated clients. Specific examples will be used to demonstrate the Competencies for Counseling Military Populations. Participants will learn how to assess for substance abuse and misuse, suicide risk, and mental health concerns.

**Friday, February 1, 2019**

**Roundtable Sessions**

11:00 a.m. – 11:50 a.m.
**Madewood A/B, Friday, 11:00 a.m. – 11:50 a.m. – 1.0 CE Hour(s)**

**Title:** Three Strikes, Am I Out?: Exploring Intersectionality Within the World of African American Women in the Mental Health Profession  
**Format:** Roundtable Session  
**Presenter:** Lawrencia Jenkins, MA, PLMFT-SC, PLPC, Doctoral Student, Brian Savage, MA, PLMFT, PLPC

Description: This discussion offers an overview of intersectionality, burnout and their effects on African-American women in the mental health profession. Participants will be provided with a theoretical overview as well as research pertaining to intersectionality and burnout in minority clinicians. The utilization of cultural competency in clinicians will be discussed. As will further discussion in topics such as self-reflexivity and sensemaking.

**Madewood A/B, Friday, 11:00 a.m. – 11:50 a.m. – 1.0 CE Hour(s)**

**Title:** Monogam-ish: Using a phenomenological world view approach to understanding and effectively work with polyamorous couples and those in open relationships  
**Format:** Roundtable Session  
**Presenter:** Alexis Mueller, PhD, LPC, NCC

Description: The need for multiculturally competent counselors to work with polyamorous clients and those in open relationship is growing. Couples counselors must be better prepared to serve the needs of non-traditional couples and those work identify as polyamorous. We will focus on lifting stigmas associate with heteronormative monogamy. Using a phenomenological world view approach, counselors with be able to understand and effectively work with this growing client population. Specifically, we will focus on better understanding clients and challenge them to live by their own views and values of monogamy. In this round table discussion, we will address multicultural competency and the differences between identifying polyamorous verses those who engage in an open relationship. Practitioners are invited to discuss their challenges, exchange ideas, and feel empowered to work with both polyamorous people and couples in open relationships.

**Madewood A/B, Friday, 11:00 a.m. – 11:50 a.m. – 1.0 CE Hour(s)**

**Title:** Sex Positivity: The What, Why, and How  
**Format:** Roundtable Session  
**Presenter:** Melissa Alvarado, Ph.D., LPC-S, Kerrie Taylor, PH.D., LPC

Description: Sex positivity is a social justice movement that promotes and embraces openness, nonjudgement, freedom, and liberation of sexuality and sexual expressions (Donoghue, 2015). More often than not sexuality is a critical aspect of counseling. Therefore, it is imperative for counselors to be skilled and comfortable addressing issues related to sex and sexuality. Mental health professionals who embrace sex positivity are likely to be more effective in their work (Burns, Singh, &Witherspoon, 2017; WHO, 2006). Both training and clinical implications will be discussed.

**Madewood A/B, Friday, 11:00 a.m. – 11:50 a.m. – 1.0 CE Hour(s)**

**Title:** Developmental Effects of Psychological Trauma on Urban Youth  
**Format:** Roundtable Session  
**Presenters:** Nina Tirado, Andrea Ryan, MA in Psychology
Description: Discussion of both risk and protective factors for traumatized urban youth presents an idiosyncratic opportunity for the exposure of systemic injustices, cyclical patterns of violence and abuse, and potential interventions catered to urban youth’s needs. Residence in neighborhoods and communities of increased risk, due to poverty, lead to youth’s compounded experiences with multiple traumas (Crusto et al., 2010). Generational habitation in urban areas can reproduce trauma and dilute sensitivity to the gravity of trauma symptoms in youth. Research establishes the connection between areas of high poverty and violence and an influx in multifarious traumas. Discourse, catered to counselors’ role in the treatment of traumatized urban youth, allows for developed insight into interventions in clinical practice. Join our roundtable to examine the inestimable risk factors of under-resourced communities and discuss viable interventions for traumatized urban children and adolescents.

Madewood A/B, Friday, 11:00 a.m. – 11:50 a.m. – 1.0 CE Hour(s)

Title: Novice to Professional: Facilitating Professional Growth
Format: Roundtable Session
Presenter: Jennifer Lambert-Shute, PhD, LMFT, AAMFT-S, Tabitha McCoy, MS, Hoa Nguyen, Ph.D., Samira Garcia, Ph.D.

Description: This presentation will focus on the use of learning communities as an approach for preparing emerging professionals in the field of Counseling. Learning communities foster a collaborative environment where members “learn by doing” as subject matter and skill learning are linked within the context of a clinical conversation, reflection, and practice (Stride et al., 2010; Gehart, 2007). To date, there is little research examining the use of learning communities within the field of Counseling. This study consisted of 50 masters-level clinical interns who have participated in a learning community. Participants provided written narratives of their experiences or participated in one of four 90-minute focus groups. After thematic analysis, three major themes were found; relational reflexivity, translation, learning on the edge of discomfort. Implications for the field suggest learning communities can be implemented in multiple settings (e.g., universities, non-profit/profit agencies, etc.) to facilitate clinical growth; from novice to professional.

Friday, February 1, 2019
Education Sessions
12:00 p.m. – 12:50 p.m.

Nottoway A, Friday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: Eight Core Themes from parents who have raised a child with Autism Spectrum Disorder and the effect on the marital relationship: Critical Implications for counselors and counselor educators
Format: Education Session
Presenter: Thomas DeGeorge, Ph.D., LPC, NCC, Robert Mehalik, MA in CMHC

Description: Eight Core themes emerged from parents who have raised a child with ASD and impact/effects on the marital relationship. Based on numerous interviews with couples who have raised a child with ASD the research highlights the impact on their relationship and how they have weathered their journey separately and together to arrive at their present relationship. Eight core themes emerged for fathers and mothers and their journey in raising a child with ASD.

Nottoway B, Friday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: Wired for Connection in a Wireless World: Addressing Couples and Family Issues Related to Technology and Social Media Use
Description: For many adults, technology and social media use are vital and indispensable elements of daily life. However, a breadth of research indicates that excessive technology use can negatively affect productivity, self-esteem and mood, and may potentially damage the quality of personal, romantic, and familial relationships. This presentation will provide an overview of relevant academic literature, will present clinical considerations and experiential strategies for addressing the damaging effects of technology on couples and families, and will discuss opportunities for appropriately and effectively integrating technology into therapy, with the aim of exploring and practicing healthier technology habits and promoting deeper emotional connections.

**Rosedown A, Friday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)**

Title: “Gender Reveal: Male-Specific Strategies in Relational Counseling Contexts”
Format: Education Session
Presenter: Mark Woodford, PhD, LPC, MAC

Description: With education and self-reflection, MFC’s can develop a gender-responsive mindset that recognizes the importance of cognitions about masculinity (how men think about their relational, work, and family roles), emotional awareness in males, and behavioral patterns and personal experiences related to gender role conflict (GRC). This mindset helps marriage and family counselors to: (1) Understand where males are developmentally “stuck,” (2) Become aware of male-specific adaptive specialized selves in response to GRC, and (3) Notice where males may be filled with intense and unresolved conflicts across self-states. With this mindset, MFC’s can help males to: (1) Be aware of their states of mind and patterns of affective arousal in various relational contexts, (2) Recognize their own (and others) affective communication styles, especially in relation to their family of origin and their male socialization processes (peer, family and cultural influences), and (3) Modify their behaviors in daily exchanges with others.

**Rosedown B, Friday, 11:00 a.m. – 12:50 a.m. - 2.0 CE Hour(s)**

2-hour session

Title: Intervening on Normal: Trauma, Substance Use, and Counseling in Appalachia
Format: Education session – 2 HOURS
Presenter: Darlene Vaughn, MMsc, M.Ed., CSAC, FACASAC, NCC, LPCC

Description: "Factual overview of trauma and substance use in Appalachia, and how counselors can implement a Trauma Informed Care approach to promote healing and sobriety.

**Shadows, Friday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)**

Military Track

Title: Military Family Reintegration: Strategies and Techniques for Relational Issues
Format: Education Session
Presenters: Daniel Williamson, PhD, LPCC-S (KY), LPC (TX), NCC, HS-BCP, Jennifer Nivin Williamson, PhD, LPCC-S (KY), LPC (TX), NCC, HS-BCP, Mrs. Larisha Perlote, MTh., US Army (Retired), Ken Banks, B.S.

Description: Many service members and their families experience difficulties in the reintegration process. These difficulties often manifest when rediscovering roles as parents, spouses, and community members. Finding purpose
and fostering connections have the ability to be deeply healing and normalizing in this process of change. This presentation will explore the process of reintegration in practical terms while identifying Adlerian, Narrative, Gottman, and other counseling techniques.

**Friday, February 1, 2019**

**Education Sessions**

1:00 p.m. – 1:50 p.m.

**Nottaway A, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: Home-School Relationships: How Important for the Successful Treatment of Disruptive Child Behavior?

Format: Education Session

Presenter(s): George Hebert, PhD., Kellie Camelford, Ph.D., LPC-S, NCC, NCSC

Description: Many clinicians continue to view disruptive child behaviors through a medical or disease model lens. However, despite the documented benefits of many psychopharmacological interventions, there is also substantial evidence for the necessary inclusion of other interventions and accommodations in both home and school settings. Additionally, strategies that build strong relationships between parents and key school personnel can be vital for the long-term success of children and adolescents displaying disruptive behaviors. Behavioral health practitioners who work with children must develop consultative techniques to assist in proper parenting strategies and instructional strategies to treat difficult behaviors. This presentation will draw from the literature for the selection of appropriate Evidence Based Practice (EBP) for school and parental consultation strategies to maximize the home-school partnership and to best treat child and adolescent behavior problems within a family therapy framework. Participants will be invited to discuss their successful consultative experiences with both parents and teachers.

**Nottaway B, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: Whose Toys are These Anyway?: Reengaging with Kids Through Familial Play

Format: Education Session

Presenter: Ian Lertora, PhD, LPC, NCC, Certified School Counselor

Description: In many households’ parents use technology, drawing, and play to keep their children occupied, while parents complete their responsibilities without interruption. Eventually the parents get everyone to bed only to sit down with their own toys like video games and adult colorings books. This effort at distraction can cause a shift in connectedness within the family unit by overlooking opportunities to engage, learn, and connect at much deeper levels. In this presentation, presenters will share innovative methods that parents can use to re-engage with their children in entertaining ways. These creative approaches are beneficial to family cohesion, critical thinking, and problem solving as a family unit and help increase emotional communication and regulation at the individual level. Some ways that will be discussed are family video game time, writer’s workshops, art time, and activities that give the children an opportunity to be in control.

**Rosedown A, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: The Silver Lining of Infidelity: Counseling Principles and Treatment Challenges

Format: Education session

Presenter: Talal Alsaleem, MS, LMFT

Description: One of the main challenges of coming up with a single definition to the issue of infidelity is the fact that people come from various backgrounds and experiences, which contributes to having different ideas and
definitions of what infidelity means for each person and each couple. My approach to the issue of infidelity is cross-cultural and takes into consideration all the different types of relationships, even some of the marginalized minorities such as the case of individuals and dyads who are not in traditional, monogamous relationships. The workshop was created to help clinicians of all levels conceptualize and treat infidelity from the framework of trauma. The knowledge base and the clinical interventions that will be presented are based on extensive clinical work with couples dealing with infidelity. Completing this workshop will expand the understanding of the process of healing and provide the clinical tools needed for recovery.

**Rosedown B, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: The Use of Action Methods to Improve Relational Issues in Couples and Families Where Anxiety and/or High Functioning Autistic Spectrum Disorder is Present
Format: Education Session
Presenter: Jonathan Bass, MD, Carol Feldman-Bass, JD

Description: The inability to appreciate and “hear” the “other’s” perspective is a central hurdle to the development of effective communication in both couples and family work. This is particularly true when working with Neuro-Diverse Couples and families in which one or more family members are on the Autistic Spectrum. This program will explore the use of action techniques (psychodrama, improvisation, and spontaneous intervention) in the context of Couples and Family Treatment to enhance perspective taking. In so doing there is an improvement in communication and the possibility for change within the system. We shall make use of case material, a description of terminology and techniques, and clinical demonstration with audience participation to illustrate these techniques.

**Madewood A, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: “Making MCFC Research Applicable in Practice: An Updated Guide for Clinicians”
Format: Education Session
Presenter(s) Susan Perkins, PhD, LMFT, LPC, Heather Tustison, LCPC, NCC

Description: Today in the field of marriage, couple, and family counseling (MCFC), clinicians are expected to maintain updated knowledge of MCFC literature and to apply research findings in practice. However, new research methodologies are being used, and strategies for understanding research that worked in the past might not be effective now. This program will identify current trends in MCFC research and describe updated strategies for critically approaching MCFC research. The presenters will give examples of application of MCFC research findings in practice. Participant input will be encouraged.

**Madewood B, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: Grieving the Loss of a Child: Couple’s Dynamics
Format: Education Session
Presenter: Ileana Ungureanu, MD, PhD, LMFT

Description: The death of a child is one of the most painful events a parent can experience. In addition to its impact on the individual, it takes a heavy toll on the couple relationship. Research shows that grieving can impact the couple on multiple levels, including emotional and sexual intimacy. However, traditional grief work has focused on intrapersonal factors to the exclusion of interpersonal factors. Couples therapists are uniquely suited to help both the individuals in the couple relationship, as well as the relationship itself. Because the death of a child activates attachment needs in both partners, it is very difficult to reach out across the pain to meet a partner’s needs when both are faced with grieving at the same time. The presenter will address the importance of the relational aspects of loss and self-of-the-therapist issues when working with grieved parents.
Shadows, Friday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)

Military Track

Title: Promoting wellness in the treatment of military spouses using the Indivisible Self Model of Wellness
Format: Education session
Presenter: Natasha Barnes, Ed.D.

Description: The military culture is very complex. Though the lifestyle can be rewarding and beneficial, it can also be very stressful for those involved, especially the military spouse. Due to the many stressors endured by military personnel and their spouses, the impact can be detrimental on the mental health of the military spouse. Not only are military spouses subjected to their own traumatic experiences, but they also experience secondary trauma from the impact that the military has on the military personnel. It is important that the counseling profession gain insight into assisting military spouses in maintaining a sufficient degree of wellness through the use of a wellness model (The Indivisible Self Model of Wellness), as the military spouses are the caretakers of not only the military personnel/veterans, but also the family unit as a whole.

Friday, February 1, 2019

Education Sessions

2:00 p.m. – 2:50 pm.

Nottoway A, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)

Title: “It’s Complicated: Empirically-Based Strategies for Family Caregiving with Older LGBTQ Individuals”
Format: Education Session
Presenter: Philip Daniels, MS, Ph.D. Candidate

Description: As counselors serve individuals and families across the life-span this presentation will be a discussion about increasing personal and professional awareness and competence, beginning with an overview of unique qualities of older LGBTQ individuals and family caregiver, including strengths, needs, and challenges. Additionally, competencies and standards for gerocounseling will be reviewed and discussed, specifically regarding culturally competent practice and person-centered and family-centered care. As such, the various intersectionality of individuals will be emphasized as relevant issues that relate to individuals and their families and to help further build a therapeutic and healing relationship.

Nottoway B, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)

Title: Multicultural Counseling and Social Justice Mentoring: Preparing Marriage, Couples and Family Counselors for Social Justice Advocacy Work
Format: Education
Presenter: Shon Smith, EdD, MA, LMHC, LMFT

Description: This workshop addresses the important role of multicultural counseling and social justice mentoring in preparing marriage, couples and family counselors for social justice advocacy work. In particular, the presenter offers strategies for mentoring counselors in an exploration of their own positionality and societal privileges, discuss challenges to mentoring counselors for social justice advocacy work, and share counselors experiences of exploring their own positionality and societal privileges.
Rosedown A, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)
Title: Trauma, PTSD, & Infidelity: Grief & Grieving
Format: Education Session
Presenter: Beverly Smith, PhD, LPC, CCMHC, ACS

Description: This session will explore the constructs of trauma, PTSD, infidelity, and grief among marital couples. Additionally, this session will discuss the neuroscience of trauma as well as treatment modalities with the integration of spiritual principles related to infidelity. Lastly, factors for resiliency and well-being will be identified for implications for marital couples, cultural competencies for clinical professionals, and for population health.

Rosedown B, Friday, 2:00 p.m. – 2:50 p.m.- 1.0 CE Hour(s)
Title: The Effects of Moral Injury in Individuals and Families
Format: Education Session
Presenters: Jeffrey Jolly, BA, Graduate Student in MFT, Daniel Williamson, PhD, LPC (TX), LPCC-S (KY), NCC, HS-BCP Professor, Program Director/Dept. Chair Graduate Counseling Program

Description: This presentation will explore the effects of moral injury in individuals and families. This type of injury is not seen by the eye, but can play a detrimental part in client well-being. Although research on moral injury is relatively new, there is a very high possibility that many who seek therapy are dealing with moral injury. If not addressed, moral injury can create barriers for individuals who will then struggle with guilt, shame, and isolation from others. This presentation will explore techniques for helping clients overcome the effects of moral injury and identify ways to help re-calibrate their moral compass.

Madewood A, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)
Title: La Familia: Family Relationships among Undocumented Mexican Immigrant Families
Format: Education Session
Presenter: Edith Gonzalez, Ph.D., NCC

Description: An estimated 11,100,000 undocumented immigrants reside in the US, making up about 26% of all U.S. immigrants (Pew Hispanic Center, 2016). Approximately 8.8 million people are in mixed-status families, families with at least one undocumented member, reside in the US, with 3.8 million of them being parents of U.S. born children (Passel & Cohn, 2009). Undocumented individuals report a significantly greater number of psychological stressors than legal residents and U.S.-born citizens (Kriz, Slayter, Iannicelli, & Lourie, 2012). Research on undocumented immigrants tend to focus on the challenges and stressors this population experiences while little research is done on the family relationships between mixed-status families. This presentation will discuss the findings of a qualitative study that explores the family relationships between undocumented Mexican immigrants.

Madewood B, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)
Title: The Use of the NEO personality inventory to help Relationship Issues in Couple and Family Therapy
Format: Education Session
Presenter: Fariba Ehteshami, Ph.D.

Description: NEO is a powerful assessment used in clinical and non-clinical personality diagnosis. There are two forms of the NEO, Self-Report, and Observe-Report. Both consist of 240 items of descriptions of behavior. There are high Reliability and Validity in the measure of the five major domains of personality as well as the six facets that
define each domain to facilitate a comprehensive and detailed assessment of adult personality. This program will present a brief conceptual and theoretical overview of using this assessment to demonstrate the impact of NEO in short-term successful Couple Therapy and also will provide a scenario to best practice learning for attendees.

**Shadows, Friday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)**

**Military Track**

Title: Supporting Veterans Elderly Patients, & their Families at the End of Life: The Gift of Hospice
Format: Education session
Presenters: Judith Mathewson, Ph.D., Marina Baratian, M.S., MFT.

Description: Two Registered Marriage and Family Counselor Interns will share their experiences working with the elderly and Veterans and their families at the end of life. Their experiences and evidence-based research indicates that MFTs and Mental Health professionals can assist with grief and loss work for the patients and their family members in ways that are respectful, sensitive, and honors their lives. Additionally, the presenters will share stories of how to help families (to include the caregiver) through their grief process during the 11th Hour program.

**Friday, February 1, 2019**

**Education Sessions**

3:00 p.m. – 3:50 p.m.

**Nottoway A, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)**

Title: “Point of View Matters: Celebrating the 100th Birthday of John H. Weakland – Family & Brief Therapy Pioneer”
Format: Education Session
Presenter: Wendel Ray, PhD, Member IFTA, Shawn Shannon, Ph.D., MFT, Faculty Member.

Description: Point of view matters – it is not a matter of IF but HOW a supervisor/clinician’s biases influence clients and supervisees. While system thinking permeates the fields of couple, family, brief, behavioral, ecological, and medical sciences, the implications of the interactional perspective have become obscured with the passage of time. John H. Weakland was the first person invited by Gregory Bateson to join the Palo Alto Group. A chemical engineer and cultural anthropologist, Weakland was a pivotal figure in the emergence and application of the Interactional perspective. Rare videos, audios, and photographs and unpublished written documents preserved in the Don Jackson Archive will be used as points of reference to discuss the relevance of the John Weakland’s MRI Interactional View to effective and efficient practice of current day systemic practice.

**Rosedown A, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)**

Title: “Understand proven mental health strategies and evidenced based tools for achieving improved outcomes in families experiencing a family member with chronic pain”
Format: Education Session
Presenter(s): Amy Mooney, PhD, LMHC, NCC, ACS, Anna Terry Zuidema, MA, TLMHC, NCC

Description: This presentation goes beyond an overview of evidence based counseling for the family unit, it discusses the impact on a family living with a chronic pain client by identifying thought and behavioral patterns that
reinforce somatic overlay, pain perception and opiate use. This presentation will provide a brief review of the current literature that supports approaches and specific evidence based treatment guidelines, strategies, interventions, coping, and self care. A discussion of how specific interventions including evidenced based CBT for the individual, couple and/or family has resulted in positive outcomes and improved daily function.

**Rosedown B, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)**

Title: Creativity: An Essential Domain in the Training of Family Counselors  
Format: Education Session  
Presenter(s): Shawn Patrick, Ed.D., LPC, NCC, John Beckenbach, Ed.D., NCC, LPC

Description: Creativity refers to a domain of abilities and skills occurring at individual and social levels. These abilities contribute to the generation of innovative ideas and practices. Family counseling approaches sprang from creative engagement by figures such as Salvador Minuchin, Virginia Satir, and Michael White. However, current trends in mental health treatment and counselor education pose a challenge to creative development. Attention towards outcomes, empirical evidence, and replication has led to over-emphasis on technique and manualized training and practice. As such, counselors may be missing out on opportunities to develop creative skills essential for effective counseling. This education session will focus on bringing creativity into the classroom and discuss how creative development can be promoted in students. Creativity will be defined, and research related to the development of creativity will be provided. This presentation will include experiential exercises and discussion to facilitate learning.

**Madewood A, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)**

Title: Creative Couples Counseling Techniques: Building Insights, Catharsis, and Alliances to Promote Healing and Prevent Relationship Ruptures  
Format: Education session  
Presenter: Barbara Mahaffey, Ph.D., LPCC

Description: This session is for couples counselors who want to add ways to conduct intake or psycho-educational sessions for couples with relationship ruptures. The presenter is actively engaged in couples counseling and has developed several techniques including using a Miscommunication Model integrated with Choice Theory’s WDEP system. This session will include technique demonstrations and audience participation. Helping people to ameliorate communication issues, establish trust, and set goals was the impetus for assembling a creative "tool kit" with interactive drawings with clients. These techniques include nonthreatening ways for counselors to help clients discuss their family rule book issues, diversities, barriers, and life issues. These take-away tools and activities are cathartic and promote client self-disclosure, insight, and problem resolution. This session also includes discussions on how these techniques can be adapted to various counseling situations.

**Madewood B, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)**

Title: “Weighted and Balanced: A Consideration of Issues Associated with Dual Career Couples”  
Format: Education Session  
Presenter: Joseph Pistorius, MA in Marriage & Family Counseling, PLPC, NCC

Description: An increasing number of couples are choosing to engage in a dual career family model. Dual career couples navigate a complex balance of responsibilities. Challenges arise when balance is unobtainable and shifts in responsibilities occur either too often or not often enough. This presentation will address common issues found with dual career couples, through a discussion of relevant academic literature and professional experience. Additionally,
Shadows, Friday, 3:00 p.m. – 3:50 p.m. - 1.0 CE Hour(s)

Military Track

Title: Military Spouses First Line of Defense: Supporting Those Who Provide Support
Format: Education Session
Presenter: Ann Ordway, JD, Ph.D. CES, NCC

Description: Vicarious trauma is the experience of absorbing some of the feelings associated with a traumatic experience based upon what is observed in or heard from someone who directly experienced the trauma. Compassion fatigue is simply the “cost of caring,” or the exhaustion that can come from being intensely emotionally available to someone else. While both vicarious trauma and compassion fatigue have commonly researched among health care professionals and first responders, little to no attention has been given to these conditions among military spouses, who become pseudo first responders and sometimes the only person in whom the returning military member will initially confide. The hauntings of intense and graphic experiences of war likely impact the spouses who listen after-the-fact and then witness the after-effects on their veteran partners. When providing ongoing supportive service for military spouses, it is critical to recognize the unique nuances of their multi-faceted roles within their families – and to recognize that they also experience active duty experiences from a multi-faceted vantage point. Though they may not have been physically deployed, they experience deployment. Though they may not have ever stepped into a war zone, they often hear about the sights, and the sounds, and the smells – as if they had been. The needs of a military spouse are real. This workshop is focused on understanding the unique needs of those who support our troops in the most intimate spaces and beyond closed doors before, during, and after deployment as a first line of defense – and how to best, in turn, support them in counseling designed for military spouses.

Friday, February 1, 2019

Education Sessions

4:00 p.m. – 4:50 p.m.

Nottoway A, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: The Enneagram: An Enhancement to Family Therapy
Format: Education Session
Presenter: Miles Matise, Ph.D., LMFT, LMHC, NCC, ACS, CCTP
Description: The enneagram (pronounced any-a-gram) is an ancient tool consisting of nine points depicting personality styles. It is a tool that can be integrated into different theoretical approaches. The enneagram is adaptable to the unique style of each client and can aid a counselor in conceptualizing a client or family. This manuscript includes the enneagram theory integrated within a family systems framework. To demonstrate the enneagram’s compatibility with family systems perspective, the enneagram is presented to facilitate therapy with a couple. A case study is provided to demonstrate the effectiveness of the enneagram as a tool to promote awareness in the counseling relationship.

Nottoway B, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: Securing Strong Families: Utilizing Directive Play Therapy, Trust-Based Relational Intervention, and Theraplay in an Integrative Approach to Address the Unique Relational Issues of Foster and Adoptive Families
Format: Education Session
Presenter(s): Sharon Thompson, Ph.D., NCC, LMHC, Mary Taylor, B.A. (Graduate Student)
Kawanza Spencer, MA, Registered Mental Health Counseling Intern, Certified Amen Brain Specialist, TBRI specialist, Kelley Ryals, MA, Registered Mental Health Counseling Intern, Certified Autism Specialist, Gottman certified, TBRI specialist

Description: Using a combination of Directive Play Therapy, Trust-Based Relational Intervention, and Theraplay, this integrative approach allows families to participate in hands-on activities that focus on skills needed for addressing the unique challenges adoptive and foster families face. Participants will engage in 10 therapeutic activities that can be utilized effectively with foster and adoptive families. Because many foster and adoptive children have experienced some form of trauma, they tend to struggle with secure attachments along with other social and developmental issues. The issues associated with the child’s past trauma affects the whole family. Therefore, this approach elicits participation from all family members. The activities aim to help foster growth and attachment, create positive interactions among family members, and improve overall family functioning. Participants will develop skills such as self-regulation, trust, nurture, problem-solving, and communication. This integrative approach helps positively change the lives of foster and adoptive families.

Rosedown A, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: Facilitating Couple’s Repair: The Relationship of Apology, Forgiveness & Various Reconciliation Configurations
Format: Education Session
Presenter: Daniel Melear, MAE, LPCC (KY) (Doctoral Student)

Description: A presentation and experiential activity that explores the processes involved in couple relationship repair for the new couple & family counselor. This presentation is designed to tell the story of how the couple counselor can get mired in the partners’ struggle, taking sides, losing objectivity and inappropriately imposing values on the client that interferes with repair. New couple counselors may find themselves frustrated with relationship counseling and this presentation is designed to help new couple counselors increase self-compassion, self-acceptance and self-efficacy to continue helping couples who have not been able to find resolution and peace on their own. We will look together at being able to sustain a couple counseling career through the perspectives of John Gottman, Susan Johnson and Alfred Adler (Meneses & Goldberg, 2014; Johnson, S. M., Makinen, J. A. & Millikin, J. W., 2001; Gottman, 1999; Johnson, 2004; Adler, 2009).

Rosedown B, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: “The Threat of Knowing – The Impact of Family and Community on the Mental Health of Gender Identity Minority Populations”
Format: Education Session
Presenter(s): Carol Robinson, Med., NCC, Brianne Overton, M.Ed., NCC

Description: This session highlights several cases to explore the potential strategies gender identity minority clients may utilize in the attempt to define and create families, along with supportive community, in the process of identity development. These cases explore the impact of a recent string of suicides within one such community. Issues including defining “family”, advantages of community, cultural valuing or devaluing of surgical options, impacts of Race on expression, struggles to establish and maintain satisfying intimate relationships, and identifying “mental health” within the current cultural context of heightened public discussion are discussed.

Madewood A, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: The Art of Balancing: Maintaining Alignment in Couples and Family Counseling
Format: Education Session
Description: This presentation is an exploration of the art of establishing and maintaining the therapist-client alignment when working with couples and families. It is essential to the success of the therapeutic process that the client feels aligned with the therapist. Counseling with more than one client in a session requires careful balancing of validation, empathy and acceptance in order to maintain that alignment with each client. Each client must feel that the therapist hears and understands his/her feelings and is able to place equal consideration and importance on his/her needs in the relationship. This requires the counselor to maintain an awareness of the interactions between the themselves and each client in addition to the interactions between the clients.

Madewood B, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Title: “It’s My Way or the Highway! Useful Interventions for Working with Couples that Disagree”
Format: Education Session
Presenter(s): Heather Tustison, MS, LCPC, NCC, Alyssa Peters, LPC, NCC

Description: Conflict, or inability to resolve conflict is a common reason for couples to seek out professional counseling services. Continued strife and unresolved conflict can severely strain the relationship. The idea that you hurt those you love the most because the relationship is secure and they will not leave you is oftentimes justification for verbal and emotional abuse. This creates hurts, insecurity, and resentments, and according to John and Julie Gottman, resentment is one of the most common reasons for divorce. Counselors, clinical and marriage and family alike, need tools that are unique to couples counseling to address how to resolve conflict effectively. This workshop will demonstrate through use of case studies evidence-based interventions as well as some out-of-the-box creative methods to establishing an atmosphere in the relationship to resolve unmet needs and desires. These interventions give each party a welcoming voice and ear that otherwise could not be heard or was ignored.

Shadows, Friday, 4:00 p.m. – 4:50 p.m. - 1.0 CE Hour(s)

Military Track

Title: Military Topics for the Counseling Clinician
Format: Round Table
Presenter(s): Thomas Watson, Ed.D., LPC, NCC, CPCS (GA), Judith Mathewson, Ph.D., MFT

Description: This roundtable will cover topics associated with military populations, couples, and families. This includes Q & A interactive opportunities for the clinician and those who wish to gain expertise with working with the military population. Resources for military families provided.

Friday, February 1, 2019
Opening Reception
6:30 p.m. – 8:00 p.m.

Gather with IAMFC members and attendees on the 2nd Floor for a reception. Poster presentations will be on display. Take the opportunity to meet our sponsors.
Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)

Title: Strengthening Couples from a Single-Parent and/or Divorced Household using Relational Cultural Therapy
Format: Poster session
Presenter: Patrice Leopold, MA, NCC

Description: Richter and Lemola (2017) reported that there is a higher probability of divorce for individuals from single-parent households. This stems from not having an appropriate frame of reference or model to be in a stable, satisfying relationship. Being deprived of the opportunity to witness and be a part of a healthy two-parent household impedes the development of intimate relationships, causing many to enter relationships and marriages blindly and/or misguided (Braithwaite, Doxey, Dowdle, & Fincham, 2016). Relational cultural therapy suggests that intimate relationships foster growth through interdependence as opposed to independence (Frey, 2013). Frey (2013) further explains that there are four fundamentals that are representative of growth fostering relationships which include mutual engagement and empathy, authenticity, empowerment, and the ability to express. Thus, this presentation focuses on the use of relational cultural therapy to help couples avoid intergenerational transmission of divorce and single-parenthood by improving their relationship perceptions, behaviors, and quality.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)

Title: Lesbian, Gay, Bisexual and Transgender (LGBT) Youth Client Considerations: Applying the Solution Focused Brief (SFBT) Model and Interventions
Format: Poster Session
Presenter: Brian Hicks, MS, Doctoral Student CES

Description: This poster display focuses on marginalized client populations such as the Lesbian, Gay, Bisexual and Transgender (LGBT) youth. It will review the literature on SFBT, as well introduce SFBT interventions that can be utilized when working with marginalized client populations. Further, Multicultural Counseling Competency (MCC) awareness, knowledge, and skill considerations regarding these client populations and continued counselor education and growth are discussed.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)

Title: Changing Role of Family Pattern Among the Internally Displaced Persons in Nigeria
Format: Poster Session
Presenter: Ladi Sule, Ph.D, Industrial Sociology

Description: The programme is aimed at unraveling the trend to which family pattern is distorted and disrupt as a result of the ravaging killings in Nigeria. The responsibilities of each family member is no longer feasible as family member are dispersed exposing them to so many dangers. The paper is concerned with the sustainability of the society through the family circle, there is therefore a call for global concern over the family so as to guarantee sustainable society.
Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: Predicting Expectations of Non-Monogamy in Long-Term Romantic Relationships.
Format: Poster Session
Presenter: Michelle Sullivan, MS Clinical Psychology, Doctoral Candidate PSGP-Stanford PsyD Consortium

Description: The current longitudinal study: 1) estimated the prevalence of expectations of partner non-monogamy and 2) evaluated whether gender, sexual identity, age, education, how a couple met, and relationship quality were predictive expectations of partner non-monogamy.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: Maintaining Monogamy and Preventing Infidelity: A Theory of Protective Factors
Format: Poster Session
Presenter: Marissa Fye, PhD, BCC, BCTMH, PLMHP

Description: Infidelity is a common and damaging presenting concern for couples who seek counseling (Leeker & Carlozzi, 2014). This presentation will cover current research conducted which exposed a theory of maintaining monogamy. The data supported the finding that monogamy is maintained by small, continual, and consistent efforts in each protective factor area. The protective factors include: (a) building a secure attachment or emotional bond, (b) sex in a marriage, (c) behavioral, cognitive, and relationship boundaries, (d) practicing congruence, (e) fostering values and beliefs which support monogamy, and (f) coping individually and as a couple.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: Examining Internalized Homophobia, Attachment Style, and Factors that Influence Parental Environments
Format: Poster Session
Presenter: Mark Covington, Jr., MA, NCC, LGPC, CAC-II

Description: The poster would outline how parents and clinicians can learn more about how the phenomenon of internalized homophobia can have a profound affect on the child. I would highlight how attachment, can impact the child's rejection sensitivity and how parents and clinicians can learn how to create a positive environment to help children grow up with whole identities.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: Do Heterosexual and LGB Attachment Style Look the Same?
Format: Poster Session
Presenter: Mark Covington, Jr., MA, NCC, LGPC, CAC-II

Description: The Experiences of Close Relationships Scale Short Form (ECR-S) is a measure used to examine adult attachment style. There is limited existing research examining the ECR-S in a non-heterosexual population. In order to examine the validity of the ECR-S in lesbian, gay, and bisexual populations, this research compares heterosexual and LGB cohorts by analyzing two factors of the ECR: anxiety and avoidance.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: Gerotranscendence: Helping Families Navigate and Enhance the Shift Within”
Format: Poster
Presenter: Mary Ballard, PhD, LPC
Description: This presentation will generate conversation around the phase of the aging process often referred to as gerotranscendence, which is often referred to as the "shift within." Marked by what looks like a disengagement from others and activities, family members mistakenly believe that their loved one has "given up." This particular phase of aging has been largely overlook in the professional literature on aging and family counseling. With a firm grasp on this stage of aging, family counselors can prove to be an invaluable resource for walking with families in the midst of the stage.

Second Floor Reception, Friday, 6:30 p.m. – 8:00 p.m. - (No CE Credit)
Title: The Effect of a Walking Intervention on Couples’ Relationship Satisfaction
Format: Poster Session
Presenters: Daniel Hatch, PhD Clinical Psychology, Tate Avey, Jason D. Taylor, Garth Frehner, Brynn Watson, and Taylor Morgan.

Description: Research suggests there is a positive correlation between effective relationship-focused communication, exercise, and relationship satisfaction. In particular Gottman’s Sound Marital House Theory proposes that positive interactions between couples are a predictor of relationship satisfaction (Tell, Pavkov, Hecker & Fontaine 2006). Given past research support, facilitating the characteristics of a friendship in romantic relationships reduces conflict. The current research explored the impact of an intervention with physical and psychological components that invited couples to participate in a daily 10-minute walk while discussing relationship focused questions. Couples were randomly assigned to intervention or control groups. Pre and post tests assessed self-disclosure, intimacy, and a variety of other relationship maintenance behaviors. Preliminary results suggest that the intervention increases partner perceptions of a variety of aspects of relationship satisfaction. The poster discusses implementation of the intervention, facilitation of couple’s communication, and benefits of couple vulnerability.

Saturday, February 2, 2019
Education Sessions
7:30 a.m. – 8:20 a.m.

Madewood A, Saturday, 7:30 a.m. – 8:20 a.m. - 1.0 CE Hour(s)
Title: Infusing Pop Culture into Role Play
Format: Education Session
Presenter: Alexis Croffie, MA, LPC Intern
Description: Harry Potter and the Cursed Child: Parts One and Two (Rowling, Thorne, & Tiffany, 2016) is the latest chapter in a series that has defined a generation. This presentation discusses the storyline through a marriage and family perspective. During the presentation, the topic of how this story can be used for counselors, supervisors, and counselor educators to relate to families through the use of bibliotherapy and case conceptualizations will be discussed. This discussion will include how this story can be used with clients to help them process the themes of family, friendship, isolation, parenting, high expectations, and adolescence. Furthermore, this discussion will include how this story can be used as supplemental material in the classroom to help the next generation of counselors, many of whom are millennials, conceptualize and process with clients the aforementioned themes.

Nottoway B, Saturday, 7:30 a.m. – 8:20 a.m. - 1.0 CE Hour(s)
Title: Family: The Great Adventure! Addressing Relational Issues of Families Utilizing an Integration of Solution-Focused Family Therapy and Experiential Adventure-Based Counseling
Format: Education Session
Presenter: Sharon Thompson, Ph.D., NCC, LMHC, Mary Taylor, B.A. (Graduate Student)
Description: Using a combination of approaches, this Adventure-Based model allows families to perform hands-on activities solving real problems as metaphors for family problems. Participants will engage in 10 interactive therapeutic activities that may be applied to common family issues across a multicultural dimension. The activities aim to reduce relational conflict while improving communication and overall family functioning. The process of experiential learning allows participants to develop a range of skills including cooperation, communication, patience, and problem-solving capabilities, which promote healthy relationships and growth among family members. This Adventure-Based model encourages an increased sense of family cohesion through the facilitation of interactive group activities.

Rosedown A, Saturday, 7:30 a.m. – 8:20 a.m. - 1.0 CE Hour(s)
Title: “Family Narratives and Films with Families in Therapy: Relational Bridging and Social Justice”
Format: Education Session
Presenter: Mathew Mock, PhD, LMFT

Description: Films including family narratives offer a powerful opportunity for early and experienced therapists to examine different perspectives framing the contexts our clients’ lives. Families in photos and films offer insightful strategic windows for retelling of relational stories. Utilizing recent and extraordinary movie clips as examples will serve as a start point for focused dialogue about how cultural and professional discourses frame our assessment of social justice, traumatic situations in intercultural contexts. Utilization within family sessions will be shared and used for rich discussion. As a professor of psychology, private practitioner and consultant, the presenter effectively uses photos, film and family narratives film in his graduate courses, teaching, training and practice centered on diversity and social justice. The context of current times has increased conflict and even fractures among diverse families in their communities. Relational bridging and recommitting to social justice has become all the more a necessity among families and multicultural communities. To counter some disturbing current national discourses, the presenter uses a variety of family pieces that speak to the impact of injustices on undocumented families, gay couples, immigrant families with unresolved loss, racial bias used by police, etc. while also engaging students of family therapy and audiences in a critical thinking and dialogue. An effective framework for use of films portraying a diversity of families will be interactively presented and discussed among participants.

Rosedown B, Saturday, 7:30 a.m. – 8:20 a.m. - 1.0 CE Hour(s)
Title: Exploring Multiple Hats of Multi-Licensed Professionals: Whose Ethics do I follow anyway?
Format: Education Session
Presenters: Markie Twist, Ph.D., Coreen Haym, M.S., LMFT, AAMFT-S, Ph.D. Student in CES (Anticipated Graduation May 2019)

Description: In this session the presenters (who are multi-licensed) will discuss the positionality of different disciplines within the mental health field (e.g., marriage and family counseling, mental health counseling, drug counseling, sex therapy, etc.) and what it means to be professionally a part of more than one. They will discuss the pros and cons to being multi-licensed. The presenters will also review ethical dilemmas and how different disciplines approach such dilemmas through their respective ethics codes, including the International Association of Marriag and Family Counseling Ethical Codes (2017).

Shadows, Saturday, 7:30 a.m. – 8:20 a.m. - 1.0 CE Hour(s)
Title: Using Circular Curiosity to explore experiences of couples and families to remain neutral and non-judgmental in the therapeutic process
Format: Education Session
Presenter: Shatoyia Falls, MSW, Kelley T. Knowles, M.S.
In this program, you will be able to gain the understanding how using circular curiosity increases therapists self-awareness to remain neutral and provide a non-judgmental environment working with couples and families. Client's language is a vital part of the therapeutic process. It is important to allow clients to be experts in their realities without assuming we know everything about them. Their realities are socially-constructed in communication with others. In second-order cybernetics, the therapist's role is to be inside the treatment system itself. The therapist is incorporated into the meaning system of the family and becomes an active contributor to a changing perspective along with everyone else in the family.

Saturday, February 2, 2019
Education Sessions
8:30 a.m. – 9:20 a.m.

Madewood A, Saturday, 8:30 a.m. – 9:20 a.m. - 1.0 CE Hour(s)
Title: Integrating Sex Therapy into Private MFT Practice
Format: Education Session
Presenter: Deborah Caust, PhD, LMFC, Clinical Sexologist

Description: Whether you work with individuals or couples, your clients will present with sexual problems. How do you begin to conceptualize a treatment plan? What simple tools can be used to understand the problem and begin to help them? What is the best way to present an intervention so that it is most effective? Deborah Caust, PhD, LMFT, a Clinical Sexologist, will address sex therapy issues as they relate to the work of an MFT in private practice. She will talk about the most common sexual issues and present appropriate solutions explaining why and how they work. Case examples will be used as appropriate. Lastly, when do you determine if a referral is needed; what types of cases may be "over your head."

Madewood B, Saturday, 8:30 a.m. – 9:20 a.m. - 1.0 CE Hour(s)
Title: Inconsequential Giggling: How Consequential it can be to Communication
Format: Education Session
Presenter: Ian Lertora, PhD, NCC, LPC, Alexis Croffie, MA, LPC Intern, Diane Smedley MA, LMFT Associate, LPC Intern

Description: After dating and the early bonding phase, couples often lapse into repetitive ways of communicating to each other about emotions and often fall back on communication styles learned in the family-of-origin. Couples with problematic communication often only engage emotionally with their partners during negatively charged situations. The presenters will share background knowledge about communication for couples and facilitate an interactive session where participants will explore and discuss the ways that “explaining your giggles” can jump-start the communication process in a non-toxic way. Through doing something as simplistic as explaining why they laughed about something, couples can effectively increase their ability to discuss emotional content through a nonthreatening medium. Building on this fun and safe interaction, couples can become more adept in the process of discussing deeper more difficult emotions with their partner.

Nottoway A, Saturday, 8:30 a.m. – 9:20 a.m. - 1.0 CE Hour(s)
Title: Personalization Issues When Working with Difficult Couple and Family Issues: Supervisor Strategies for Facilitating Growth and Maturity
Format: Education Session
Presenter: Holly Thompson, Ph.D., Wendy Hoskins, Ph.D.
Description: Supervising students and beginning Professional Counselors through personalization issues can be challenging. This session will focus on possible pitfalls new Counselors face when counseling couples and families through difficult times and provide helpful tools for supervisors to anticipate, identify, and facilitate professional growth of supervisees. Presenters will review salient literature relative to common issues and challenges experienced by new Counseling Professionals when working with difficult couple and family issues like family violence and abuse, family or couple separation, or involvement with legal systems. Focus will be given to raising supervisor awareness of supervisee struggle, from a social justice perspective. Utilizing the Discrimination Model of Supervision, participants will practice and learn how to engage supervisees in difficult discussions through role playing activities. Additionally, participants will be provided with specific tools that may be helpful to facilitate positive supervisee growth and maturity.

Nottoway B, Saturday, 8:30 a.m. – 9:20 a.m. - 1.0 CE Hour(s)
Title: Where’s the Metaphor? How Allegories are Utilized in Counselor Education and Social Justice
Format: Education session
Presenter: Kathleen Jones-Trebatoski, Ph.D., LPC-S, NCC, CFT

Description: Counseling is a creative process that focuses on helping the student/clients/families make appropriate choices and changes. By the very nature of utilizing the creative forms, such as metaphors, it fosters different ways of experiencing the issue of social justice. When used in a clinical setting, the counselor and the student/client gain unique perspectives on their issues and possible solutions. Gladding (2005), Sullivan, Hsieh, Guerra, Lumadue, & Lebron-Stricker (2007)
• Art is a way to communicate without words, especially when someone has been traumatized. Jackson, Muro, Lee, & DeOrnellas (2008), Kennedy (2008)
• Utilizing a creative process can help explore multicultural issues in a safe and secure format. Creativity is a world wide phenomenon that knows no bounds in regard to ethnicity, culture, gender, age, physical or mental disabilities. – Gladding (2005), Rubin (2004). This will be in lecture with an experiential activity.

Rosedown B, Saturday, 8:30 a.m. – 9:20 a.m. - 1.0 CE Hour(s)
Title: “Addiction and its impact on family: Our problem or your crisis”
Format: Education Session
Presenter: Keith Hudson, Ph.D., LPC-S

Description: "This workshop will address the impact of addictions on the entire family system. Systems have an equilibrium that becomes impacted due to the addict's behavior, which also alters the family members behaviors. Therefore, the entire system requires intervention to gain balance. Forms of codependency, excessive control, guilt, shame, self-blame, anger, and more often develop and require addressing. Treatment modalities to address these issues and to help restore the family's balance will include CBT, ACT, Choice Theory, and addressing the understanding of the developing dysfunctional roles and codependency patterns."

Shadows, Saturday, 8:30 a.m. – 9:20 a.m.

Military Track

Title: Play Therapy with Military Families: Understanding Culture, Lifestyle, and Resiliency
Format: Education Session
Presenter: Lisa Remey, M.Ed., LPC-S, NCC, RPT-S
Description: Session will provide an overview of the cultural aspects of counseling military children and families discussing common presenting issues (e.g., deployments, moving). It has long been acknowledged that the military has its own unique culture and counseling needs (e.g., increasing levels of stress, frequent relocations and extended parental absence). This presentation is designed to help civilian counselors better understand these unique aspects of the military community and how these characteristics directly impact counseling needs. This session will focus on specific strategies and techniques to assist military children and families navigate challenges associated with the military lifestyle with a focus on directive play therapy techniques that build attachments and promote resiliency. Counselors will also gain and understanding of available resources and how to include psychoeducational components when working with parents. Attendees will get an insiders perspective from an experienced military spouse regarding military lifestyle, challenges faced and overcome by military families.

Saturday, February 2, 2019
Brunch, Awards, & Keynote with Dr. Mark E. Young
16th Floor, Crescent Ballroom
9:30 a.m. – 11:45 a.m.

9:30 a.m. – Brunch

10:00 – 11:00 a.m. - Join Dr. Mark E. Young’s Keynote – “Fragile Couples, Fragile Families”(1 CE Hour)

11:00 – 11:45 a.m. - Awards – IAMFC and MGCA

Saturday, February 2, 2019
Education Sessions
12:00 p.m. – 12:50 p.m.

Madewood A, Saturday, 12:00 p.m. – 2:50 p.m. - 3.0 CE Hour(s)

3-Hour Session
Title: Bipolar and Related Disorder as a Systemic Disease: Strategies for Empowering Families and Preparing Counselors
Format: Education Session
Presenters: Jason H. King, Ph.D., LMHC-S, CCMHC, NCC, ACS, Matthew R. Buckley, EdD, LPC, LCMHC, NCC, ACS, BC-TMH, Stephanie K. Scott, PhD, LMHC

Description: Treatment for individuals diagnosed with bipolar and related disorders have historically focused on symptom reduction through medication management and psychotherapy. However, the course and severity of bipolar and related disorders cannot be separated from the individual’s environmental and psychosocial context. This includes deleterious impact on the family, as well as the influence family relationships have in the manifestation and expression of manic, hypomanic, and depressive episodes. This session reviews salient aspects of assessment and treatment of bipolar and related disorders including a family systems perspective, the implementation of the Vulnerability Stress Model, and implementation of Family Focused Therapy (FFT) as a core treatment. Emphasis will also be placed on preparing counselors for the difficult and challenging work through a review of specific concepts related to Osborn’s (2004) STAMINA model that prepare counselors’ focus in working with the specialized nature of bipolar and related disorders in families as the counselor becomes part of the system being treated.
Madewood B, Saturday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: Working with multiracial families: Navigating intersections of race and everything else that has an impact on individuals, couples and families
Format: Education Session
Presenters: Atsuko Seto, PhD, LPC, NCC, ACS, Rieko Miyakuni, Ed.D., LPC, NCC

Description: Individuals who identify with more than one race are the fastest growing population within the United States (Colby & Ortman, 2015). Although this population continues to increase, literature pertaining to multiracial families is scarce (Brunsma & Porow, 2017). Societal acceptance towards interracial couples and multiracial families has also been low despite the increase in the number of interracial marriages (Brunsma & Porow, 2017). Moreover, children of mixed racial heritage often struggle to find a sense of belonging in a society that continues to operate from the color-blind framework and questions their multiple heritage. This presentation will provide participants with relevant literature on mixed race children and their families, helpful resources that they can share with this population, and counseling strategies that build resiliency and positive self-worth in multiracial individuals and families.

Nottoway A, Saturday, 12:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)

2-Hour Session

Title: "White Privilege, Social Injustice, and Political Discourse: Implications for Family Counselors"
Format: Education Session
Presenter: Brian Canfield, Ed.D., LPC, LMFT

Description: This educational session will examine family counseling practice within the context of politically and culturally diverse societies. Specific issues will include professional responsibilities, boundaries, ethical obligations, overcoming impediments, and effective strategies for co-creating a collaborative therapeutic relationship.

Nottoway B, Saturday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: “The ethical, legal, and practical implications of distance counseling: Using technology to foster connection”
Format: Education Session
Presenter(s): Jennifer Nivin Williamson, Ph.D., LPCC-S (KY), LPC (TX), NCC, HS-BCP, Daniel Williamson, PhD, LPCC-S (KY), LPC (TX), NCC, HS-BCP, Mykia Hollis-Griffith, B.S., LCDC-1 (TX)

Description: The 21st century counselor faces a variety of challenges as he or she finds ways to effectively serve each client's unique needs. Technology offers new avenues to bridge geographic divides, economic challenges, and language barriers. However, it comes with unique considerations. This presentation will explore distance counseling challenges and solutions. The ethical, legal, and practical implications of distance counseling and supervision will be explored.

Rosedown A, Saturday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: From Under the Rug: Anthetic Relationship Therapy Interventions for Unspeakable Issues
Format: Education Session
Presenter: Kathryn Elliott, PhD, LMFT, LPC-S
Description: The field of relationship science has revealed that human physiology can maintain the intensity and gratification of early love for a lifetime. Fostering lifelong intimacy requires couples be able to regulate intimacy through continued sharing of their deepest thoughts and feelings. This session draws on the unique findings and dialogues of a therapist couple in their marriage and their 40-year clinical practice for sustaining bliss. Once equipped with concepts, partners can talk to each other about anything, not holding back thoughts, feelings, or requests. Such depth requires skills for managing feelings that emerge in the revelation of inner material of each partner. Antehetic Relationship Therapy concepts and skills offer partners the fundamental steps for achieving inclusive growth of all elements of partners’ psyches. Participants will have experiential opportunities for understanding the concepts of inner freedom and inclusive growth immediately useful in counseling practice.

Rosedown B, Saturday, 12:00 p.m. – 12:50 p.m. - 1.0 CE Hour(s)

Title: Acceptance and Commitment Therapy with Couples
Format: Education Session
Presenter: Ross Aalgaard, DSW, LICSW, LADC

Description: Acceptance and commitment therapy (ACT) can make a significant difference in a couple's relationship. Often therapists will focus on conflict management in therapy rather than addressing the distress the couple is experiencing. ACT helps couples to focus on their shared values, mindfully reconnect when distressed, and build relational intimacy and meaning. This session will provide the basics of ACT with Couples and discuss the role of avoidance, the process of values clarification, and relating through values-based action and problem-solving.

Saturday, February 2, 2019
Education Sessions
1:00 p.m. – 1:50 p.m.

Madewood A, Saturday, 12:00 p.m. – 2:50 p.m. - 3.0 CE Hour(s)

3-Hour Session

Title: Bipolar and Related Disorder as a Systemic Disease: Strategies for Empowering Families and Preparing Counselors
Format: Education Session
Presenters: Jason H. King, Ph.D., LMHC-S, CCMHC, NCC, ACS, Matthew R. Buckley, EdD, LPC, LCMHC, NCC, ACS, BC-TMH, Stephanie K. Scott, PhD, LMHC

Description: Treatment for individuals diagnosed with bipolar and related disorders have historically focused on symptom reduction through medication management and psychotherapy. However, the course and severity of bipolar and related disorders cannot be separated from the individual’s environmental and psychosocial context. This includes deleterious impact on the family, as well as the influence family relationships have in the manifestation and expression of manic, hypomanic, and depressive episodes. This session reviews salient aspects of assessment and treatment of bipolar and related disorders including a family systems perspective, the implementation of the Vulnerability Stress Model, and implementation of Family Focused Therapy (FFT) as a core treatment. Emphasis will also be placed on preparing counselors for the difficult and challenging work through a review of specific concepts related to Osborn’s (2004) STAMINA model that prepare counselors’ focus in working with the specialized nature of bipolar and related disorders in families as the counselor becomes part of the system being treated.
**Madewood B, Saturday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

**Title:** Counselor as Sex Therapist: Common Sexuality Problems in Practice  
**Format:** Education Session  
**Presenter:** Thomas Murray, Ph.D., LMFT, LPCS, CST

Description: Many clients feel embarrassed to discuss sexuality concerns with professionals. Even though counselors are familiar with discussing sensitive and embarrassing topics, many counselors share the same anxiety that clients feel when discussing sex and sexuality. Yet, counselors can play a pivotal role in supporting individuals and couples in having fulfilling, shame-free and guilt-free sex. In this presentation, attendees will identify common obstacles to discussing sexual issues as well as how to overcome them. In addition, attendees will learn how to support clients through addressing common sexual issues, including low sexual desire, erectile problems, and painful sex. Finally, attendees will be provided an overview of the steps to obtain AASECT certification as a sex therapist.

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**Nottoway A, Saturday, 12:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

**2-Hour Session**

**Title:** "White Privilege, Social Injustice, and Political Discourse: Implications for Family Counselors"  
**Format:** Education Session  
**Presenter:** Brian Canfield, Ed.D., LPC, LMFT

Description: This educational session will examine family counseling practice within the context of politically and culturally diverse societies. Specific issues will include professional responsibilities, boundaries, ethical obligations, overcoming impediments, and effective strategies for co-creating a collaborative therapeutic relationship.

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**Nottoway B, Saturday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

**Title:** Counseling for Foster Parents  
**Format:** Education Session  
**Presenters:** Kelci Ellis, BA, Master’s Student, Daniel Williamson, PhD, LPC (TX), CPCC-S (KY), NCC, HS-BCP, Jennifer Williamson, PhD, LPCC-S (KY), LPC (TX), NCC, HS-BCP, Ken Banks, B.S.

Description: The purpose of counseling for foster parents is to accommodate parents to have an emotional regulation while fostering emotionally distressed children. Foster children are often confused and may even have a disability that requires a lot of emotional attention. Caring for emotionally distressed children can require a lot of energy and mental strength that takes a toll on the parent’s overall health. Very often, courts mandate counseling for emotionally challenged children to help transition to the new foster environment. Foster parents are not required counseling for their mental health, while caring for the emotional distress children. As a caretaker of any kind, with or without disabilities, counseling should be a requirement that not all foster parents may be able to afford. Counseling for foster parents will accommodate them with healthy coping skills that will demonstrate effective parenting skills, and emotional regulation to name a few.

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**Rosedown A, Saturday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

**Title:** Verbal Dirty Fighting: Helping Clients to Understand and Change Their Cultural and Social Unconscious Arguments
Format: Education session
Presenter: Barbara Mahaffey, Ph.D., LPCC-S

Description: This presentation contains a description of how families fuss, argue, and fight dirty verbally. The speaker will discuss her experiences and collection of insights about working with couples and families for the past twenty years. Included will be information on how to provide insight directive psycho-education about how to do problem solving and "Clean" verbal discussions.

**Rosedown B, Saturday, 1:00 p.m. – 1:50 p.m. - 1.0 CE Hour(s)**

Title: “The Aftermath of Trauma and Loss: Cultural Strategies for Therapeutic Healing”
Format: Education Session
Presenter: Matthew Mock, PhD, LMFT

Description: The experience of trauma and loss, sometimes repeated, are ongoing concerns of many children, youth and families. Therapists in the community including family therapists are in key roles to intervene providing culturally sensitive outreach, competent services and engage in therapeutic healing processes. Economically disadvantaged families living in urban neighborhoods experience an inordinate amount of trauma and losses. Isolated communities in more rural areas are often neglected. A good deal of research has focused on the experiences of adolescents in these families, finding correlations between exposure to pervasive trauma and loss, and a multitude of negative outcomes. Family therapists are better equipped to support these families when they understand experiences common to parents as well as children as well self-of-the-therapist reactions. According to parents, pervasive trauma and loss disrupts a sense of individual and family wholeness across generations. When pervasive loss is combined additionally with social oppression or marginalization, parents believe children to be at risk of making despairing meaning from their experiences and abandoning healthy ambitions for their lives. The research suggests that parents respond to the loss – sometimes repeated - in the lives of their children by focusing on reaffirming family wholeness, encouraging their children to release their pain, and generating meaning that sustains hope. This workshop will help participants enhance clinical work with multicultural communities in multiple ways. First, participants will gain insight into what it is like to work with children and their parents in context through loss and trauma by hearing parents’ first-hand accounts. Second, the self-of-the-therapist in working effectively with culturally diverse families will be discussed. Third, the workshop will generate ideas for facilitating therapeutic healing including types of rituals to support families in working through trauma and loss. Fourth, the workshop will offer a framework for facilitating strength-based conversations with parents and children about grief. This framework includes ways of inviting cultural themes of ethnicity, gender, social class, immigration statues, sexual orientation and faith into these strength-based therapeutic strategies.

**Saturday, February 2, 2019**

**Education Sessions**

**Madewood A, Saturday, 12:00 p.m. – 2:50 p.m. – 3.0 CE Hour(s)**

**3-Hour Session**

Title: Bipolar and Related Disorder as a Systemic Disease: Strategies for Empowering Families and Preparing Counselors
Format: Education Session
Presenters: Jason H. King, Ph.D., LMHC-S, CCMHC, NCC, ACS, Matthew R. Buckley, EdD, LPC, LCMHC, NCC, ACS, BC-TMH, Stephanie K. Scott, PhD, LMHC
Description: Treatment for individuals diagnosed with bipolar and related disorders have historically focused on symptom reduction through medication management and psychotherapy. However, the course and severity of bipolar and related disorders cannot be separated from the individual’s environmental and psychosocial context. This includes deleterious impact on the family, as well as the influence family relationships have in the manifestation and expression of manic, hypomanic, and depressive episodes. This session reviews salient aspects of assessment and treatment of bipolar and related disorders including a family systems perspective, the implementation of the Vulnerability Stress Model, and implementation of Family Focused Therapy (FFT) as a core treatment. Emphasis will also be placed on preparing counselors for the difficult and challenging work through a review of specific concepts related to Osborn’s (2004) STAMINA model that prepare counselors’ focus in working with the specialized nature of bipolar and related disorders in families as the counselor becomes part of the system being treated.

Madewood B, Saturday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)

Title: The Newest Member of the Family: Using Technology-based Activities to Cultivate Family Cohesion
Format: Education Session
Presenter: Diane Smedley, MA, LMFT Associate, LPC Intern, Alexis Croffie, MA, LPC Intern

Description: Technology has become a pervasive member of the family unit. Many times, counselors see this prevalence as impediments to family communication and cohesion (Carvalho, Francisco, & Relvas, 2015). The presenters will challenge this notion by offering innovative methods to incorporate technology as a therapeutic intervention for family counseling. Additionally, marriage and family counselors will highlight the role technology plays in the family unit. The discussion will also include evidence-based findings on how technology can improve communication and cohesion within family units (Chesley & Fox, 2012; Stevenson, 2011). The presenters will demonstrate interventions through various forms of media, case conceptualizations, case examples, and volunteer participation. Subsequently, the audience will be given an opportunity to process their experience of the interventions and discuss practical application to their current counseling setting.

Nottoway A, Saturday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)

Title: “Mirror Mirror on the Wall, I am My Mother After All”
Format: Education Session
Presenter: Lauren Mckenna, MA, LMFT, Ashley Cosentino, Ed.D., LCPC, NCC

Description: Young girls may consider their mothers either as a positive or negative role model. They build a fear of not living up to their mother’s standards or fear of following into their mother’s footsteps without realizing it (Efthim, Kenny, and Mahalik, 2001). Holm, Prosek, and Weisberger (2015) mentioned that mothers have the pressure to be the “perfect mom” and have been socially constructed on this role of conforming to the notion of having maternal guilt for not being the “perfect mom.” Whether girls adore their mothers or not, eventually they may mimic their mothers’ every move, from their mothers’ mannerisms, gestures, expressions, moral views, personality characteristics, and guilt once they become mothers. In order to understand this phenomenon, the presenters will explore research done on the intergenerational transmission of maternal guilt from first time mothers’ experiences and whether their mothers played a role into their formation of maternal guilt.

Nottoway B, Saturday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)

Title: Narrative Approaches for Couples Affected by Childhood Sexual Abuse
Format: Education Session
Primary Presenter: John Beckenach, Ed.D., LPC, Shawn Patrick, Ed.D., LPC
Description: Many counselors, whether trainees or licensed professionals report often feeling unprepared to work with clients who have experienced childhood sexual abuse (CSA). This session will present a narrative-based approach for addressing CSA in couples counseling. The approach focuses on reconnecting clients with the hopes, values, and preferred images of their relationship that abuse attempted to take away. This collaborative approach allows couples to set the direction and pace of conversation, reducing the potential for re-traumatizing or exploitive sessions. Through the use of interview transcripts with couples, we will identify effective practices that assist couples in discovering the ways they resisted and continue to resist the effects of abuse. Session participants will be invited to practice questions that could be used when exploring CSA in couples counseling. We will also provide examples of ways couples may express reclaimed relational identities through art, music, or other creative media.

Rosedown A, Saturday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)
Title: Unsung Lullabies: Maneuvering through the Journey of Infertility
Format: Education Session
Presenter: Alyssa Peters, MS, LPC, NCC, Heather Tustison, LCPC, NCC

Description: Infertility is similar to a taboo subject, hence, the “unsung lullabies”. One in eight couples experience infertility in one shape or form. As a counselor, therapist, or helping professional the awareness of infertility issues need to be brought out into the open. The psychological, physical, and relational affects that a couple go through can significantly impact the individual as well as the couple. Help is needed to cope, persevere, and navigate the individualistic realities of infertility. This session will provide counselors, therapists, and helping professionals with the much needed awareness, understanding, and recognition regarding characteristics associated with infertility.

Rosedown B, Saturday, 2:00 p.m. – 2:50 p.m. - 1.0 CE Hour(s)
Title: Not all Relationships are Good: Overcoming Disproportionality as a Function of Race and Ethnicity
Format: Education Session
Presenter: George Hebert, PhD.

Description: In the United States, the disproportionality of minority children has been a major concern for decades, especially for health care and educational outcomes. Inadequate access to proper health care continues to plague many children and it appears to be related to their race and ethnicity. Likewise, racial and ethnic factors have played a predictive role for differing diagnostic categories used for special education services. This investigation will outline the equity progress for all children in the United States as it relates to both health care coverage and diagnostic labels in special education. In utilizing typical methodologies for racial/ethnic proportionalities, national health care and special education data will be analyzed and presented over a ten-year period to document the equity progress for children of minority status in the United States. Participants will discuss their perceived barriers in these arenas and propose solutions as we strive to move forward.
IAMFC Conference Session Evaluation


To evaluate an education session, roundtable, or poster session, please complete the following evaluation and turn in to the registration desk or complete online.

Name of Session: ________________________________________________________________

Presenter Name: __________________________________________________________________

Date/Time of Session: ______________________________________________________________

Type of Session:  □ Education Session  □ Roundtable Session  □ Poster Session

□ Keynote Speaker
Dr. Mark Young

The presenter was prepared and knowledgeable
□ Strongly Disagree  □ Disagree  □ Neutral  □ Agree  □ Strongly Agree

The room was comfortable
□ Strongly Disagree  □ Disagree  □ Neutral  □ Agree  □ Strongly Agree

Session materials/handouts were useful
□ Strongly Disagree  □ Disagree  □ Neutral  □ Agree  □ Strongly Agree

I will be able to use the information I learned in this session in my practice/counseling/classroom
□ Strongly Disagree  □ Disagree  □ Neutral  □ Agree  □ Strongly Agree

Additional comments for presenters/conference planners: ____________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
IAMFC Overall Conference Evaluation


Thank you for attending the IAMFC 2019 World Conference in New Orleans. Please rate your experience with the overall conference. We will use this information as we plan the next IAMFC Conference. Please rate each of the categories below:

The presentations were relevant to my practice/field
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The speakers were knowledgeable
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The presentation style of the speakers was effective
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The materials I received were beneficial
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The length of the presentations was adequate/appropriate
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The conference meeting space and hotel were comfortable
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The IAMFC staff was helpful
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

The conference met my needs as a professional
- [ ] Strongly Disagree
- [ ] Disagree
- [ ] Neutral
- [ ] Agree
- [ ] Strongly Agree

Would you attend another IAMFC Conference?
- [ ] Yes
- [ ] No

I would like to attend another IAMFC Conference in New Orleans
- [ ] Yes
- [ ] No

I would like to attend another IAMFC Conference in this city: ____________________________

How can IAMFC improve this conference: ____________________________________________

What topics or areas of interest would you like to see included in future conferences: ____________________________

Additional comments for conference planners: ____________________________________________

__________________________________________________________________________________
Participant, please print clearly:

Name ____________________________________________________________

Address __________________________________________________________

Phone ____________________________________________________________

Email ____________________________________________________________

You may receive NBCC credit for attending the conference sessions listed and verified on the reverse side of this form. Please return the completed form to the CE box at the registration table before departure or email signed form to iamfcconference@gmail.com. This form will be returned to you via email, and will serve as your CE Certificate after IAMFC representative review. Please be sure your name and email address above is CLEAR and READABLE. A copy will be retained by IAMFC in our database.

Additionally, I have completed the track below (Please place an X)

___ Military Total of credit hours requested: ____________________________

___ I did not complete an additional track

No credit is given for poster sessions.

Total of Credit Hours earned by above participant: ________ CE’s

International Association of Marriage and Family Counselors has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1023. Programs that do not qualify for NBCC credit are clearly identified. IAMFC is solely responsible for all aspects of the programs.

This is to certify that the above named individual has attended the continuing education activities listed on the reverse side of this form. The International Association of Marriage and Family Counselors (IAMFC) is approved as an Approved Continuing Education Provider, ACEP No. 1023. Programs that do not qualify for NBCC credit are clearly identified. IAMFC is solely responsible for all aspects of the programs.

This form will be considered your CE program certificate following IAMFC representative review with signed approval. This document will be returned to the participant following this procedure.

Authorized for IAMFC by: ___________________________ Date: ______________

Cheryl Mark, Ph.D., MA, LPC, NCC – iamfcconference@gmail.com
IAMFC 2019 Continuing Education Attendance Form  
Date of Completion February 2, 2019

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<th>Title</th>
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Total CE’s Earned: TOTAL

I certify that the information presented on this form is complete and accurate.

___________________________________________      ___________________  
Participant’s signature                        Date
International Events

The International Association of Marriage and Family Counselors invites you to attend one or more of our upcoming International Events. Please visit the IAMFC website for detailed information and application packets.

18th Annual Oxford Family Counseling Institute
(Earn up to 18 CEs)

July 9-16, 2019

From its inception, the Oxford Institute has been designed as forum for the building and expansion of professional relationships, personal friendships, and the exchange of scholarly information about couples and family therapy and counseling. The Institute brings together an international group of educators, practicing professionals, and graduate students who wish to share and learn more about marriage, dyadic relationship, and family issues.

IAMFC Scotland Family Counseling Institute
Edinburgh, Scotland
(Earn up to 15 CEs)

July 16-22, 2019

The IAMFC Scotland Summer Institute offers a unique professional development event that focuses on family counseling/therapy issues and provides an immersion experience into Scottish culture. Institute attendees interact in a small group setting of international colleagues composed of graduate students, family counselors, mental health counselors, school counselors, substance abuse counselors, educators, and other counseling professionals from around the world.