North Louisiana Counselor Education
“Fall Conference”

Presented by:
Brentwood Behavioral Hospital
and
Family Solutions Counseling Center

West Monroe Convention Center
901 Ridge Ave
West Monroe, LA 71291

Dates: October 13th and 14th, 2016

Thursday October 13th Agenda:

Program Title: Assessment and Diagnosis of ADHD: Intervention Strategies with ADHD: A Systemic Approach

Presenter: Erin Rockett, MA, LPC-S, LMFT

(Assessment & Diagnosis) Start Time: 8:00am End Time: 9:30am CEUs: 1.5

Presenter Biography: Erin Rockett, MA, LPC-S, LMFT; is a Clinical Fellow of the American Association of Marriage and Family Therapy. She grew up in southern Mississippi and Arkansas. After earning a B.A. in secondary education (1992), and MA in Marriage and Family Therapy from Northeast Louisiana University (1996), she served as counselor for a juvenile Department of Corrections program. In 1999 she was Clinical Director for Our House emergency shelter care program for teens in Monroe, LA.

She served as Family Therapist for Louisiana Methodist Children’s Home for 13.5 years, becoming an LPC supervisor in 2010. Her work there included individual, family, and group therapy, clinical supervision, instruction of staff training courses, assisting with various chapel programming, and representing the home in various social agency contexts. In addition to serving as a frequent speaker and consultant on ASD, other clinical practice areas include trauma intervention, (EMDR), grief work, and educator consultation. She has presented workshops on autism spectrum disorders, consultation paradigms, and client spirituality at regional and national conferences. She completed Forensic Interviewer training from the National Academy of Child Advocacy Centers, and has also undergone training in both EMDR and Theraplay. She received the Order of Good Shepherd award for
volunteerism, by Louisiana Methodist Children’s home in December of 2012. In 2013 she left the children’s home to begin private practice focused on consulting for child and adolescent issues, autism spectrum disorders, and grief/trauma work.

Erin’s clinical work is greatly influenced by the family systems, solution-focused, narrative, and trauma-focused cognitive-behavioral therapy traditions, in addition to attachment-based work. Her background as an educator brings an awareness of developmental theories, learning modalities, and research-informed practice.

In addition to clinical work, Erin has served as a board member and currently is a project chairperson for Junior Auxiliary of Ruston, a volunteer organization focused on children’s advocacy. For several years Erin has increasingly engaged in children’s ministry in her worship setting. Previous ministry-based roles include children’s choir director and staff consultant. At this time she is the Director of Children’s Ministry at McGuire UMC.

Program Description:

This presentation will review current clinical parameters for ADHD diagnosis, sample current research trends, identify the reciprocal impact of ADHD and client social contexts. The role of client system cognition/narrative will be examined. Intervention strategies will be explored for self-use in addition to strategies for the home/family and the educational setting.

Learning Objectives:

1. Review current clinical definitions of ADHD from DSM-V and ICD-10
2. Survey current trending research in ADHD intervention and treatment
3. Identify the social/professional systems which impact the client system with an ADHD diagnosis
4. Explore the role of family member cognitions/narrative in the intervention process
5. Identify intervention strategies to be utilized in the individual, family, and educational environment

Program Title: Inquiry as Intervention: Strategy & Technique in Systemic/Constructivist Therapy

(Keynote Presenter)

Presenter: Wendel A. Ray, PhD., LCSW, LMFT-S, LPC-S, AAMFT clinical member and supervisor

Start Time: 9:45am   End Time: 11:15am   CEUs: 1.5

Presenter Biography: Wendel A. Ray, Ph.D., is a Senior Research Fellow and former member of the MRI Brief Therapy Center and former Director of the Mental Research Institute (MRI), in Palo Alto, CA. At the encouragement of John Weakland in 1987 Dr. Ray founded the Don D. Jackson Archive. He serves as Spyker Endowed Chair and Professor of Family System Theory in the University of Louisiana – Monroe (ULM) Marriage and Family Therapy and Systemic Studies Programs. Dr. Ray conducts training
internationally on a variety of topics including Systemic / Constructivist Theory and Therapy with a wide range of behavioral and emotional problems, as well as lecturing on the pioneering work of Don D. Jackson, MD, Gregory Bateson's Palo Alto Research Group, and contributions to Interactional Theory, constructivism, and Brief Therapy by Paul Watzlawick, PhD, John Weakland, Ch.E., and Richard Fisch, MD.

Research interests include theory construction, application of Communication / Interactional Theory in therapy; supervision and teaching therapy skills; effective and efficient practice of interaction focused therapy; study of audio and film recordings of master therapists, among other topics.

Dr. Ray is author or co-author of more than 100 journal articles, book chapters, and nine books, published in multiple languages. Books include Don D. Jackson, Selected Essays from the Dawn of an Era; Don D. Jackson, Interactional Theory in the practice of Therapy, selected papers vol. II; Propagations: Thirty Years of influence from MRI (co-edited with John Weakland); Paul Watzlawick - Insight may Cause Blindness and other Essays (co-edited with Giorgio Nardone); Resource Focused Therapy (co-authored with Bradford Keeney); Evolving Brief Therapies: In Honor of John H. Weakland (co-edited with Steve de Shazer); Irreverence: A Therapists' Guide to Survival, and The Cybernetics of Prejudices in the Practice of Psychotherapy, (co-authored with Gianfranco Cecchin & Gerry Lane). Dr. Ray can be contacted by Email: wendelray@gmail.com or by telephone/text at (318) 547-4539.

**Program Description:** This workshop will focus on the topic of inquiry as intervention in brief therapy. How and what a therapist decides to ask questions about greatly influences the nature of the therapeutic encounter, as well as the effectiveness and efficiency of treatment. Conceptual logic out of which the process of inquiry unfold, and basic strategies and techniques of brief therapy from a Systemic and Constructivist viewpoint will be described. Participants will be provided specific methods of inquiry basic to effective and efficient problem resolution.

**Learning Objectives:**

1. Develop clearer understanding of being mindful of the four interrelated premises of system thinking:
   a. The precariousness of using the symptom as a starting point for investigating family and situational interactional process.
   b. The implications deriving from and individual versus interactional viewpoint.
   c. Lineal vs. circular causality, and
   d. Non-pathological and non-normative viewpoint.
2. How to join through gathering information about the problem
3. How to elicit client language, worldview, position about the problem in context
4. How to understand and use the “pace then lead” technique in therapy

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**Program Title:** Proper Assessment and Diagnosis of the Child in Clinical Practice: Engaging Families in Children's Therapy

**Presenter:** Whitney Walker Foster, M.A., L.P.C.
Presenter Bio: Mrs. Foster is a Licensed Professional Counselor. She works with individuals, couples and families to navigate difficult circumstances and the emotional burdens that often accompany them. Ms. Foster believes in strengthening oneself to be an integral part of the counseling process and works to restore hope, purpose and opportunity to relationships and life itself.

Mrs. Foster has gained much experience treating young children and adolescents in different contexts; working clinically with young children struggling with depression, anxiety, separation anxiety, children of divorced families, school behavior problems and authority concerns. Play therapy techniques are utilized to create an enjoyable experience, which elevates and brightens children's spirits and outlook on the therapeutic experience.

Mrs. Foster believes that play is fun, and it can expand self-expression while stimulating creative thinking, regulating emotions, and boosting self-esteem and ego. She believes play therapy techniques can relieve children's resistance to therapy and create a life changing experience grounded in learning crucial skills that are necessary to thrive and succeed in life.

Program Description: Presenter will highlight step-by-step process when working in with children and families to set, measure, and achieve goals set in treatment. Participants will also learn common childhood diagnoses and how to establish a treatment plan involving multiple “clients” in treatment for best outcomes.

Learning Objectives:
1. Participants will become aware of the differences in individual vs. family approaches when children are the clients.
2. How to achieve productive sessions with children.
3. How to Navigate sensitive family dynamics/relationships when a child is the client.
4. How to properly diagnose childhood disorders.

Program Title: Identifying the Effects of Drugs on the Human Body and Mind: Assessment and Treatment in Clinical Practice


Presenter Biography: Charles Joseph Beck (C. J.) received an Associate of Arts Degree in Bible and Business from Northeastern Christian Junior College in 1990. He obtained a Bachelor of Science Degree in Youth and Family Ministry from Abilene Christian University in 1992. He obtained a Master of Arts Degree in Marriage and Family Therapy from Northeast Louisiana University in 1996. After receiving his Master of Arts Degree, he worked at the Louisiana Methodist Children’s Home and Family Services where he served as a social worker and marriage and family therapist. He worked there for five years and
obtained his licensure as a Professional Counselor and Marriage and Family Therapist. After leaving the Methodist Children’s Home, he worked two full time careers in therapy and law enforcement. Beginning in 2001, he served as a Clinical Director for Our House, was a Clinical Manager for two different outpatient Mental Health Rehabilitation Centers and completed assessments for a third center, was in private practice, and currently works as a therapist with First West Counseling Center in West Monroe. As a police officer, he has achieved the rank of Sergeant and spent nine years on the Street Crime Unit. This unit is focused on drug related issues. In 2008, he was certified by the International Association Chief of Police as a Drug Recognition Expert through the training program associated with that certification. Only approximately one percent of police officers receive this distinction. In 2012, he completed the Instructor status for that program. He was an adjunct instructor for the Multi-Jurisdiction Counter Drug Task Force training for five years, which was a program funded by the Department of Defense. He has been declared an expert in both civil and criminal court and continues to teach. He has been a guest speaker at Nursing Association Conferences and District Attorney Association conferences on the topic of drug impairment. He is often a guest speaker for several community outreaches and has conducted many interviews with local media.

**Program Description:** This program is designed to show how drugs affect the human body and mind, to help the clinician improve the treatment approach. Understanding how drugs work and the signs of use can help the clinician with the following: (1) making a thorough assessment when drugs are a presenting problem; (2) help family members or other support systems know how to identify drug use; (3) educate clients and families about the impairment effects of drugs; (4) make appropriate referrals based on identifying the client’s drug problems.

**Learning Objectives:**

1. Identify common drug names and terms associated with the Major Drug categories.
2. Understand how drugs affect the human body and behavior.
3. Describe the general and clinical indicators of impairment associated with each category.
4. Identify the most commonly abused drugs, including poly-drug use.
5. Describe how treatment can be tailored to individuals and support systems once drug problems are identified.

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**Program Title:** Holistic Care for Clients from a Christian Perspective

**Presenter:** David Wheeler, PhD, Licensed Psychologist

**Start Time:** 3:00pm   **End Time:** 4:30pm   **CEUs:** 1.5

**Presenter Biography:** David Wheeler obtained his master’s degree in Marriage and Family Therapy from Northeast Louisiana University in 1987. After working for 2 years at the Baptist Children’s Home in Monroe, he and his wife Christie moved to Texas for David to work on his doctorate in Counseling Psychology from Texas A & M University. After completing his internship in Louisville, Kentucky in
1993, he moved with his wife and daughter back close to home and began to work at the Louisiana Methodist Children’s Home in Ruston. Having been a licensed psychologist since 1997, he has served various clinical roles at the Methodist Children’s Home for almost 23 years. These roles have included providing family, group, and individual therapy for adolescent residents, providing outpatient therapy for families and individuals through the Family Counseling Center, serving as Director of Clinical Services for about 10 years, and serving as Clinical Vice President for the past 4 years. Toward the end of 2015, he joined with Family Solutions office in Ruston to provide outpatient services for adults and adolescents one evening per week.

David has been married to Christie for 28 years and they have 3 terrific children. David served for a number of years as an elder in his church, as well as various other roles. One of his goals is to develop a clear, useful, comprehensive model of holistic care, including body, soul, spirit, and relationships.

**Program Description:** Living within the “Bible Belt”, there are many clients who specifically request a counselor or psychologist who is a Christian. This usually means that they desire someone who shares their basic beliefs about God if this person is going to be advising them on very important personal matters. It is also true that in this area, there are many counselors who were inspired by their faith to enter the field of mental health and see this as a “calling” and a form of ministry. Yet, there are not many trainings offered in the local area about how to integrate spiritual and psychological issues in psychotherapy. This training will offer a simple model for holistic care, including consideration of spiritual, psychological, physical, and relational issues within a Biblical world view.

**Learning Objectives:**

1. Participants will consider basic issues involved with integrating spiritual issues into therapy from a Biblical worldview.
2. Participants will consider a simple model for integration of body, mind, spirit, and relationships.
3. Participants will receive a brief self-assessment form that clients may complete to help design a treatment plan.

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**Program Title:** Methods of Helping Parents with Difficult Adolescence

**Presenter:** David Boyle, Ph.D., LPC, LMFT

**Start Time:** 4:45pm  **End Time:** 6:15pm  **CEUs:** 1.5

**Presenter Biography:** David Boyle, Ph.D., LPC, LMFT, received his doctorate in 1979 from Brigham Young University. He is currently a professor of clinical family medicine and director of behavioral sciences at LSU Health Sciences Center at Monroe. Before teaching at LSU Medical School he spent ten years in private practice and was a full time assistant professor of counselor education at ULM. He and Dr. Harper Gaushell were the authors of the current Masters of Art degree in Marriage and Family Therapy at ULM. He has coauthored a bestselling book with his father titled: *How to Live with Your children and Like Them*. He and his wife, Cindy, have been married for 39 years. They are the parents of five children and the grandparents of twelve grandchildren. His current passion is woodworking. He loves making mantle clocks and grandfather clocks.
Program Description:

This presentation will explore several methods a family therapist can use when working with parents who have a difficult adolescence. Some of the topics to be discussed during the presentation are: effective methods of discipline one can use with adolescents, understanding the etiology and treatment of teenage substance abuse, helping parents understand how to help an adolescent with disruptive mood dysregulation disorder and how parents can help an adolescent who is failing academically. Participants will learn how to take an effective developmental history of an adolescent from their parents. Finally, the presenter will discuss how to help parents recognize and deal with some of the emotional “stumbling blocks” which exist between adolescence and parents. Handouts will be available to each participant.

Learning Objectives:

1. Understanding how to take an effective developmental history of adolescents from their parents.
2. Learn to recognize the emotional “stumbling blocks” which exist between parents and adolescents.
3. Learn specific methods of appropriate discipline parents can use with adolescents.

Friday October 14, 2016

Program Title: Diagnostic & Treatment Complications/Confusion Related to Borderline Personality Disorder and Histrionic Personality Disorder: A Dialectical Behavior Therapy Approach

Presenter: Dr. John D. “Jodey” Edwards, NCC, LPC-S

(Assessment & Diagnosis) Start Time: 8:00am  End Time: 9:30am  CEUs: 1.5

Presenter Biography: Dr. Edwards is a Licensed Professional Counselor Supervisor (LPC-S) with Appraisal Privilege, a National Certified Counselor, a Louisiana State Certified Guidance Counselor with Lifetime Certification Plus 30, a Registered Clinical Sexual Offender Treatment Provider, and a Certified Disaster Mental Health Services provider with the American Red Cross. His earned degrees include a Bachelor of Arts degree in Psychology from Northeast Louisiana University, a Master of Arts degree in Counseling & Guidance from Louisiana Tech University, a Master of Science degree in Health & Physical Education from Louisiana Tech University, and a Doctor of Education degree in Leadership & Counseling from the University of Louisiana at Monroe (ULM). He has completed practicum and internships in private practice mental health settings, educational settings, and adolescent group home settings where he performed individual counseling, group counseling, and crisis intervention.

He has been working in the mental health field since 1999, and he has been working as a counselor in private practice since 2004. He offers seminar trainings on topics such as, but not limited to, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Christian Counseling Integration, Parent Management Training, treatment strategies for high risk patients, cultural diversity, Motivational Interviewing, and
ethics. He has also taught as an Adjunct, Assistant Professor for ULM in the School of Health Professions, Department of Counseling Studies as well as online faculty for the Psychology Department and the Dual Enrollment program for ULM and Claiborne Christian School.

**Program Description:** This program will review the diagnostic criteria of Borderline Personality Disorder and Histrionic Personality Disorder, and it will address different aspects of assessment and treatment. The program will also review common misconceptions and misdiagnoses of these personality disorders and how this can adversely affect treatment planning and implementation. The treatment focus will be on aspects of Dialectical Behavior Therapy and on how this can be implemented with this diagnostic population.

**Learning Objectives:**

1. Conference attendees will better understand the diagnostic criteria related to personality disorder, especially the diagnoses of Borderline and Histrionic Personality Disorders
2. Conference attendees will better understand the use of Dialectical Behavior Therapy with personality disordered patients
3. Conference attendees will better understand recent research in diagnostic assessments, diagnostic criteria, and treatment planning with patients diagnosed with Borderline and with Histrionic Personality Disorders

**Program Title:** “I want you back but now is not a good time”: Structured separation: An intervention approach to working with separated couples

**Presenter:** David Hale, Ph.D., LMFT

**Start Time:** 9:45am  **End Time:** 11:15am  **CEUs:** 1.5

**Presenter Biography:** Dr. Hale currently serves as an assistant professor in the face-to-face MFT Programs at the University of Louisiana at Monroe (ULM) as well as serves as the Director of the Online MFT PhD program at ULM. He graduated with his PhD from Nova University in Ft. Lauderdale, FL in 1993 and since that time has served as a clinician in a variety of settings including, in-home, community mental health, EAP, university clinic, and private practice. Dr. Hale serves on the Board for LAMFT. He is a clinical fellow of AAMFT as well as an approved supervisor. He is currently licensed as a MFT in both Mississippi and Louisiana. He is also an approved LMFT supervisor in both Mississippi and Louisiana. He has several research interests including marital separation and has published an article on Structured Separation.

**Program Description:** I will present an intervention approach to working with couples who are currently separated, contemplating separation, or who may become separated one day.

**Learning Objectives:**
1. Participant will get a thorough overview of a systemic approach to working with couples;
2. Participants will receive a step approach in working with couples who are or may become separated;
3. Participants will understand and view the separation process from a non-traditional viewpoint.

Title: The Impact of Coping Flexibility in Constructing More Adaptive Outcomes

Presenters: Ida A. Chauvin, Ph D.; LPC-S; LMFT; Mediator, Parent Coordinator and Jeff Tucker, PLPC

Start Time: 11:30am       End Time: 1:00pm   (Working Lunch)   CEUs: 1.5

Dr. Ida Anding Chauvin, a Licensed Professional Counselor-Supervisor, a National Certified School Counselor, a Licensed Marriage and Family Therapist, Mediator, and Parent Coordinator, has a B.A. in business, a M.A. in psychological counseling from Nicholls State University, and a Ph. D. in counselor education from University of New Orleans. She has been an elementary and middle school counselor and a crisis counselor in high school settings. She has clinical experience in drug court, domestic violence shelters, and private practice. She is an Associate Professor in the Counseling and Guidance Program at Louisiana Tech University. She currently provides contract counseling services for Family Solutions Counseling Center in Monroe and Ruston, Louisiana. Her research interests, publications, and counseling specializations include children and children’s issues including anxiety, sleep quality, career counseling, narrative practices, crisis intervention, career and life coaching, marriage and family counseling, family therapy, mediation, and creative techniques in counseling. She is highly specialized in working with children as well as adults in relationship issues, divorce, crisis, and parent collaboration and is the counseling advisor for the A. E. Phillips Laboratory School in Ruston, Louisiana and provides advocacy services for children and their parents and local school districts.

Jeff Tucker is a provisional licensed professional counselor currently undergoing supervision for licensure. He holds the NBCC certification of National Certified Counselor. Jeff is a graduate of Louisiana Tech University where he served as president of its Chi Sigma Iota chapter. Jeff is employed as a behavior interventionist in the Lincoln Parish school system.

Program Description:

Do You Hear What I Hear? Using flexibility of coping skills, emotional suppression and emotional expression can be adaptive. Deficits in flexibility of coping skills may indicate pathology.

Extant research is rich in perspectives regarding coping behaviors. Coping behaviors are a response to an individual’s stress. There are fundamental guidelines for interpreting, changing, and utilizing effective coping strategies. This workshop provides the basic foundation for professionals to employ in examining client coping methods. Methodology of teaching clients how to discontinue ineffective coping strategies and implementing adaptive flexible coping strategies will be examined.
Research indicates that individuals that cope with stressful life issues by using flexibility in coping behaviors have better outcomes than those who routinely employ the same strategy continually. Coping strategies that are situational are more productive and produce better outcomes. This workshop provides the basic foundation for professionals to make viable recommendations for recognizing and ultimately removing barriers to academic, social, and personal success by teaching flexibility in coping.

**Learning Objectives:**

1. Address client issues that require coping skills
2. Conceptualization of coping based on strategies clients use in response to stress
3. Understand situational factors of coping
4. Understand the basics of extending a client’s coping repertoire.

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**Program Title:** Meta Processing: Processing the Process of Ethical Decision Making

**Presenter:** Jana P. Sutton, Ph.D., LMFT-S, LPC-S

(Ethics) **Start Time:** 1:15pm  **Break:** 2:30pm  **Start Back:** 2:45pm  **End Time:** 4:30pm  **CEUs:** 3

**Presenter Bio:** Dr. Jana Sutton is Program Director of Marriage & Family Therapy and Counseling Studies at the University of Louisiana at Monroe. She is a Licensed Marriage and Family Therapist, State Approved Supervisor and AAMFT Approved Supervisor. She is also a Licensed Professional Counselor and State Approved Supervisor. Dr. Sutton has written and presented extensively on systemic approaches to therapy and supervision. Her areas of expertise include couple’s therapy, domestic violence, sexual assault and substance abuse. Dr. Sutton is a Past President of the Louisiana Association for Marriage and Family Therapy.

**Program Description:** The Principles of the Marriage and Family Therapy, Counseling, and Social Work Code of Ethics will be covered in this workshop through both a process and content lens. Participants will actively participate in process conversations paying attention to what goes on in and between themselves and others as they make ethical and legal decisions within the therapeutic context. Particular attention will be paid to how the clinician, consultants, clients, family members, and others involved in the lives of clients are taken into consideration during these ethical and legal decision making processes. Also of importance will be the processing of the interrelated individual philosophy, therapeutic approach, morals, and beliefs of the therapist. Case examples will be utilized to process meta processing especially in light of weighing conflicting moral and ethical decision making and their logical and illogical fits with systemic concepts and cybernetic principles.

**Learning Objectives:**

2. Apply process to the process of ethical decision making through case examples.
**Program Title:** Social Media Awareness

**Presenter:** Alberta Green, M.Ed., LPC, NCC

**Start Time:** 4:45pm  
**End Time:** 6:15pm  
**CEUs:** 1.5

**Presenter Biography:** Alberta Brown Green is the owner of ABG Counseling and Career Consulting where she provides Career Counseling, Leadership Development, Professional Business Development Training, Mental Health Counseling and Life Coaching. Alberta also is the Director of Information Technology Initiatives for North Louisiana Economic Partnership (NLEP). Green heads up business recruitment and retention efforts focused on expanding North Louisiana’s technology sector. Green is a Licensed Mental Health Counselor with Louisiana State Supervision Privileges. Alberta is a supporter of Military men and women, a lover of innovative technology and gadgets, music, theatre and the arts.

**Program Description:** “Social media is the social interaction among people in which they create, share or exchange information, ideas, and pictures/videos in virtual communities and networks”

Social media has become a frequently utilized platform of communication for individuals of all ages. Corporations, small businesses, universities and k-12 schools are using social media to attract, engage and retain their stakeholders. Social media is a powerful tool that comes with great rewards if used appropriately or great risks, if misused in any profession. Learn how to navigate appropriately through the world of social media “one click at a time”.

**Learning Objectives:**

1. The Rise of Technology and Social Media
2. Most Common Platforms for Social Media and How to Gain Access
3. The Do’s and Don’ts of Social Media
4. Review of Legal and Ethical Practices of Social Media in the Counseling Profession
5. Your Digital Finger Print – What does it say about you and your organization?