

**Ohio Counseling Association  
Spring Conference - March 20-21, 2019**



***Advancing the Counseling Profession***

***The OCA works hard to bring together and train counselors in Ohio to advance our profession, provide CEs for licensure, and help our members follow their bliss.***

***This conference brings together the OCA, The Central Ohio Counseling Association, and the Ohio Association for Spiritual, Ethical, and Religious Values in Counseling who worked together to bring you a meaningful and diverse program.***





Welcome to the OCA Spring Conference hosted by the Central Ohio Counseling Association (COCA) and the Ohio Association for Spiritual, Ethical, & Religious Values in Counseling (OASERVIC). We appreciate you committing time to this event and hope we provide everything you expect. The OCA exists to help you learn, grow, and advance in your chosen career and believe this conference helps us all with that goal. Use your time effectively by meeting new peers, choosing a mentor, and discovering new information, methods, and techniques.

We feel the program for this Spring Conference meets the needs of most of our members and guests and will both help you with certification and help you along your chosen path. Please use the course evaluations to let us know how we are doing and how we can improve in the future. We hope the Spring Conference grows into another great opportunity for our student, professional, and counselor educator members. Without your support and interest we cannot offer events such as this. Bring us your ideas, volunteer offers, and speakers so we can continue to grow and improve every year.

Thanks to our chapter and division leaders, OCA officers, and volunteers who all helped bring this event together.

Adrienne Johnson  
OCA President  
[www.OhioCounseling.org](http://www.OhioCounseling.org)

Marjorie Shavers  
COCA President  
[www.CentralOhioCounseling.org](http://www.CentralOhioCounseling.org)

Katie Gamby  
OASERVIC President  
[www.oaservic.org](http://www.oaservic.org)

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**Hotel Exterior**



**Guest Room**

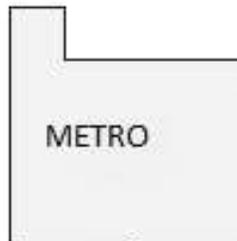
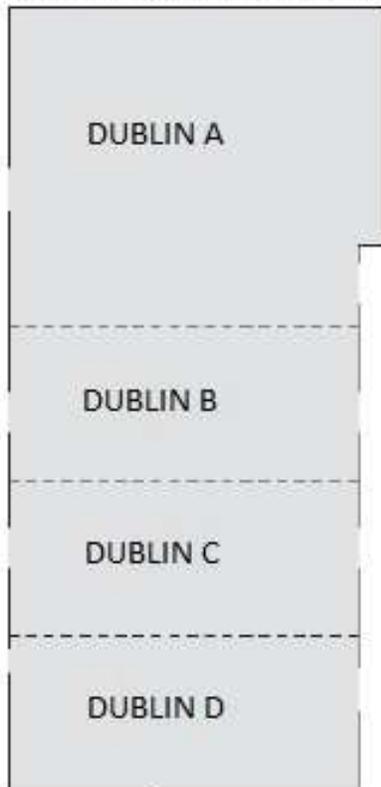


**Breakfast**

Your hotel guest room includes a free hot breakfast buffet and omelets cooked to order, a manager's reception at 5pm with free beer, wine, cocktails, sodas, water, and appetizers + snacks daily.

### **Embassy Suites Meeting Space – Ground Floor**

#### **DUBLIN GRAND BALLROOM**



#### **PREFUNCTION**



## WEDNESDAY MARCH 20, 2019 • PROGRAM SCHEDULE

TIME	EVENT	ROOM/LOCATION
9:00am	Registration	Prefunction
10:00am	Welcome and Introductions – Adrienne Johnson	Riverside
10:15am	<i>Where Supervisor Sees Supervisee: Culturally Responsive Social Justice Supervision</i> <ul style="list-style-type: none"><li>• Colette Dollarhide, PhD, NCC, ACS, LPC/S</li><li>• Delila Owens, PhD., LPC, LSC</li><li>• 3 Supervision CE Credits</li></ul>	
1:00pm	Transition/Break <i>Snacks and drinks in the Prefunction</i>	Prefunction
1:00pm	Exhibits	Prefunction
2:00pm	<i>Ethics Training on Privilege and Power: Dual Relationships</i> <ul style="list-style-type: none"><li>• Dawn Friedman, PhD, MEd, LPCC</li><li>• 3 Ethics CE Credits</li></ul>	Dublin Ballroom A&B
5:00pm	Networking Reception & Student Poster Sessions	Prefunction

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## THURSDAY MARCH 21, 2019 • PROGRAM SCHEDULE

Events in Purple are the Graduate and Doctoral Student Track

TIME	EVENT	ROOM/LOCATION
8:00am	Registration	Prefunction
8:00am	Exhibits	Prefunction
9:00am	Welcome/Introductions – Adrienne Johnson	Dublin Ballroom A&B
9:15am	<i>Being Ethically Informed when Working with Clients Who are in Need of Medication Assisted Treatment</i> <ul style="list-style-type: none"><li>• Martina Moore, PhD, LPCC, LICDS-CS</li><li>• 1 Ethics CE Credit</li></ul>	Dublin Ballroom A&B
9:00am	Graduate Student Welcome Remarks & Keynote <i>Getting the Most out of Mentorship Networking, and Making Mentorship Connections</i> <ul style="list-style-type: none"><li>• Amy Williams, Ph.D., LPCC-S, LICDC-CS, IMFT, NCC, ACS</li></ul>	Dublin D
10:30am	Transition to Breakouts	
10:45am	Breakouts – See pages 5 & 6	Metro, Frantz, Post, Muirfield, Riverside, & Dublin C

**THURSDAY MARCH 21, 2019 • PROGRAM SCHEDULE**  
 Events in Purple are the Graduate and Doctoral Student Track

<b>TIME</b>	<b>EVENT</b>	<b>ROOM/LOCATION</b>
10:45am	Making the Most of your Supervised Internship Experiences – Valerie Prevosnak	Dublin D
10:45am	How to Thrive as a Doc Student - Natalie Ricciutti and Chase Swaney	Atrium
11:45am	Transition to Lunch	
12:00pm	Lunch Buffet & Networking	Dublin Ballroom
12:30pm	Legal Issues in Counseling – Michael Hochwalt, Esq, LPCC-S	Dublin Ballroom
1:00pm	Transition from Lunch to Breakouts	
1:15pm	Breakouts – See pages 5 & 6	Metro, Frantz, Post, Muirfield, Riverside, & Dublin C
1:15pm	Resumes, Cover Letters, and Job Hunting for Master’s Students – Chase and Natalie	Dublin D
1:15pm	CVs, Cover Letters, and Job Hunting for Doctoral Students – Amy Williams	Atrium
2:15pm	Transition to Breakouts	
2:30pm	Breakouts – See pages 5 & 6	Metro, Frantz, Post, Muirfield, Riverside, & Dublin C
2:30pm	Ongoing Professional Development: Nurturing your Passions in Grad School and Beyond	Dublin D
2:30pm	Teaching, and Research, and Service, Oh My! Developing Skills for Faculty Success in your Ph.D. Program – Amy Williams	Atrium
3:30pm	Adjourn for all but Grad and Doctoral Students	
3:30pm	Self Care and Grad Student Life	Dublin D

## INVITED SPEAKERS

	<p>Dr. Colette Dollarhide is a professor in Counselor Education at The Ohio State University and has been a counselor educator for 23 years. Her main teaching and research focus has been leadership, supervision, school counseling, professional identity, and social justice. Dr. Dollarhide has served as the co-founder and President of OCSJ, and Research Committee Chair for CJS. In addition, Colette is a Nationally Certified Counselor, currently holds her LPC with supervisor endorsement in Ohio, and is a nationally Approved Clinical Supervisor.</p>
	<p>Dr. Delila Owens is an Associate Professor and Coordinator of the School Counseling program and serves as the President of the Ohio Counselors for Social Justice Division. She has been extensively involved in the counseling profession. She has served as president of North Central ACES. NCACES is regional association of the Association of Counselor Education and Supervision. NCACES members represent 13 states in the Midwest, ex-officio member Counselors for Social Justice, and Akron Public School's school counselor advisory board.</p>
	<p>Dawn Friedman is a therapist in private practice specializing in issues of family building including fertility, pregnancy, birth, adoption and parenting. She holds post-graduate certification in Infant-Toddler Mental Health. She has been designated a Level IV Early Childhood &amp; Afterschool Professional by the Ohio Child Care Resource &amp; Referral Association (OCCRRA). Dawn runs Best Practice Workshops, a continuing education company for counselors and social workers and has presented at the Columbus Society for Clinical Social Work and Ohio State Counseling and Consultation.</p>
	<p>Dr. Martina Moore holds a Ph.D. in counseling, education, and supervision. She is on faculty at John Carroll University, where she serves as the Coordinator of the Substance Use Disorder Concentration in the Clinical Mental Health Program. She is the President and CEO of Moore Counseling &amp; Mediation Services, Inc., (MCMS). This organization has seven outpatient alcohol and drug treatment centers in Northeast, Ohio. Dr. Moore's areas of research include: dual diagnosis population, medication assisted treatment for opiates use disorders and trauma informed treatment for human trafficking survivors</p>
	<p>Amy E. Williams, Ph.D., LPCC-S, LICDC-CS, IMFT, NCC, ACS, is an assistant professor in the Counseling Program at Youngstown State University and also works part-time as a couple and family counselor at Meridian HealthCare. Her clinical experience includes individual, group, couple, and family counseling in residential and outpatient substance use and mental health treatment settings. Her research focuses on assessing and treating substance use disorders, addiction and families, and counselor training and supervision.</p>

# PRESENTATION DETAILS

## WEDNESDAY MARCH 20, 2019 10:00 A.m. GENERAL SESSION - SUPERVISION

### Where Supervisor Sees Supervisee: Culturally Responsive Social Justice Supervision.

- Dr. Colette T. Dollarhide, NCC, ACS, LPC/S and Dr. Delila Owens, PhD., LPC, LSC **Muirfield**

*This training will provide participants with a way of incorporating social justice into supervision, directly with the supervisee and indirectly with the supervisee's client. We will review the basic structures of supervision, and then using various social justice lenses, we will explore how social justice awareness, perspectives, and action should be infused into the supervision relationship, goals, objectives, and process. This will improve supervision for diverse supervisees directly and for all supervisees in the long run. Then, using a case study, we will explore what application of this learning could look like in practice.*

### Break with drinks and snacks in Prefunction

## WEDNESDAY MARCH 20, 2019 2:00pm GENERAL SESSION - ETHICS

### Ethics Training on Privilege and Power: Dual Relationships

**Dublin Ballroom**

- Dawn Friedman, PhD, MEd, LPCCW

*This 3-hour workshop will help counselors consider the ways that privilege and power differentials can make themselves known in the counseling space and the ways these issues can harm the therapeutic relationship. Attendees will consider their own and their clients' privilege; the power differential inherent in the therapy process; the way that privilege and power influences the counseling relationship; and a concrete process for ethical decision-making to best serve the clients in our care.*

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## THURSDAY March 21, 2018 9:15 a.m. GENERAL SESSION

### Presenting the Case for Medication-Assisted Treatment

**Dublin Ballroom A&B**

**(MAT) for Opiate Addictions** – Dr. Martina Moore, Moore Counseling and Mediation Services and John Carroll University

*Many counselors practice in an unethical manner when it comes to Medication Assisted Treatment (MAT) for clients experiencing an Opiate Use Disorder. Counselors may lack of competency, education and awareness about MAT and will project stigmas onto the clients that become a barrier for assistance. MAT along with behavioral interventions such as Cognitive Behavioral Therapy (CBT) combined with Motivational Interviewing (MI), is showing promising outcomes with assisting opiate use disorder clients in achieving their treatment goals (Nielsen et al., 2015).*

*As Professional Counselors we have an obligation to do no harm to our clients. MAT is an evidence based practice that has outstanding research to support its efficacy with the opiate using clients. As professional counselors we have an obligation to become aware and competent in an effort to assist our clients with making the best choice for their recovery process. This workshop will address our ethical obligations when working with this population and will challenge the stigmas that may interfere with the recovering process. This topic is important to the counseling profession because our nation has been devastated by the effects of opioid/heroin use disorders. Many counselors and other professionals are scrambling for a treatment intervention to assist clients with recovering from this addiction. Current research supports the use of Medication Assisted Treatment (MAT) along with counseling and social support to help people who have an alcohol or opiate use disorder to subsequently cease and/or decrease alcohol or opiate use.*

**TRANSITION from Ballroom/General Session to breakouts (5 choices below + Grad/Doc Events)**

**THURSDAY March 21, 2019 10:45 a.m. BREAKOUTS**

**Counseling Male Survivors of Sexual Assault in the #MeToo Era**

**Muirfield**

– Stephanie Drcar and Stacey Litam of Cleveland State University

*Given the prevalence rates, Ohio counselors are more likely to work with male survivors of sexual assault than they may be aware. When counselors lack specific knowledge they may prevent service provision to male survivors (Donnelly & Kenyon, 1996) or traditional gender role stereotypes may impact their level of responsiveness. In order to work effectively with male survivors, specific knowledge is required in order to recognize, assess, and treat the sequelae of male sexual assault.*

**"Notice That": Integrating Mindfulness into EMDR Therapy & Trauma-Focused Care** **Riverside**

– Suzi Rutti, LISW-S & Rachel Weaver, LISW-S of Rutti Counseling & Consultation, LLC

*Mindfulness-based practices are becoming more and more popular among mental health clinicians. This program will discuss strategies for integration of mindfulness practices into trauma-focused interventions. Presenters will specifically discuss the application of mindfulness to EMDR therapy.*

**Healing through Nature: The Impact of Ecotherapy through the Lens**

**Post**

**of the Holistic Model of Health** – Fawn Gordon and Chase Swaney of the University of Akron

*Participants will discover how ecotherapy impacts wellness through gaining an understanding of how nature has reduced symptomology in those experiencing psychological and/or emotional distress and impairment.*

**Shockwave: The Impact of Sex Addiction** – Lucinda Bolinger of the Crossroads

**Franz**

Counseling Group

*Sex Addiction is a problem that is increasingly identified as creating issues for individuals in many life areas. This presentation offers information from a world-wide, nation-wide, and our local area regarding the devastation which sex addiction can inflict on individual lives, national/cultural awareness and the world at large. This presentation speaks to the trauma that is driving most sexual addiction and the use of an addiction to mediate the impact of trauma, while unfortunately, ensuring its re-enactment.*

**Callings and Wellness: The Spirituality of Work**

**Metro**

– Tyler Hudson, M.A., M.A., LPC, CWC of the Ohio State University

*Many of our clients are seeking to make meaning of their lives and see their careers or vocations as a primary means to do so. For many of our clients who come from religious or spiritual orientations, the notion of a "calling" is of particular importance. Understanding work as a calling is correlated with physiological, emotional, and mental health benefits, yet is often unexplored during the course of treatment. Clinicians would serve their clients well by understanding how to assess their clients' views of work, the benefits of seeing work as a calling, and how to utilize calling and seeing work through a spiritual lens as an intervention.*

**THURSDAY March 2, 2019 1:00 p.m. BREAKOUTS**

**“It’s Because You’re Asian”: What Counselors and Counselor Educators Need to Know When Working with Asian American Clients and Students**

**Muirfield**

– Stacey Litam and Angelika Holleran of Cleveland State University

*A number of Asian American stereotypes exist, most notably the “Model Minority” stereotype. According to Atkin, Yoo, Jager, and Yeh (2018), the model minority stereotype describes Asian Americans as hard working, educated, and more successful compared to other racial minority groups. The effects of this stereotype in addition to parental expectations and family pressure impacts Asian American self-efficacy, help seeking behaviors, and occupational interests (Lee, Juon, Martinez, Hsu, Robinson, Bawa, & Ma, 2009). Although internalization of the model minority stereotype may contribute to negative psychological outcomes and impact the process of ethnic identity development among Asian Americans, strong identification with one’s ethnic group has been found to promote wellness and serve as a protective factor (Mossakowski, 2003). This engaging presentation addresses the influence of the model minority stereotype and intraethnic othering within Asian American clients and students in order to construct multicultural considerations, counseling treatment, and culturally sensitive strategies with this underrepresented population.*

**Spirituality and Wellness**

**Riverside**

– Paul Granello, PhD, LPCC-S of and Tyler Hudson, M.A., M.A., LPC, CWC of the Ohio State University

*Spirituality is an essential domain of human wellness. Engaging in spiritual practices has physiological, mental, and emotional health benefits and can be utilized as a source of effective interventions with clients. This 60-minute session will provide audience members with an understanding of the field’s historical and current views of religion, spirituality, and wellness; an understanding of the differences between religion and spirituality; and the ability to assess their client’s spirituality, approach spirituality in session, utilize spirituality as an intervention, and prepare themselves for the use of spirituality with their clients.*

**Responding to the Unseen Victim of Sexual Exploitation: Helping When his Sexual Deceptions Traumatize Her**

**Post**

– Barbara Steffens of Liberty University

*When someone sexually exploits others, compulsively utilizes pornography, or engages in other forms of deceptive sexual behavior, there is usually a family member, spouse or other loved one who experiences great stress and, in many cases, trauma in response. Rather than being willing participants or someone who condones or ignores these behaviors, most loved ones do not know and are blindsided by the discovery of behaviors of someone they love. These unseen victims experience extreme stress, trauma-like symptoms, isolation, and misunderstanding. Some also experience direct abuse and exploitation themselves within the relationship. Care providers are not trained in how to assist those who are betrayed and who have been deceived. As a result, these women report harm as a result of their help-seeking attempts and often do not receive the care they need.*

*This presentation will focus on related research, support needs, and interventions for assisting the special population of betrayed loved ones after sexual deception. Ethical principles that inform this care will be explored. A trauma-informed model for support and treatment will be introduced.*

**Double Jeopardy- Counseling Minority Older Adults**

**Franz**

– Lisa Zimmerman and Tiffany Peets of Walsh University

*This presentation will address diversity issues regarding age, socioeconomic status, race, ethnicity, ability, and culture with special focus on gerontology and underserved population of LGBT older adults as well as provide information regarding multicultural counseling practices and advocacy. According “Caring and Aging with Pride” collects data from FORGE Transgender Aging Network, GLBT Generations (Minnesota), LA Gay & Lesbian Center (Los Angeles), LGBT Aging Project (Boston), New Leaf (San Francisco). Openhouse (San Francisco), SAGE (Services and Advocacy for GLBT Elders) (New York), SAGE at Center on Halsted (Chicago), SAGE Metro St. Louis, SAGE Milwaukee, and Senior Services (Seattle). This data provides reports across the United States on LGBT adults age 50 and older. The data indicate that there are 2 million LGBT adults age 50 and older across the United States. Of these, 1-10 have been denied healthcare and all reported elevated levels of isolation, victimization, discrimination, loneliness and depression however there were also reports of resilience and thriving. These LGBT older adults span multiple racial, ethnic, socioeconomic and geography spectrum. The base of this research is to address this underserved population as well as examine special needs, services, advocacy and how it applies to counseling practice and policy.*

**Risk and Protective Factors: Assessing from a Developmental Lens, Responding with a Prevention Focus** – Kristin Bruns of Youngstown State University and Christina Schnyders of Malone University **Metro**

*Adverse childhood experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction, such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with substance misuse.*

*When children are exposed to chronic stressful events, their neurodevelopment can be disrupted. As a result, the child's cognitive functioning and/or ability to cope with negative or disruptive emotions may be impaired. Over time, and often during adolescence, the child may adopt unhealthy coping mechanisms, such as substance use or self-harm.*

*Clients may also have biological and psychological characteristics that can make them vulnerable or resilient to potential behavioral health. A variety of risk and protective factors exist within each person's environmental context.*

*Effective prevention focuses on reducing risk factors and strengthening protective factors. Individual-level protective factors can include elements such as positive self-image, self-control, or social competence. Many prevention approaches focus on helping clients develop the knowledge, attitudes, and skills needed to change their outlook and/or behavior. Therefore, this session will seek to equip counselors with resources and strategies for working with clients who have experienced (or are currently experiencing) ACEs to lessen current stressors and reduce risk levels.*

**THURSDAY March 21, 2019 2:15 p.m. BREAKOUTS**

**Queering Therapy: Moving beyond LGBTQ+ 'Affirmative' Counseling** **Muirfield**

– Stephanie Drcar of Cleveland State University and Marissa Patsey, Private Practice  
*Affirmative psychotherapy involves the inclusion of LGBT-affirmative attitudes, knowledge, and skills into a counselor's existing therapeutic approach (Pepping, Lyons, & Morris, 2018). Although affirmative psychotherapy provides an antidote to non-affirmative practices (i.e., encouraging repression of sexual or gender identities, heteronormative assumptions, etc.), queer theory provides many of the same benefits of affirmative psychotherapy approaches while also addressing problematic power dynamics that can be present in affirmative psychotherapy. Queer theory resists a singular definition but within the current presentation some unifying features of queer theories will be discussed along with how they can be implemented in therapeutic practice such as: resisting categorization, challenging essentialism, questioning binaries, examining context, and the examination of power relations (Barker & Scheele, 2016). Attendees will also learn how queer theory supports work with clients with multiple marginalized, intersecting identities. Overall, queer theory will be presented as a liberating theoretical lens through which counselors can better understand their clients, themselves, and their work with LGBTQ+ clients.*

**When My Faith Fails Me: Helping Clients Navigate Religious and Spiritual Deconstruction** – Nicole Hall, M.A., LPCC-S and Matt Casada, M.A., LMHC of Regent University **Riverside**

*The often-unintentional progression of spiritual questioning can lead to a critical examination of a faith tradition. Despite well-established stages of faith, this deconstruction is often startling for individuals and accompanied with confusing emotional, cognitive and societal dynamics. This seminar explores deconstruction, manifestations in treatment and how clinicians can offer support.*

*Clinicians are charged with multicultural competence (ACA, 2014), which includes aptitude in the realm of religion and spirituality (ASERVIC, 2009). Isomorphic to a culturally awake clinician, a spiritually awake clinician should maintain knowledge and skill to work with an increase of clients walking through a spiritual deconstruction by offering competent and delicate support through this often painful and puzzling chapter. Using the venerable stages of faith identity development (Fowler & Levin, 1984) a faith crisis can be understood as a natural evolution, albeit disruptive and transformative.*

**Counseling Youth with Problem Sexual Behaviors: Effective Diagnosis, Treatment, and Prevention of Clinical Impairment – Beverly Crump of Walden University** **Post**

*Sexually violent offenses committed by youth ages 12 to 17 accounts for 19 percent of all sexual crimes in the United States (Seto & Lalimiere, 2010). Counselors providing clinical counseling to youth with problem sexual behaviors need to have specific clinical skill sets and training to effectively diagnose and treat this population (Stovering, Nelson, & Hart, 2013). Counselors lacking appropriate prerequisite academic classes and training could be impaired due to unpreparedness to work with youth with problem sexual behaviors, high work demands, and high caseloads (Stovering et al., 2013). As a result, counselors may experience symptoms associated with frustration, stress and fear that affects their professional responsibilities and performance.*

**Addiction: Heroin – Donna Poppendieck, PhD, LICDC-CS, OCPCII** **Franz**

*This course provides a brief overview of heroin use. In the current climate of increased use and perhaps unprecedented media coverage, this course gives a scholarly definition, statistics, risk factors, and approaches in treating heroin addiction.*

**Microaggressions in Later Life: Implications of Ageism on Older Adult's Mental Health and Wellbeing and Considerations for Practice – Lisa Zimmerman of Walsh University** **Metro**

*This presentation will explore the relationship between experiences of geriatric microaggressions and the mental health of older adults. Geriatric microaggressions are subtle forms of discrimination experienced by the older adult population based upon negative societal perceptions of aging. Previous research has found relations among other forms of microaggressions, such as racial and sexual orientation, and the mental health of minority populations; however, age related microaggressions remain relatively unexplored (Nadal, 2011; D.W. Sue, 2010).*

*Attendees will be presented facts and figures from an analysis of census data regarding the rapid increase of older adult's residing in Ohio. A tool for assessing experiences of geriatric microaggressions, The Geriatric Microaggressions Scale (GMS), will also be introduced to equip counselors with the knowledge and skills necessary to work effectively with the older adult population. Finally, data will be presented from a 2017 study exploring the relationship between experiences of ageism based on the GMS and older adult's mental health.*



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