

Monday, April 12, 2010—KMHCA 3-hour Intensive Workshops

9:00 a.m. – 12:00 noon

1. ***Biopsychosocial Assessment—3 CEUs***
Presenter: Michael Cornwall, Ph.D., LPCC, CSW

In order to provide a fuller understanding of emotional upsettedness, mental health practitioners must take into account: 1) the medical model, 2) the social context in which the client lives, and 3) the complementary system devised by society to deal with the disruptive effects of the mental illness. This seminar will assist trainees in their efforts to practice from a biopsychosocial perspective. The presenter will promote a structured paradigm of client assessment, giving full consideration to the biological, psychological and social realms of human functioning in the collection and analysis of clinical information.

2. ***Will I Ever Be Thin (Pretty) Enough? Etiology and Treatment of Body Image Disturbance—3 CEUs***
Presenter: Tammy Hatfield, Psy.D.

In Western society, it is rare to find individuals, regardless of their shape or size, who are perfectly content with their bodies. We are constantly bombarded with messages designed to suggest we need some adjustment that will result in self-improvement. Some evidence of this is provided by our booming diet industries and cosmetic surgery practices. How can we, as counselors, assist our clients in becoming more accepting of their bodies while working toward creating and maintaining health? In this experiential workshop, participants will learn about the development and treatment of body image problems, who is impacted, and how body image problems are treated. Various theories that attempt to explain the etiology of body image disturbance will be reviewed. Specific counseling strategies for use with clients with body image problems will be presented. Participants will be challenged to explore and find creative ways to encourage their clients to begin accepting themselves as they are while nurturing their bodies toward increased health and well being. The role of advocacy in preventing and addressing body image disturbance will be also discussed

1:30 p.m. – 4:30 p.m.

3. ***Getting Started in Private Practice—3 CEUs***
Presenters: Martin Wesley, Ph.D., LPCC, MAC
Neresa Minatrea, Ph.D., LPCC
Private Practice Panel Includes: Tammy Hatfield, Psy.D., David Higgins, M.Ed., LPCC, Amy Holsinger, M.Ed., LPCC and more

This workshop presentation will explore how to start and maintain a successful counseling private practice. The presentation will explore contracting, employee assistance programs, DUI programs, consulting, marketing your practice, finances, licensing, and much more. Additionally, this presentation will look at real ideas for private practice success that you can replicate or modify to start your own niche in the counseling service industry.

Monday, April 12th, continued....

1:30 p.m. – 4:30 p.m.

4. ***Acupressure and Self Healing: Energy Work for Counselors—3 CEUs***
Presenters: John Ferguson, Board Certified Hypnotherapist and Certified Trainer
Angelia Bryant, Ed.D., LPCC

This workshop teaches self healing based on the Chinese energy meridian system, which proposes that the body has an energy network. The efficacy of acupuncture and acupressure (i.e., a no needle form of acupuncture) is well established. The World Health Organization lists 28 conditions which scientific research studies strongly support acupuncture's effectiveness and cites 63 more conditions where the therapeutic effects have been observed. This workshop will focus on basic acupressure methods that counselors can teach clients in order to change negative feelings and/or cognitions, reduce or eliminate fears and anxiety, and relax more effectively.

Tuesday, April 13, 2010—KMHCA 3-hour Intensive Workshops

9:00 a.m. – 12:00 noon

1. ***Supervision and Ethics for Licensed Professional Counselors—3 CEUs***
Presenters: Timothy Robertson, MA, LPCC
Alice Walker, Ed.D., LPCC
Neresa Minatrea, Ph.D., LPCC
Judy Bradley, MA, LPCC

This program provides training for Licensed Professional Counselors in Kentucky meeting regulatory changes requiring supervision training for all supervisors of Licensed Professional Counselor Associates. The training will review current regulations and ethical issues related to supervision.

2. ***Native American Culture 101—3 CEUs***
Presenter: Russ Tall Chief, MA

Native Americans have made a significant contribution to Kentucky's rich cultural heritage. This workshop is designed to promote cultural competency when working with Native American clients. It is hoped that participants will gain a broader understanding of Native American history, culture, customs, attitudes, family systems, and the role of spirituality. Of special interest will be an emphasis on this ethnic group's unique concerns, how their government works, how it advocates for their interests on a federal basis—and how this information can better equip counselors to more effectively advocate and work with diverse clients.

Tuesday, April 13th continued....

1:30 p.m. – 4:30 p.m.

3. *Working with Suicidal Clients and Counseling Survivors of Suicide—3 CEUs*
Presenter: Susan Patterson, M.Ed., LPCC

Suicide is the 11th leading cause of death—second among adolescents—yet counselors-in-training and/or professionals often report feeling ill-prepared to work with suicidal clients. Furthermore, clinical training does not always address skills for working with survivors of suicide. This workshop will provide participants with practical information on suicide assessment and intervention. Participants will also learn specific strategies and techniques for working with suicidal clients, while exploring the critical issue of suicide prevention. In addition, this workshop will explore the unique needs of survivors of suicide—individuals too often forgotten in the aftermath of the tragedy of suicide.

4. *New Supervision Ideas for Mental Health Counselors in Kentucky—3 CEUs*
Presenters: Ken Engebretson, Ph.D., NCC
Michael Altekruze, Ed.,D., NCC
Larry Sexton, Ed.D., LPCC

The focus of this workshop will be three-fold. First, to reintroduce participants to the Kentucky Licensure law and how it applies to supervision. This part of the presentation will include a brief discussion on supervisor ethics. The second part will include an introduction to an innovative supervision model named Systematic Recall Supervision (SRS). The presenters will share their current published work in the areas of supervision and allow participants to actively engage in a role-play supervision process during the workshop. Video demonstrations will also be used. Finally, the presenters will discuss developing a network in the state of Kentucky linking practicing counselors with approved supervisors. This engaging workshop will benefit mental health counselors, community counselors, school counselors, career counselors, and social workers.

PLEASE NOTE: All 3-hour Intensive Workshops are an additional \$30.00