

VACES Graduate Student Conference Preview
Virginia Tech Roanoke Center – February 15th, 2008

8.30 AM

African – American Male College Student-Athletes and Career Development
John Alexander, VT

Numerous revenue generating college athletic teams are comprised of a disproportionate number of African-American Males. Though many colleges provide some level of support for these student- athletes on their campus through academic advising programs, discussion and exploration is warranted regarding support through personal and career counseling as well. This presentation will offer a rationale for additional counseling services pertaining to this special population and suggest career development theories to consider as a support in helping African-American Male Student–Athletes make a smooth transition out of college athletics. Participants can expect to come away with ideas for working with this population and implications for further research in this area.

8.30 AM

Roadmaps for Success: Identifying and Navigating Pathways for fostering Resilient Children
Kris Day, VT

Children and families face expectant and unanticipated stressors throughout the course of their development. Due to this it is imperative that school and community based counselors are equipped with the resources and tools necessary to foster and sustain child and family resiliency. This presentation will provide a brief overview of systems and explore an assortment of resources within various systems that mental health practitioners can draw from to address potential options for their clients and professional resiliency.

8.30 AM

Creating Connection: Bridging The Culture Gap
Susan Hayes, VT

Their politics, gender ideologies, spirituality, economic class, and cultural norms diverging radically from mine, my clientele at a Virginia Community Services Board requires sensitivity. Transcending stereotypes and DSM diagnoses, I am finding that Rogerian empathy, CBT, and the real world impact of Maslow’s hierarchy of needs enabled me to look beyond the severity of their damage and connect through our essential humanity.

8.30 AM

The “ Happy Trail” of Sexuality: An adventure in facing the complex issues of sexuality for the new professional.
Sydney Rowland, Radford

For the new professional, counseling issues in sexuality can be foreign territory. This presentation will explore common sex themes that emerge frequently in counseling, such as lack

of intimacy, mistrust, and low desire. As new counselors, it is crucial that we are comfortable with our own sexuality and recognize the lifelong journey of sexual awareness as an important and integral part of adult development. This presentation will also provide some key resources (books, videos, websites, etc.) for further exploration in this area.

8.30 AM

Art as a Diagnostic Tool: An Examination of the Potential Uses and Limitations of Visual Art as a Diagnostic Instrument
William Sembello, Radford

This presentation will use works of art by individuals with diagnosed psychopathologies in an attempt to illustrate to the audience the numerous recurring themes and archetypes that are present in the artwork of the chronically and/or acutely mentally ill. Special emphasis will be placed on the potentials and limitations of this approach as well as the unique role visual art may play in crisis intervention for the practicing school counselor.

9.30 AM

Beginning supervisees' experiences with postmodern supervision techniques
Amanda Flora, UVA

Supervisors have an obligation to enhance supervisees' self- and multicultural awareness. Feminism, social constructivist, and other postmodern styles of supervision, cradled within developmental and discrimination models, may assist supervisors and supervisees in fostering awareness. Beginning counselors and their beginning supervisor will share their experiences with a postmodern style of supervision. Audience members also be encouraged to ask questions and share comments.

9.30 AM

Beyond Parent Education - An Effective, Interactive Approach
Amy Rugh, Lynchburg College

Parent Education Programs generally use a group setting to introduce new ideas and skills. Unfortunately, many parents lack the ability and understanding needed to utilize these skills. This 13-session program is designed to work interactively with the participants and their children. Skills are taught then demonstrated with the children while the parents observe. This approach allows the facilitator to focus on the specific needs of the family while providing a concrete presentation of the material.

9.30 AM

Assessing Issues of Multicultural Counseling in Academe
Diana Housein Salaita, Radford

This presentation will explore multicultural counseling, specifically for college students. The influence of ethnicity on identity during this developmental period is examined, particularly in

the framework of critical race theory and analysis of how it influences student affairs and campus climates. Based on these analyses, implications for multicultural college counseling are explored, particularly the existence of microaggressions that affect minority clients.

9.30 AM

Myers-Briggs Type Indicator and Marketable Skills
Jack Dunne, VT

Through the Myers-Briggs Type Indicator (MBTI), we identify our preferences for gathering information and making decisions. While the MBTI does not measure skills effectiveness, nevertheless, when we use our skills in accomplishing our preferences, we probably strengthen them in two critical areas of living and make them habits. We can then identify and demonstrate these marketable skills, with examples, in interviews, branding statements, and resumes.

9.30 AM

The Application of Holland's Theory to Science, Technology, Engineering and Mathematics (STEM)
Jessica Caolo, VT

Since there is currently a declining interest in STEM majors as well as a shortage in the Science, Technology, Engineering, and Mathematics fields, high schools and universities could utilize the Self-Directed Search career assessment (which is derived from Holland's Theory) to help track these students whose values, interests, and skills match STEM careers. For this presentation, I will define STEM literacy as well as discuss the decline of interest and the shortage that our nation has faced in the science, technology, engineering and mathematics field. I will also define Holland's theory as well as discuss the utility of this career theory. In addition, I will discuss how this person-environment model can be used to explain the selection of majors and careers. Once I have discussed Holland's theory, I will provide tables and graphs showing how many STEM degrees have been awarded by degree-granting institutions. I will also provide a discussion on the socialization for careers in STEM. In addition, I discuss the underrepresented groups in STEM majors and careers as well as the barriers these groups may face when pursuing STEM careers. Lastly, I discuss some of the factors that can contribute to college students' success in the STEM majors.

10.30 AM

The Personal As Political: A Case Study In Early Efforts In Social Justice Advocacy And Peacebuilding
Cheree Hammond, UVA

Greater and greater emphasis has been placed on the role of the counselor in social advocacy, though little time and attention is given to the "how to" of counselor advocacy. This presentation will introduce participants to an issue of relevance to both community mental health and school counselors, disproportionality in service provision and punitive measures for minority children with identified special education needs. I will describe my experiences of advocacy around this issue beginning with personal experience and then moving into local, state and national level

action. Participants will leave with tangible ideas for entry into social justice action as well as resources.

10.30 AM

Finding Your Way After Graduation: Lessons From The Road to Work and the LPC
Cynthia Miller, UVA

Ever wonder what life will be like once you graduate and start working as a professional counselor? Worried about getting your license? Get some advice from those who have been there and done that. This panel presentation will discuss some common challenges new counselors face in the workplace and provide tips for navigating them. Topics include supervision issues, peer relationships, self-care, the licensure process, and staying current in the profession.

10.30 AM

Substance Abuse and the Elderly_
Grace Mahin, JMU

The research paper that will be presented is on the topic of substance abuse and the elderly. The paper and presentation examine the effects of substance abuse in the elderly, signs to look for when someone suspects abuse among the elderly, and the reasons for abuse, to name a few.

10.30 AM

Conceptualizing Chronic Major Depression in a Family Systems Framework
Gretchen Thorsen, JMU

Effective intervention strategies for clinical depression are dependent on an informed client conceptualization. Such conceptualization should acknowledge the critical impact a depressed individual's family and significant others have on the course and chronicity of the client's depression. Counseling tasks include validation of a depressed client's despair; identifying client strength and resiliency; maintaining curiosity and instilling optimism; and educating clients, their families, and significant others about the interpersonal and relational aspects of chronic major depression.

10.30 AM

Cybersex Addiction: Implications for Counselors
Liane Wilbur Paulson, VT

Sexual addiction + internet access can result in a new process addiction – cybersex addiction. The presenters will share prevalence information, warning signs, a discussion of the impact of cybersex addiction on family members, assessment strategies, and treatment options. Resources will be provided including handouts.

POSTER PRESENTATIONS

12:30

Today's Soldier: Post-traumatic Stress Disorder in the Military
Ellen Murphy, UVA

Our poster provides an overview of PTSD as it pertains to the military. The poster includes symptoms, comorbid disorders, and current treatments. The three students who created the poster have loved ones currently enrolled in the military and agree that counselors play a key role in advocating for PTSD awareness.

12:30

Substance Abuse Intervention Programs for Urban Youth
Jamie Rodriguez, W&M

On our journey in becoming effective counselors we have been challenged to connect with clients from an array of diverse backgrounds. While there is a surplus of research on intervention programs for adolescents who abuse substances, there is only a small subset of data that is specific to urban youth. The purpose of this presentation is to present several substance abuse treatment programs, highlighting those that are most effective in treating this "at-risk" population.

12:30

Domestic Violence – Be the Change
Jenna Dodds, UVA

Our poster provides information on domestic violence, the types of abuse that can occur, and the cycles of violence that usually occur in a home where domestic violence is taking place. The intervention that we focused on is Forgiveness Therapy, often unknown to many people, as a way for the victim to cope with what has happened and forgive the abuser. Also included on the poster is information on current legislation on the topic, and ways you can get involved.

12:30

Creating Community in the Online Classroom
Sara Wood, Regent

The transition to the online classroom is imminent as the field of counselor education attempts to stay technologically current. However, this transition presents several obstacles for creating community among students and professors. This presentation provides a "roadmap for success" in distance education, offering suggestions for both students and professors on how to span this distance and promote psychological closeness to supplement the learning process.

1.00 PM

Cinematherapy and the possible implications in multicultural counseling
Andrew Felton, JMU

This session will provide an introduction to film therapy, including the three major components considered in counseling settings. We will then discuss the use of film therapy in multicultural and cross-cultural situations, highlighting concerns raised through media theory about current film topics. A brief demonstration and opportunities for discussion will follow.

1.00 PM

Counselor Connection: Students Creating Ties within the Community
Audra Lancaster, VCU

The presentation focuses on providing strategies and activities that the Counselor Education Student Networking Association of VCU has employed to bring networking and volunteer opportunities to their counselor education students. Presenters will discuss hallmark events and community initiatives that support the collaboration of the VCU student body and the community. The presentation will include successful ways to encourage student participation, manage student organizations, and gain the support of faculty, staff, alumni, and the community.

1.00 PM

Exploring Counselor Identity: Challenges for Assessment & Educational Outcomes
Greg Meek, W&M

While counselor identity has been posited as a central theme of counselor education programs (CACREP, 2001), the definition and assessment of this professional identity is multifarious and complex. The current session will report on the development of a Counselor Identity Scale, including the initial results of an exploratory factor analysis of this construct.

1.00 PM

Working with Clients with Borderline Personality Disorder: What I Wish I Had Known When I Graduated
Melodie Frick, UVA

Beyond textbooks and the classroom, this presentation will offer the highs and lows of a counselor's clinical experience working with clients with Borderline Personality Disorder. Discussion will cover the diagnosis of Borderline Personality Disorder, identifying red flags, setting boundaries, providing effective treatment, and self-care. Case examples will be provided and open discussion will follow.

1.00 PM

Sex Therapy: A pocket map for counselors
Rebecca Heselmeyer, JMU

Whether or not we intend to counsel people (adults and adolescents) on sex-related issues, it is a topic we will likely encounter as clinicians. How comfortable are you discussing and addressing

this area on the map of human experience? This presentation will provide a “pocket map” guide to the territory of sex therapy issues and theories, with an invitation for participants to consider where they are in their own exploration and understanding of human sexuality.

1.00 PM

The Self Esteem of African American Girls and Women
Rebekah Melton, Lynchburg College

How do African American girls and women view themselves? Unfortunately in today’s society, not much is known about the self-esteem of African American girls and women. Some suggest that African American women have high self-esteem, while discouraging social statistics (e.g. HIV, teen pregnancy, etc.) indicate low self-esteem among African American girls and women. In this session, we will explore the meaning of self-esteem, contributing factors to the self-esteem of African American women, and the possible outcomes for the African American woman based on the self-esteem of the African American girl.

2.00 PM

Alderian Group Counseling
Amy Campbell, UVA

As one of the first theories to contribute to group counseling, Adlerian theory has significantly influenced the field. This presentation will include the theory’s tenets and approaches to group counseling. Role and tasks of group leaders, stages of development, and techniques will also be presented. The presenters will discuss other considerations, including limitations and applications of the theory, and welcome questions and comments from audience members.

2.00 PM

Class Action – Implementation of an innovative, research-based prevention curriculum
Carrie Lynn Bailey, W&M

A presentation outlining a collaborative effort between a local community agency and graduate students to implement an innovative, research-based substance abuse prevention curriculum through an alternative school setting.... Class Action is an evidence-based program effective in the reduction of substance use among middle and high school students. Students take on the roles of lawyers and stakeholders, debating the issues surrounding true-to-life case studies. Sample vignettes of this engaging and interactive curriculum will be presented and participation encouraged.

2.00 PM

Soul Wounding: Alcohol Abuse and Dependence in Indigenous People
Crystal Myers, JMU

Incorporation of family and traditional ceremonies and beliefs into counseling approaches are important aspects in aiding addiction recovery efforts of Indigenous People. This workshop will

address historical factors including enculturation and collective trauma that have led to alarming rates of Native American substance abuse and will identify pathways to success. Parallels will be drawn between 12-Step programs and traditional beliefs/practices and will highlight the importance of identity formation, reclamation, and integration in the healing process.

2.00 PM

Rolling With Parent Resistance in Family Therapy

Esther Benoit, W&M

Facilitating collaborative parent interaction can be a family therapist's biggest challenge. Many therapists express frustration with parents who seem resistant to change throughout the family therapy process. When supporting parents in eliciting positive interactions from their misbehaving children, counselors may find it difficult to encourage parents to engage in their own personal growth and change process. This presentation examines the elements of parent resistance and explores ways to overcome these challenges during family therapy sessions.

2.00 PM

Not as Perfect as You Think: How to Overcome the Pitfalls of Perfectionism

Kristi Lee Wyatt, W&M

Counselors work to help clients combat various cognitive distortions, including perfectionism, and their negative consequences. However counselors themselves can fall victim to the devastating effects of perfectionism, particularly beginning counselors. This presentation examines the problem of perfectionism, its negative impact, as well as its potential ethical and professional consequences. Suggestions for avoiding and healing from perfectionism will be offered as well as perspectives from counselors who have been through the battle with perfectionism themselves.

3.00 PM

Lessons Beyond The Textbook: Integrating the Experience of the Older Student

Amanda Deverich, W&M

This presentation introduces a new stage theory of the older student's emotional and intellectual processes before and during post-graduate education. It examines the significant impact of the older student upon the traditionally youthful learning environment. Older students draw upon a bankroll of life experience that enhances and frustrates classroom dynamics. Based upon personal experience and informal survey, this presentation explores the older student's experience, the influence of their presence and concludes with implications and recommendations based upon the findings.

3.00 PM

Book It! School Counselors and the Use of Children's Literature

April Sikes, ODU

The use of books in a school counseling program can be an effective technique when working with children. Participants will learn through the use of handouts, readings from selected children's books, and hands-on activities. A list of children's books designated by topic will be provided to each attendee.

3.00 PM

A Case Study of Johnny Cash in Walk the Line

Laura Thacher, Marymount University

The presentation will be centered on a case study reflecting addiction in an individual client. The client, Johnny Cash as depicted in the 2005 film, has sought treatment for Substance Dependence. The presenters, acting as his treatment team, will discuss the client's current level of functioning, his relevant history and key dynamics, a detailed treatment plan, and an aftercare plan. Questions from the audience are encouraged and implications for experiential classroom learning will be discussed.

3.00 PM

Networking: the Power of the Human Connection

Lisa Mann, W&M

Counselors spend a lot of time helping others through using the power of human connection, listening, and getting to know their clients. These same tools can be used in the job search process upon graduation. Networking is a powerful tool in job searching and is often overlooked by new graduates. My presentation will focus on the similarities of networking to the counseling process and how to use it in an effective post-graduate job search.

3.00 PM

Adventure-Based Counseling with At-Risk Adolescents

Rick Carroll, Regent

Adventure-based counseling is an innovative way of capitalizing on adolescents' natural propensity for socialization, risk, fun and adventure. With adolescents who may be at risk for behavioral, social, academic and/or mental health problems, this form of treatment uses the group atmosphere to promote pro-social behaviors while enhancing participants' self-concept. Experiential learning—the premise of ABC—offers participants the chance to transfer skills gained from programming to other areas in life, such as home and school.

3.00 PM

Reaping the Benefits of Supervision as a Home-Based Therapist

Tamara Watkins, Regent

This presentation aims to encourage home-based therapists to actively pursue their own clinical development in supervision. It considers the unique concerns of home-based therapists (i.e. boundaries in the family home, time demands on therapists, documentation). The presentation also contrasts case review supervision and clinical development supervision, looking at models such as Multisystemic therapy

4.00 PM**Student Assistance Programs – Extending the reach of Your Counseling Program**

Dale Weaver, W&M

Student Assistance Programs enable the Counseling Department at Schools to reach out and effectively serve more students across a variety of educational, personal, and preventative realms. SAPs are comprehensive school-based programs for students (preK – 12) designed to identify issues which prevent students from learning and being successful in school. This program will give an overview of research and data in this field and outline the development of such a program at the high school level.

4.00 PM**Vicarious Trauma: When the Counselor Needs to be Counseled**

Jennifer Del Corso, Regent

When counselors repeatedly hear stories that involve trauma, they become at risk for experiencing secondary trauma (vicarious trauma). This session will explore what vicarious trauma is and how it shares similarities with counselor burn-out yet remains different. Risk factors for vicarious trauma will be addressed- such as: perception of loss, lack of control, a lower sense of connection and meaning, and the inability to process client stories with others. Finally, coping strategies, cognitive-behavioral exercises, and strategies for supervision will be discussed. Participants will leave the session with a clear understanding of what vicarious trauma is, its causes, effects, and tools for how to combat it so that they are not impaired in their ability to counsel.

4.00 PM**Substance Abuse Recovery with Adolescents Who Suffer from Mental Illness Based on Roberts' Seven-Stage Crisis Intervention Model**

Jordi Izzard, Marymount University

The combined trials associated with substance abuse and mental illness among adolescents is a growing concern in our present day society. Adolescents today face increasing pressures in school, and from their peers and family members. This combined with the developmentally expected trials of being an adolescent make these years a challenge, even under optimal circumstances. Adding in concerns of substance abuse and issues related to mental illness can make the adolescent experience even more challenging. With that, successful substance abuse treatment / recovery and mental illness stabilizing programs are essential to improving and maintaining quality of life among this population. This presentation will focus specifically on a model that has successfully worked with and addressed issues related to substance abuse and mental illness co-morbidity among adolescents. This is a framework based on Roberts' Seven-Stage Crisis Intervention Model and will outline steps to recovery from planning and conducting a crisis assessment to establishing a follow up plan and agreement.

4.00 PM**Towards a Developmental Model of Doctoral Training**

Kristi Lee Wyatt, W&M

Doctoral level training in counselor educator is a pivotal time of learning and growth for the future leaders of the field of counseling. This presentation suggests a model that promotes the professional development for doctoral students. Three competencies will be discussed, including teaching (including supervision), research, and clinical practice with suggestions for how faculty can guide students toward trajectory of successful completion and for how students can advocate for themselves to meet learning goals.

4.00 PM

The use of Reality Therapy in Urban Schools and Communities

Krystal Freeman, ODU

This presentation will focus on the strategies of reality therapy as they relate to children in low socioeconomic areas. Children who grow up in impoverished areas often feel they don't have many choices in life and tend to feel powerless. Reality therapy will help these children to become self-empowered and teach them to make good choices.

4.00 PM

Hope and Optimism as a Criterion for Effective Counseling

Mike Hauser, ODU

The value of establishing a working alliance is thought to be a key predictor of therapeutic outcome. The Positive Psychology movement indicates that the client's optimism level is a key factor in therapy outcome. So it would appear that optimism and the working alliance are key indicators of efficacious therapeutic outcomes. This study explores the impact of the counselor's optimism level on the working alliance, the efficacy of therapy, and implications for counselor education programs.