

Caldwell University - Graduate Programs in Counseling *PRESENTS*

2020 Fall Virtual Conference - Specializations in Mental Health

Mental Health Counseling, School Counseling, Art Therapy

Specializations in Mental Health Practice

Keynote Address:

Understanding Opioid Addiction During the Pandemic

Sunday, November 15, 2020

8:30 am - 2:15 pm

- ✓ *Online Registration Open Now Until Thursday, November 12, 11pm*
- ✓ *5.0 NBCC CE Hours*
- ✓ *\$80 - General Admission*
- ✓ *\$40 - 2020 Caldwell University Supervisors*
- ✓ *\$10 - 2020 Caldwell University Students*



Spring Conference 2020 - Schedule

8:30am - 8:55am: Pre-Conference – *Wake Up & Warm Up*

9:00am - 10:30am: Keynote -- *Understanding Opioid Addiction During the Pandemic* - Frank Ostella, DO

10:45am - 12:15pm - Morning Workshops:

Working through Supervisory Conflicts

Annette Vaccaro EdD, SCP, LPC, LCSW, ATR-BC, ATCS, ACS

Finding Your Support System in Schools

Elisabeth Coffey LCSW, LCADC

Writing to Heal

Nancy Gerber PhD, NCPsyA

Autism and Art Therapy Reflections

Dan Summer Ph.D, ATR-BC, LCAT

Sandplay Therapy

Cindy Hamilton MA, LPC, ATR-BC, ACS, ATCS,

Leila Farahani, CU Graduate Student

12:20pm- 1:10pm: Lunch & Learn (Mandatory for CEU)

Roundtable Discussion: Practice and the Pandemic

Annette Vaccaro EdD, SCP, LPC, LCSW, ATR-BC, ATCS, ACS

1:15pm - 2:30pm Afternoon Workshops:

Prioritizing Self-Care: Strengths and Challenges When

Working with Specific Populations

Andrew M. Plath, PhD, LPC (IL)

Hearing Distressing Voices

Laverne S. Williams CSW

The Integration of the DIR/Floortime® Model with Creative Arts Therapies for Children with Autism

Faith Thayer PhD, LPC, LCAT, ATR-BC, Michele C. Havens Ph.D

Rolling with Rejection: A Framework for Educators on How to Engage Male Students in Promoting Awareness of Sexual Assault and Violence Prevention

Jean Semelfort (need credentials)

Understanding Opioids and Opioids Addictions

Cassio Campello de Menezes MD/Counseling Student

Pre-Conference: 8:30 am - 9:00 am

Wake up & Warm Up

Engage in a morning activity while settling your mind in a positive direction for the most successful day possible! Utilizing your own mind-body connection, in preparation for a day of learning and community, we will join together to wake up and warm up while acquiring simple strategies to use every day.



Keynote: 9:00 am - 10:30 am

The impact of Covid-19 pandemic on the opioid addiction crisis: treatment obstacles, declining mental health of current and potential opioid abusers, and exploration of new and enhanced treatment options.

Frank Ostello, DO

Covid-19 has negatively affected the standard treatment protocols of opioid addiction. Obstacles in this current environment of social distancing, isolation, and reduced access to medical and mental health care providers makes treatment particularly challenging. Covid-19 is further contributing to a steep decline in the mental health of those affected at all stages of the addiction cycle. With the current reduced resources, identifying methods of facilitating a revised and enhanced treatment process will aid the downscale of the opioid epidemic, and reduce or prevent further related abuse. **Learning objectives include 1. Identify how to best attend to this population as professionals, 2. Options for enhanced methods of treatment, and 3. Aim towards an overall reduction of the opioid epidemic.**



Morning Workshops: 10:45 am - 12:15 pm

Working through Supervisory Conflicts

Annette Vaccaro EdD, SCP, LPC, LCSW, ATR-BC, ATCS, ACS

Within the working alliance, the supervisory relationship is filled with opportunities for conflicts. This workshop will provide the underpinnings of common conflicts experienced within the supervisory relationship and the approaches to resolving and talking about them. **Learning objectives include 1. Define the working alliance in supervision, 2. Outline common conflicts experienced within the supervisory relationship, and 3. Learn practice skills that can address resolution of supervisory conflicts.**



Morning Workshops: 10:45 am - 12:15 pm

Finding Your Support System in Schools

Elisabeth Coffey LCSW, LCADC

Identifying the different school staff members who can help you do your job is very important in serving individual students and the school community at large. This workshop will help you learn more about all the different specialties within a school, what they do with students and how they can help you do your job better. **Learning objectives include 1. How to utilize internal resources within the school to fill in gaps in your own knowledge, experience, and expertise, 2. Build your personal capacity to connect with the internal resources within the school community, and 3. To communicate better with staff and students alike.**



Morning Workshops: 10:45 am - 12:15 pm

Writing to Heal

Nancy Gerber PhD, NCPsyA

During this participatory workshop, we will explore the process of expressive writing as a modality that facilitates healing. Participants will be introduced to the theory of writing to heal and invited to write to one or more prompts designed to encourage spontaneity and personal expression. In a non-judgmental, supportive environment, participants will have an opportunity to put feelings into words and experience a sense of community, well-being, and reduced stress. **Learning objectives include 1. Understand ways in which current research affirms writing as a healing modality, 2. To experience the power of expressive writing in a safe, non-judgmental environment, and 3. Learn how expressive writing may be used in clinical settings.**



Morning Workshops: 10:45am - 12:15pm

Autism and Art Therapy Reflections

Dan Summer Ph.D, ATR-BC, LCAT

Caldwell University art therapy interns will reflect on their experiences participating in services for individuals with Autism Spectrum Disorder. A case presentation will be part of the panel conversation along with sharing response art done by the interns. **Learning objectives include: 1. Identify three intervention strategies that can be integrated into their practice, 2. Identify three art therapy techniques to utilize for individuals with ASD, and 3. Identify three benefits of responsive art making to address transference/countertransference, supervision, and ethical practice.**



Morning Workshops: 10:45am - 12:15pm

Sandplay Therapy

Cindy Hamilton MA, LPC, ATR-BC, ACS, ATCS,

Leila Farahani, CU Graduate

Sandplay is a natural form of play! In this workshop we will become acquainted with the foundations of sandplay, the history and development, and understanding the 'flow'. Participants will begin to understand the connections of a client's issue related to the interpretation of images in the sand. Participants will engage in experiential and processing. **Learning objectives include 1. Identify the history and development of sandplay therapy, 2. Define 'holding the space safely' in sandplay therapy, and 3. How to create a foundation that will develop the language and skills to integrate sandplay into practice.**



Lunch & Learn: 12:20pm - 1:10pm

Roundtable Discussion - Practice and the Pandemic

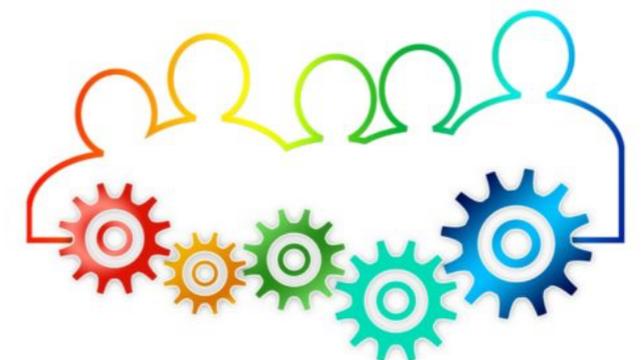
Annette Vaccaro EdD, SCP, LPC, LCSW, ATR-BC, ATCS, ACS

SFs: Danielle Minkin, Traci Bitondo and Ashley Gerolstein,

CU Graduate Students: Morgan DeGilio, Monica Wright, Amanda Bitterman

On-site task supervisors Brittany Wolfson, and Ashley Moretto

While enjoying your conference lunchtime at home, hear a 10-person panel discussion about the impact of COVID on practice, including perspectives from student interns and site supervisors. Discussed will be the issues and practices at a range of sites during the pandemic. **Learning objectives include: 1. Understanding what impact the pandemic is affecting sites and settings, 2. How art therapy is adapted for working during this public health crisis, and 3. Illustrating options for protecting during this health crisis.**



Afternoon Workshops: 1:15pm - 2:30pm

Prioritizing Self-Care: Strengths and Challenges When Working with Specific Populations

Andrew M. Plath, PhD, LPC (IL)

Self-care is often discussed in counseling, but what does it mean to practice self-care efficiently? Additionally, self-care can be a challenge when completing trauma work or working with domestic violence perpetrators. This presentation will highlight strategies for counselors to practice self-care and, in turn, help prolong their careers.

Learning objectives include: 1. Develop a greater comprehension of their own self-care strengths and areas of improvement. 2. Gain an understanding of client populations that can be challenging for self-care practice, 3. Learn when and how to apply their own self-care routine.



Afternoon Workshops: 1:15pm - 2:30pm

Hearing Distressing Voices

Laverne S. Williams CSW

The Hearing Voices Simulation is a groundbreaking empathy-building exercise that helps individuals, students, and professionals understand the challenges faced by people with psychiatric disabilities. During the simulation, participants listen to distressing voices through headphones while completing a series of tasks, participating in a mock interview. **Learning objectives include: 1. Gain empathy for the challenges voice-hearers face, 2. Reduce the fear and stigma surrounding the voice hearing experience, and 3. Gain knowledge of self-help strategies for coping with distressing voices.**



Afternoon Workshops: 1:15pm - 2:30pm

The Integration of the DIR/Floortime® Model with Creative Arts Therapies for Children with Autism

Faith Thayer PhD, LPC, LCAT, ATR-BC, Michele C. Havens Ph.D

This presentation will cover basics of the integration of the DIR/Floortime® Model with Creative Arts Therapies for use with individuals with Autism Spectrum Disorder. Therapeutic techniques and objectives for supporting development in individuals with ASD will be explored. This presentation will also review a study that evaluated a Developmental Individual Differences Relationship-based (DIR®) creative arts therapy (CAT) program for children with ASD. **Learning objectives include: 1. Engage in at least 5 strategies to incorporate art therapy and DIR in a one-to-one or individual session, 2. Identify three maladaptive behaviors that may be addressed within an art/DIR program, and 3. Identify at least three goals of using art therapy and DIR to support individuals with ASD.**



Afternoon Workshops: 1:15am - 2:30pm

Rolling with Rejection: How Educators Can Engage Male Students in Promoting Awareness of Sexual Assault and Violence Prevention

Jean Semelfort

Universities have traditionally overlooked the opportunity to engage the very individuals who are critical in the fight against sexual assault and sexual violence: male students. Rolling with Rejection (RwR) is an evidence informed workshop that engages participants in discussion surrounding the problematic intersectionality of rejection, toxic masculinity and sexual violence. RwR specifically focuses on recruiting male students as allies in the prevention of sexual violence on campus. Learning objectives include 1. Teach educators about and how to facilitate RwR, 2. Use RwR as a framework for engaging male students in dialogue on toxic masculinity and sexual violence, 3. Employing this method in overall goal of promoting awareness of sexual violence prevention.



Afternoon Workshops: 1:15am - 2:30pm

Understanding Opioids and Opioid Addiction

Cassio Campello de Menezes MD/Counseling Student

This presentation will provide participants with an understanding of how opioids works with a focus on opioid pharmacological characteristics, its use in medical settings and, addiction effects. Also, the opioid crises and how to enhance the surveillance and prevent opioid-related morbidity and mortality. **Learning objectives include: 1. Learn about opioids, 2. Learn about side effects and, 3. Understand the role in the drug overdose crisis based on updated data.**



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2020 Fall Virtual Conference: Specializations in Mental Health

5.0 NBCC CE Hours

Caldwell University has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4598. Programs that do not qualify for NBCC credit are clearly identified. Caldwell University is solely responsible for all aspects of the programs.

Conference Committee

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