



2025 SDCA Conference

Best Western Plus Ramkota Hotel & Convention Center, Sioux Falls

Please note on breakout sessions, "Setting" indicates if the session is more school counselor or clinical mental health counselor focused.

18 Contact Hours or 1 Graduate Credit- possible if attending all of the SDCA conference and pre-conference. You Must attend one pre conference workshop and all of the SDCA conference to obtain Graduate Credit.

Wednesday, April 30th

6:00–8:00PM	Registration Opens	East Lobby
6:30PM	SDCA Board Meeting	Crystal Room

Thursday, May 1st

8:15AM	Conference & Pre-conference Registration Opens	East Lobby
9:00-4:00PM	SDSCA Pre Conference Workshop	Roosevelt Room

Academic Counseling: Enhancing Motivation to Achieve

presented by Kathy Biles, PhD, NCC and Gene Eakin, PhD

(6.0 Contact Hours)

(lunch on your own 12-1)

The focus of this interactive, skill-building workshop is to provide school counselors with additional models and strategies for fulfilling their roles in the academic development domain of the ASCA National Model, including the use of motivational strategies in individual and group counseling for academic achievement and parent/teacher/system consultation and training regarding academic motivation issues.

9:00– 4:30PM	SDMHCA Pre Conference Workshop	Jefferson Room
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Eating Disorders 101

presented by Tanja Mundt, MA, LPC-S

(6.0 Contact Hours)

(lunch on your own 12-1:30)

In this presentation, participants will learn how to correctly assess and diagnose eating disorders and determine which level of care is appropriate. A comprehensive overview of symptomology and co-occurring disorders that present with each eating diagnosis will be discussed. Participants will learn about the medical complications that may arise in this patient population and learn about the nuances and complexities of these

disorders. Evidence-based clinical modalities and best clinical practices, with the most up to date research on treatment interventions, will be reviewed.

Learning Objectives:

Identify risk factors associated with eating disorders.

1. Recognize clinical manifestations of eating disorders.
2. Select appropriate treatment options for patients with eating disorders.
3. Describe different levels of care for patients with eating disorders and the criteria for treatment at each level.
4. Recognize medical complications in this population of patients.
5. Learn treatment interventions that are used with this population of patients.

**6:45-7:00PM SDCA Conference Opening Welcome and Membership Meeting
Roosevelt-Lincoln-Jefferson Rooms**

7:00–8:30PM Opening Keynote

Living Disconnected: The relationship between Eating Disorders and Trauma
presented by Tanja Mundt, MA, LPC-S
(1.5 Contact Hours)

In this presentation, participants will learn about the factors that contribute to a large co-morbidity of eating disorders and trauma diagnoses. This presentation will review trauma and attachment disorders and the ways that these interplay with the development and sustainment of eating disorders. Participants will learn about the neurochemical changes that impact the brain of those who suffer from co-occurring eating disorders and trauma and treatment modalities and interventions that are best suited for this specific patient population will be reviewed.

Learning Objectives:

- Discuss the prevalence of co-occurring trauma and eating disorder diagnoses and describe how trauma can contribute to the development of eating disorders.
- Identify the way in which attachment styles impact eating disorders development.
- Describe approaches for treating co-occurring trauma and eating disorders.

Friday, May 2nd

7:00-8:00AM	Restorative Yoga/Sound Healing	Harvest Room
7:15 AM	Conference registration opens	East Lobby
8:00-4:00PM	Vendor/exhibitor fair	East Lobby
8:15-8:30AM	OPENING REMARKS & SPONSORSHIP RECOGNITION ROOSEVELT-LINCOLN-JEFFERSON ROOMS	
8:30-10:00AM	Keynote Address	

The Intergenerational Impact of Domestic Violence

presented by Taylour Neal, MS, NCC, LCMHC

As we continue to work towards dismantling and eradicating violence in our communities, Taylour dives deep into the powerful intersection of mental health and domestic violence advocacy. Drawing from her own personal experience, she will explore how trauma from domestic violence leaves lasting marks on familial and cultural dynamics, creating intergenerational patterns of coping, resilience, and risk. In this keynote, Taylour will illuminate the complex ways in which domestic violence reshapes neurobiology, fostering maladaptive coping strategies that perpetuate cycles of abuse across generations. Grounded in epigenetic research and the lived experiences of survivors, this presentation also highlights the profound, ancestral strength embedded within families affected by violence. Taylour will offer insights into how we can shift our practices to better support survivors, acknowledging both the trauma and the powerful resilience that lives within them.

10:00-10:20AM Morning Break

10:20-11:50AM Breakout Session I

(1.5 Contact Hour)

Location: Conference Room II

Title: Reflective Practice for Mental Health Professionals

Presenter Emily Learning LMFT, RPT-S

Setting: Both

Description: This presentation will cover the topic of reflective practice, a concept that asks the professional to step back from the immediate, intense experience of direct work with clients to take time to consider what the experience means to the professional and the client/family, instead of responding with immediate emotional, defensive or judgmental reactions. This concept helps professionals to understand that the self of the therapist is present in each interaction the therapist has with clients, families, in collaboration with other professionals and even amongst co-workers and to be more reflective about what they are bringing to those interactions--both positively and negatively--to understand how to initiate positive and respectful change in the work that they do. A major goal of the presentation is to help professionals to be intentional about recognizing and reflecting on differences, versus showing up to sessions, meetings, collaborations with others, etc., with a defensive and emotional stance that comes from only viewing their perspective as the "right" response.

Location: Conference Room III

Title: Engage, Manage, Thrive: Use Play Counseling to Elevate Student Success

Presenter: Amanda Bender MS, NCC, SB-RPT

Setting: School

Description: Play is a developmentally appropriate way for children to communicate. This session introduces play counseling skills and ethical integration into school counseling programs, highlighting their impact on classroom management and student engagement.

Location: Amphitheater I**Title:** Understanding Body Language with the Client**Presenter:** Dave Jetson MS, LPC-MH, LCPC, QMHP**Setting:** Both**Description:** Non-verbal cues/language is where about 90% of all communication is expressed. Better understanding the depth and variety of non-verbal cues/language helps better understand what the client wants to be heard on and creates deeper emotional movement. This program will demonstrate a few techniques to help better observe the client's non-verbal messages.**Location: Amphitheater II****Title:** Utilizing Internal Family Systems in Eating Disorder Treatment**Presenter:** Tanja Mundt MA, LPC-S, NCC**Setting:** Clinical**Description:** In this presentation, participants will learn about Internal Family Systems therapy and the ways that this evidenced-based treatment modality can be effectively utilized to decrease active eating disorder symptoms. The basic concepts of this treatment modality will be reviewed as well as ways to implement IFS concepts specifically when working with individuals who have eating disorders.**Location: Crystal Room****Title:** Healing Through Action: An interactive Case Study on Shifting Organizational Practices**Presenter:** Taylour Neal MS, NCC, LCMHC**Setting:** Clinical**Description:** In this immersive session, participants will explore how their organizations can shift to trauma-informed, supportive spaces for survivors of domestic violence. Through an interactive case study, we'll dive deep into the challenges and opportunities organizations and individual practitioners face in supporting recovery from the effects of trauma and crisis. Attendees will gain practical tools and strategies for implementing policies and practices that help break the cycle of intergenerational violence, along with best practices for integrating trauma informed approaches into their work.**Location: Viking Room****Title:** Updates from the South Dakota Board of Examiners for Counselors and Marriage and Family Therapist**Presenter:** Jennifer Stalley, JD, Executive Secretary**Setting:** Both**Description:** The South Dakota Board of Examiners for Counselors and Marriage and Family Therapists will present information regarding updates to the practice acts and administrative rules for licensed professional counselors, licensed professional counselor – mental health and marriage and family therapists in South Dakota and answer questions about the licensing process and requirements for maintaining licenses.**11:50 – 1:00PM****SDSCA Luncheon & Business Meeting****Washington Room****SDMHCA Luncheon & Business Meeting****Harvest Room**

1:00 – 2:30PM Breakout Session II

(1.5 Contact hour)

Location: Conference II

Title: American School Counselor Association Townhall

Presenter: ASCA Representative

Setting: School

Description:

Location: Conference III

Title: SHORES of Hope: A Trauma Informed Approach to Suicide Prevention in High School Counseling

Presenter: Dr. Shalini Matthew, PhD, NCC, LPC (SD) Assistant Professor, Northern University and Kami Cornemann, Graduate Counseling Student

Setting: School

Description: SHORES of Hope: A Trauma-Informed Approach to Suicide Prevention in High School Counseling introduces a six-steps model designed to support students facing crises through compassionate, trauma-sensitive interventions. This presentation will explore how each stage of the model contributes to fostering safety, resilience, and hope in students dealing with suicide risk. The purpose of this session is to equip high school counselors with practical, adaptable strategies for guiding students through challenging moments, ultimately empowering them to find strength and stability.

Location: Amphitheater I

Title: Kids Before Content

Presenter: Julia Cook

Setting: School

Description: Make the most out of your counseling content by discovering innovative tricks that connect great people skills with the worldview of the kids that you work with. Gain greater insight into the challenges faced by today's kids. Discover how to effectively decrease Tier 1 behaviors in your building.

Location: Amphitheater II

Title: Breaking the Cycle: Redefining Wellness and Challenging the Culture of Body Shame

Presenter: Ilyani Lena Big Crow-Abourezk PhD, LPC-MH, NCC, ACS and Laurinda Tapper

Setting: Both

Description: Wellness culture is deeply embedded in our society, trapping us in an endless cycle of body dissatisfaction and change, as though our natural bodies are inherently flawed. These harmful narratives shape our behaviors and influences how we engage with clients. In this session, we'll explore the manipulative tactics of the multi-trillion-dollar wellness industry and their damaging impact on individuals, especially those vulnerable to eating disorders. Together, we'll uncover hidden societal norms, challenge stigma, and identify actionable steps to break free from this destructive cycle.

Location: Crystal Room

Title: Working with Special Populations: Dissociative Identity Disorder

Presenter: Marissa Tuttle

Setting: Both

Description: This presentation will provide clinicians with a foundational understanding of Dissociative Identity Disorder (DID), its origins in trauma, and its impact on individuals' sense of self. It will explore effective, trauma-informed therapeutic strategies, and offer practical tools for managing symptoms like dissociation and emotional dysregulation. Additionally, the presentation will address common misconceptions about DID, reduce stigma, and equip clinicians to create a supportive, compassionate environment for clients in their healing journey.

2:00-3:00PM Afternoon Break/Snack

3:00-4:30PM Breakout Session III

(1.5 Contact Hour)

Location: Conference II

Title: Unseen Wounds: Exploring Perceptions and Impacts of Emotional Abuse in Intimate Relationships

Presenter: Tanya Brown PhD, Junwei Jia PhD, and Fey Ramirez Graduate Student

Setting: Clinical

Description: This presentation explores the critical yet underrecognized issue of emotional abuse in intimate relationships, with a focus on its prevalence and impact among college students. By sharing findings from a survey conducted with college students and reviewing existing literature, the session aims to highlight gaps in awareness and common misconceptions about emotional abuse. The presentation will equip counseling professionals with evidence-based resources and prevention strategies to better identify, address, and support individuals affected by emotional abuse.

Location: Conference III

Title: Caring for the Caregiver: Recognizing, Preventing, and Managing Stress

Presenter: Emma Qurashi LPC, ACT, QMHP, EMDR-C

Setting: Both

Description: This program focuses on preventing and managing burnout among mental health professional which is a rising concern that impacts empathy, decision-making, and therapy outcomes. Participants will engage in interactive discussions and gain practical strategies to reduce stress, maintain emotional resilience, and improve work-life balance. The goal is to promote well-being, enhance job satisfaction, and ensure quality care for clients.

Location: Amphitheater I

(1.5 Ethics Related Contact hour)

Title: Ethically Navigating Personal Political Bias in Counseling: Upholding Ethical Standards in a Divisive Climate

Presenter: Adam Hardy, PhD, LPC-MH, LAC

Setting: Both

Description:

- Discuss how counselors can maintain neutrality and avoid imposing their political views on clients, ensuring that they respect the autonomy of clients' perspectives, values, and identities.
- Highlight the ethical importance of recognizing and managing personal biases in order to foster a nonjudgmental, client-centered space.
- Explore practical strategies for counselors to engage in self-reflection, supervisee discussions, and training to minimize the impact of personal political beliefs on their professional practice.
- Additionally, you can discuss the ethical dilemma of whether it's ever appropriate to disclose political beliefs in the therapeutic relationship, and how doing so may affect the counseling.

Location: Amphitheater II

Title: Hidden in Plain Sight: Autism Looks Very Different in Females

Presenter: Anne Dilenschneider PhD, LPC-MH

Setting: Both

Description: Many girls and women with ASDs are lost in the mix because they are trying to be someone else, so they suffer in silence for years, while others are misdiagnosed and labeled as problem patients. No wonder they come to us confused and hurting, with no way to explain what is wrong. This presentation will normalize symptoms, explain neurological differences, offer strategies and resources for working with these girls and women.

Location: Crystal Room

Title: Developing an Adoptee-Centered Approach in Supporting the Adopted Child/Student

Presenter: Morgan Robey MS; Mary Weber LPC, LMFT; Cara DeHaan M.ED., TBRI Practitioner; and Dawn Williams Nurse

Setting: Both

Description: Adoption is extremely complex, individualized, and has numerous stakeholders, yet the specific education surrounding it is limited for many mental health professionals. Join this panel of professionals, with both mental health, education, and medical experience, as well as, adoptee and adoptive parent personal experience, in order to take perspective, discuss impacts of adoption on processing and body, and share resources. This discussion based session will explore ways to consider gaps in our communication and consideration, so we can better support adoptees in school and life.

4:30-4:45PM Break

4:45-6:15PM Breakout Session IV

(1.5 Contact Hour)

Location: Conference II

Title: From Crisis to Clarity: Seven Stages to Empower Clients on Their Healing Journey

Presenter: Dr. Shalini Mathew PhD, NCC, LPC (SD), CSC (SD) and Alandra Harrelson Graduate Counseling Student

Setting: Both

Description: This presentation introduces the Seven Stage Crisis Intervention Model, a structured approach designed to help counselors guide clients from moments of crisis to clarity and empowerment. Attendees will explore each stage of the model, gaining skills to assess safety, build rapport, facilitate emotional processing, and create actionable plans for recovery. The purpose of this session is to equip counselors with practical tools to transform crises into pivotal growth opportunities for clients.

Location: Conference III

Title: Virtual Reality Interventions for Test Anxiety: A Pilot Study of Mental Hygiene Stations in Elementary Schools

Presenter: Junwei Jia PhD, Alandra Harrelson, and Lachelle Swanson

Setting: Both

Description: Our presentation will explain how test-taking anxiety impacts academic performance and well-being in elementary school. We propose a mental health hygiene station to help students manage anxiety before exams or other high-stress situations. Students will learn how to reduce stress and foster a more relaxed environment in stressful situations.

Location: Amphitheater I

Title: Considerations for Understanding and Treating Personality Disorders

Presenter: Dominic Alvernaz PsyD, Clinical Psychologist

Setting: Clinical

Description: The goal of this presentation is to aid clinicians in effectively diagnosing and treating personality disorders. This will be done by providing education regarding personality disorders and their treatment. Topics discussed will include diagnostic criteria, theoretical underpinnings, evidenced based treatments, prognosis, and handling commonly encountered difficulties.

Location: Amphitheater II

Title: Let Your Voice Be Heard! Professional Advocacy 101

Presenter: Rebecca Christiansen LPC-MH, LPCC, LPC, NCC, QMHP

Setting: Both

Description: The Legislative process can be intimidating and overwhelming. Join me for Professional Advocacy 101, where we will discuss the legislative process at the state and national levels and where you will learn ways that you can have a positive impact on your clients and community via grassroots efforts. This presentation will include examples of things you can do starting today!

Location: Crystal Room

Title: Navigating the Complexities of Private Practice Management: Building the Foundation

Presenter: Charlene Bengtson MA, LMFT and Thao-Ha Phan MA, LMFT, LADC

Setting: Clinic

Description: This 90-minute session is designed to equip mental health professionals with practical strategies to establish the foundation to grow a successful private practice. We will explore key areas such as business planning, setting up your practice, marketing and branding, client acquisition, and legal and ethical considerations.

7:00PM	President's Reception & Social and SDCA Awards Banquet & Graduate Student Scholarship Fundraiser
8:30PM	SDCA Entertainment

Saturday, May 3rd

7:00-8:00AM	Restorative Yoga/Sound Healing	Harvest Room
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8:00–9:30AM	Breakout Session V	(1.5 Contact hour)
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Location: Conference II

Title: Identifying and Working with Victims of Human Trafficking

Presenter: Steve Sternhagen

Setting: Both

Description: Everyone has a role to play in combating Human Trafficking. Knowing the signs to look for and the right responses to provide are key in helping to identify victims. This session will help educators, counselors and social workers recognize potential human trafficking situations and learn how to provide information incorporating a trauma informed approach, victim-centered approach. Understanding the impact of complex trauma on those affected is an important first step in becoming a compassionate and supportive resource to victims of human trafficking.

Location: Conference III

Title: Cultivating Resilience Through the Lens of Positive Psychology

Presenter: Hande Sensoy Briddick PhD and Chris Briddick PhD

Setting: Both

Description: This presentation focuses on promoting resilience through the lens of positive psychology, emphasizing its core constructs, such as cultivating strengths, practicing gratitude, fostering optimism, building positive connections, and finding meaning. Grounded in theories like Fredrickson's Broaden-and-Build Theory, the presentation explores how these practices can expand clients' internal and external resources, enabling them to thrive amidst challenges. Participants will gain evidence-based strategies and ethical insights to intentionally integrate resilience-building practices into their counseling work.

Location: Amphitheater I

(1.5 Ethics Related Contact hour)

Title: Ethics in Diagnosis and Treatment Planning: Avoiding Bias and Ensuring Fairness

Presenter: Adam Hardy, PhD, LPC-MH, LAC

Setting: Both

Description:

- Discuss the ethical implications of diagnosis, particularly with respect to avoiding biases such as cultural bias, gender bias, or socioeconomic bias.
- Explore how counselors can ensure fairness and equity in the diagnostic and treatment planning process.
- Address ethical dilemmas around over-diagnosis, the pressure to label clients, and how counselors can ethically make treatment recommendations without imposing their own biases.
- Discuss ethical implications of diagnosing minors

Location: Amphitheater II

Title: Education as a Key to Prevention - Emily's Hope Substance Use Prevention Curriculum

Presenter: Abby Danko MS, NCC, NCSC

Setting: School

Description: This presentation will provide current data that demonstrates the need for education in substance use prevention; the best practices and major elements of an effective drug prevention curriculum; current data of Emily's Hope Substance Use Prevention Curriculum; Kindergarten - 5th grade curriculum lesson overview and content; preview of the 6th - 12th grade curriculum in development.

Location: Crystal Room

Title: SDCA Restructuring Information and By-Laws Update

Presenter: SDCA Leadership

Setting: Both

Description: This presentation will provide information regarding the restructuring that is currently going on within SDCA including By-Laws updates, committee updates, and leadership opportunities. Question and answer time will be provided as well.

9:30-10:00AM Morning Break/Snack

Hosted by River's Edge Counseling and Joy of Healing

10:00–11:30AM

Breakout Session VI

(1.5 Contact hour)

Location: Conference II

Title: From Surviving to Thriving: The Journey to Resilience

Presenter: Joy Anderson MA, LPC-MH, ACHT and VickiLee Hansen Steffes AA, BS Graduate Counseling Student

Setting: Both

Description: This presentation provides counselors with practical tools to support clients navigating grief and loss. Participants will explore five key building blocks of resilience—self-awareness, support and relationships, mindfulness, self-care, and purpose—through an interactive session featuring discussions, activities, and creative techniques. By addressing disenfranchised grief and fostering meaning-making, this session equips counselors to help clients move beyond survival and toward thriving.

Location: Conference III

Title: Counselors & Co-intelligence: Embracing the Journey with AI

Presenter: Junwei Jia PhD, Abiah George, and Mercedes Auxiliadora Rivas Campos

Setting: Both

Description: This presentation explores the integration of Artificial Intelligence (AI) in counseling, highlighting its potential to enhance therapeutic practices and client outcomes. Participants will learn about AI tools, the ethical considerations, and strategies for blending AI with traditional counseling methods. Through interactive discussions, attendees will gain insights into preparing for the future of AI-driven mental health care.

Location: Ampitheater I

(1.5 Ethics Related Contact hour)

Title: Ethical Considerations in Working with Difficult Children: Balancing Compassion, Boundaries, and Professional Responsibility

Presenter: Adam Hardy, PhD, LPC-MH, LAC

Setting: Both

Description:

- This topic explores the unique ethical challenges counselors face when working with children who exhibit challenging behaviors, such as defiance, aggression, or withdrawal.
- Discuss how to ethically navigate situations where a child's behavior may be influenced by factors like trauma, family dynamics, or mental health disorders.
- Highlight strategies for maintaining clear boundaries, ensuring that interventions are developmentally appropriate, and balancing compassion with the need for discipline or structure.
- Explore the ethical issues surrounding confidentiality, informed consent, and the role of parents or guardians in the therapeutic process.
- Include a discussion on how to manage situations where the child's wishes may conflict with the parent's expectations, or where the counselor might need to advocate for the child's best interests while respecting family dynamics.

Location: Amphitheater II

Title: The Impact of Technology on Children's Mental Health

Presenter: Emily Learning LMFT, RPT-STM

Setting: Both

Description: This presentation will assist mental health professionals in understanding the research behind the impact of technology on children's mental health to begin questioning whether available technology is appropriate for children by age. Following a review of the research, participants will have a clearer view of how some available technologies may have a negative impact on child growth and development, specifically mental health. Participants will leave the session with strategies for communicating this information to the parents and caregivers whom they work with on a daily basis.

Location: Crystal Room

Title: Foundations of Mutual Respect Relations

Presenter: April A. Anderson LPC EdD

Setting: Both

Description: The purpose of education in Mutual Respect Relations skills and attitudes is to prevent mental health problems/abuse and promote well-being of clients. You will learn methods and means to incorporate mutual respect relationship education in your counseling through specific activities, classes or other forms of education. The resources you gain can supplement your counseling and help improve people's lives whether in counseling or not.



The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

This organization, South Dakota Counseling Association approval ID 1058, is approved as a provider for continuing education by the: South Dakota

Board of Social Work Examiners.

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