

Friday Breakout Sessions

10:30 – 11:30 AM – Breakout Session #1

Title: Creative Interventions for Supporting Children and Adolescents through Grief

Presenter: Dr. Stacy Born, Ed.D., LMFT, RPT-S

Setting: Both

Description: Grief is hard, and it can be especially challenging for children who do not have the life experiences and resources that adults draw on during difficult times. In this session, participants will gain knowledge and strategies for helping children and adolescents who have experienced the death of a loved one. This session will provide 1) an overview of the developmental, contextual, and cultural factors that affect grief, 2) tools and resources for caregivers supporting youth who are grieving, and 3) creative and playful interventions for processing grief.

Title: Mental Health Services for Transition Age Youth within the Publicly Funded Behavioral Health System In South Dakota

Presenter: Rachael Majeres, MS, LPC, CAC, Melissa Tauer, MS, LPC-MH, QMHP, NCC and Staci Jonson, CSW-PIP

Setting: Both

Description: The presentation will provide an overview of the publicly funded behavioral health treatment services available for youth with mental illness as they transition to adulthood, including services at a community mental health center, coordinated specialty care for youth and young adults experiencing a first episode of psychosis through OnTrack SD, and a program through LSS/New Alternatives for young adults with serious mental illness in need of independent living skills in addition to treatment so that they will be able to live independently.

Title: Suicide in Agriculture: Risk Factors Impacting Farm Families

Presenter: Dr. Andrea Bjornestad, Ph. D., LPC, NCC and Kathryn Paulson, B.S.

Setting: Clinical

Description: Suicide rates among farmers and ranchers are estimated to be 1.5 times higher than those in other occupations. During this presentation, participants will have the opportunity to discuss the culture of agriculture, the unique characteristics of farm families, and their experiences working with producers, spouses, and children engaged in farming and ranching. An overview of the common themes and risk factors of suicide in farmers and ranchers will be provided as well as current state-wide and regional resources to help support the mental health of farm families.

Title: Your State Licensing Board: Conversations with the South Dakota Board of Examiners for Counselors & Marriage and Family Therapists

Presenter: Jennifer Stalley, JD, Executive Secretary and Karen Cudmore, Program Manager

Setting: Clinical

Description: The conversation with the Board is designed to help licensed professionals (and supervisees) understand the licensing administrative rules and state statutes; including supervision requirements, the upcoming biennial renewal during the Fall of 2022 and continuing education requirements during the 2022 renewal process.

Title: Changing the Culture: from Mental Illness to Brain Health

Presenter: Margie Ann Neugebauer, MA, LPC, CC, CGRMS

Setting: Clinical

Description: The goal of this presentation is to reframe the discussion from mental health to brain health.. Presenter will help people see their problems as medical, not moral. It will decrease stigma, shame, and guilt and increase compassion and forgiveness from families

1:00 – 2:00 PM – Breakout Session #2

Title: A Culturally Responsive Strength Based Curriculum for Elementary School Students

Presenter: Dr. Hande Briddick, Ph.D. and Blake Addison

Setting: School

Description: The purpose of this presentation is to introduce participants to a 15-week culturally responsive, developmentally appropriate, strength-based curriculum that we created for elementary schoolchildren. Strength based approaches focus on highlighting an individual's abilities and skills critical to overcoming difficulties (Jubb-Shanley, 2007).

Title: Listen to the Sound of My Voice: An Introduction to Hypnosis

Presenter: Daniel Burrows, Ed.D.

Setting: Clinical

Description: This workshop will present the basics of hypnotic induction and hypnotherapy. There will be very little lecture or powerpoint during this presentation as participants will focus on learning by doing. Participants will first have the opportunity to watch a hypnotic induction and even participate if they wish. They will then break into groups of two to begin to practice a progressive relaxation. Induction on each other in an effort to produce hypnotic phenomena. They will give and receive feedback from each other as well as the instructor. The presentation will end with an opportunity for question and answer with a focus on understanding how hypnosis is applied in counseling work to help clients interrupt, stop or change their current pattern of symptoms.

Title: St. Joseph's Indian School Counseling Services and Cultural Approaches

Presenter: Nicole Choal, LPC and Robyn Knecht, LPC

Setting: School

Description: The objectives of this presentation are to provide a foundational understanding of St. Joseph's Indian School and the Counseling Services that are offered to students and families. St. Joseph's Indian School is a residential school that provides education, housing, medical care and counseling services to Native American children. This presentation will focus on Equine Therapy and the cultural connections that are incorporated into counseling services.

Title: Healing Trauma: In Our Own Voices

Presenter: Dr. Anne Dilenschneider, Ph.D., QMHP, LPC-MH, LPCC, LMHC

Setting: Clinical

Description: Studies of the biological and psychological nature of trauma reveal that coming out of the protective state of dissociation and into a new consciousness happens through a person's recovery of their voice. In this workshop, participants will learn Carol Gilligan and Kristen Linklater's associative "In Our Own

Voices” process. This six-step process is designed to encourage resiliency by reconnecting both clinicians and clients with their bodies and their stories.

Title: People Do That? Exploring the Spectrum of Sexuality by Kristine Ramsay-Seaner

Presenter: Dr. Kristine Ramsay-Seaner, Ph.D., NCC

Setting: Both

Description: Sexuality is a topic that can spark debate, discomfort, and confusion all at once. It is also a reason that clients may seek out professional counseling services. Despite this, many counselors do not receive training related to the topic. This presentation encourages students to explore sexuality as a spectrum reflect on the oppression experienced by those who identify with alternative sexualities. Attendees will learn tips and techniques for engaging in meaningful and safe self-reflection about sexuality as well as explore the necessity of incorporating sexuality in counseling in order to serve the whole client.

2:15 – 3:15 PM – Breakout Session #3

Title: Psychodrama Therapy Group

Presenter: Ashley Rausch, LPC and Jordan Bogenrief

Setting: Clinical

Description: This group experience allows clients in the room to process and enact their ideal self through dramatic action such as role play, group interactions, random chance and storytelling. During their work in this group, clients are able to build insight into their emotional self, how to manage conflict, set boundaries, face fears, and challenge thoughts in a safe and exploratory environment.

Title: A School Counseling Classroom Guidance Lesson Addressing Xenophobia in Elementary School Students

Presenter: Dr. Erin Kaszynski, Ph.D., LPC, Kate Campbell, Emily Wheeler, & Sarah Rozell

Setting: School

Description: This program includes a summary of our recent findings from a xenophobia lesson implemented in fourth and fifth grade classrooms. As professionals, it is important for us to contribute to the profession by creating authentic lessons that are socially relevant, and reflect best practices. This is especially important because we are creating a resource for other professionals who may need support and guidance in developing creative classroom activities. Part of a counselor’s role is to advocate for the people that they serve. More specifically, a school counselor's role is to advocate for the students. The goal of this research is to advocate for a marginalized population. In more recent years, students have been insensitive to the cultural differences of their peers.

Title: Battling Burnout with Creative Solutions for Youth

Presenter: Megan Miller, LMFT

Setting: Both

Description: In this workshop, we will explore the unmet needs counselors face in their communities as well as how to identify and expand the resources available to youth that exist outside of the direct care of a school counselor. Counselors often feel the weight of ongoing emotional needs. To combat the feelings of depression

and overwhelming needs, this presentation will explore creative ways to encourage wellness in our communities and how to share the responsibility of investing and caring for the next generation well.

Title: Adapting CBT Interventions Using a Native American Medicine Wheel

Presenter: Adam Hardy, Ph.D., LPC-MH, LAC, QMHP, NCC

Setting: Both

Description: Many Native Americans present with unique and complex environmental stressors. It is critical these individuals feel welcomed and respected while seeking mental health services. In this program, Cognitive-Behavioral Therapy (CBT) approaches are adapted using a Native American medicine wheel. The aim of the program is to increase participant cultural competence when working with Native American clients who identify with traditional cultural values.

Title: *"I don't work harder than my client,"* Ethical Considerations of Counselor Beliefs. (1.0 Ethics Hours)

Presenter: Duane Kavanaugh, MS, NCC, CCMHC, LPC/MH, QMHP

Setting: Both

Description: This session will address some of our thoughts, assumptions and beliefs as a counselor and their possible ramifications on the client, client-counselor, relationship, and on the practitioner themselves. This presentation will walk you through a handful of scenarios and will review the ACA Ethical Codes that practitioners should consider when in these situations.

4:00 – 5:00 PM – Breakout Session #4

Title: The Trauma of Racism among Children of Color and Strategies for Post-Traumatic Growth

Presenter: Dr. Erin Kaszynski, Ph.D., LPC

Setting: School

Description: Racism continues to be an issue across the nation and across communities. Whether it is explicitly or implicitly conveyed, it's been deeply felt by generations of people of color. Children learn this through a variety of experiences. However, given our children spend a large amount of time in school, it's important that our school systems develop an understanding of how racism historically and currently impacts children of color, explore how they are presenting in the classrooms, and explore resiliency strategies that support resiliency and post-traumatic growth.

Title: Eating Disorders and Early Intervention

Presenter: Faith Carlson, MA, LPC, QMHP

Setting: Clinical

Description: Eating disorders often present in subtle behaviors early on in adolescents and teenagers. Current research indicates by the time adolescents present to a primary care doctor for concerns the eating disorder has been going on 3-6 months prior. Eating disorders are the number one cause of death in mental health making early intervention vital. This workshop assists professionals to detect early symptoms and highlights intervention strategies. Professionals will be provided information on the SCOFF questionnaire, a simple five questions test devised for use by non-professionals to assess the possible presence of an eating disorder. Additionally, support will be discussed on services and resources available if an eating disorder is detected in students and athletes.

Title: SDSU + Lost & Found Peer-to-Peer Program Launch

Presenter: Carrie Jorgensen, MS, NCC, LPC, Alaina Kauffman, B.S. and Susan Kroger, MA

Setting: School

Description: In order to support campuses with demanding mental health needs, Lost & Found and South Dakota State University have developed a peer-based mentorship program. College students often struggle with hectic schedules leading to mental health stress. The program aims to help students find the support and resources they need, while creating a positive experience for both mentees and mentors. The program also helps to reduce stigmas and create a positive mental health culture at participating campuses.

Title: From Decolonization to Indigenization: Re-Envisioning the Counseling Process **Presenter:** Dr. Shalini Mathew, Ph.D., and Lauren Nikolas, B.S.

Setting: Clinical

Description: This presentation focuses program goals include cultivating knowledge about de-colonization as a process, exploring ways that colonization is reproduced in therapeutic settings, and developing an awareness of indigenized counseling methods. By attending this presentation participants will understand the differences between decolonization, multiculturalism, and indigenization. They will explore decolonization as a personal, experiential process. Finally, attendees will move from discourse into action by learning techniques to indigenize their counseling practice.

Title: Building Science Identity in Students

Presenter: Ashley Armstrong, MS, ABD

Setting: School

Description: In this session, participants will explore and identify the skill sets required for STEM occupations, correlate core coursework that will develop these skills, discuss persistent roadblocks in developing student STEM career aptitude, and brainstorm solutions and next steps for helping students and educators navigate around those roadblocks.