

Pennsylvania Counseling Association (PCA) Virtual Conference 2020

Event Schedule

Fri, Oct 02, 2020

6:00am

Should we Eradicate the DSM?: A Case for Decolonizing Diagnosis

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

Recent decades have seen a paradigm shift on a global scale in movement away from use of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM). Counselors and the Counseling profession are being left behind in this critical conversation, which ultimately renders us voiceless in regard to significant changes to future mental health and reimbursement practices—come add your voice to the conversation, and to explore the pros and cons of this movement.

🗣️ Speaker



Krista Malott Associate Professor and Counselor Educator, Villanova University

Supporting First Generation College Goers: Clinical and Educational Implications

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

First-generation (FG) college goers encompass three out of ten of all college attendees (U.S. Department of Education, 2017). Join us for this interactive presentation, whereby we will explore the unique challenges, strengths, and needs of the FG population. Drawing from actual student voices and experiences, we will identify ways that you, in educational and counseling role, can better support FG in K-16 settings.

🗣️ Speakers



Krista Malott Associate Professor and Counselor Educator, Villanova University



Stacey Havlik Associate Professor, Villanova University

Trauma Informed Supervision: Bringing what works for those we serve to those we supervise

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

Clinicians who work with clients who have been traumatized are repeatedly exposed to hearing about horrific events that cause them to be vulnerable to the effects of vicarious traumatization. The responsibility to address these effects rests with both the clinician and their supervisor. This workshop will review the impact of vicarious trauma on supervisees and its relationship to job performance; provide information on the key elements of a trauma informed approach to supervision; and by using case

examples, offer opportunities to practice trauma informed supervision interventions.

 **Speaker**



Minna Davis Director of Counseling, Laurel House

Who's helping the helper? Creative strategies to promote counselor wellness in the wake of COVID-19

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

This program will address the impact of toxic stress associated with COVID-19 on counselor wellbeing. As a result of unprecedented stressors associated with the pandemic, counselors are susceptible to burnout and vicarious trauma. This program will provide attendees with information on how to creatively cope with symptoms related to burnout and vicarious trauma. Attendees will also be invited to co-construct ideas for a toolbox they can implement in their clinical work to promote their wellness.

 **Speaker**



Katharine Sperandio Thomas Jefferson University

Creative Interventions to Use with Families Struggling with Addiction

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

Individuals significantly impacted by a person's substance abuse are the surrounding family members due to their physical and emotional proximity to the individual with addiction. As a result of the unpredictability and chaos perpetuated by the individual's addiction, family members can experience physiological, psychological, and interpersonal distress. This presentation will explore the impact of an individual's addiction on the family system. Additionally, presenters will provide suggestions for creative interventions to working with families struggling with addiction.

 **Speaker**



Katharine Sperandio Thomas Jefferson University

Serving those who Save Lives: A Call for Counselors to Increase Services for Medical Doctors

🕒 6:00am - 7:00am, Oct 2

Asynchronous presentations

Work cultures and are not always considered when assessing clients' identity. Career identity impacts professional and personal outcomes. Emphasis on medical culture and the providers who identify with it is needed. Individuals attached to this culture see distinctive stressors that make them susceptible to mental health issues and barriers to seeking help. This presentation explores medical doctors throughout medical training to highlight vulnerabilities. Implications are made for counselors and educators on how to

improve medical culture knowledge and creative strategies to serve this group.

 **Speaker**



Kellie Forziat Pytel Counselor Educator & Research and Evaluation Associate, PSU and LHU

7:00am

Lessons from Family Practice: The Role of the Professional Counselor in Primary Care

🕒 7:00am - 8:00am, Oct 2

Asynchronous presentations

Currently, there is an increased focus on behavioral health issues in primary care. There has often been a communication barrier between primary care physicians and mental health providers due to different training/educational backgrounds, privacy requirements, locations, and divergent funding sources. The collaborative care/ integrative model calls for an increased presence of mental health providers in primary care settings. A summary of current research will be supplemented with anecdotal experiences from my work as the behavioral science director of an urban family medicine residency program

 **Speaker**



David Arena Behavioral Science Director, Berks Hypnosis and Counseling Services LLC

How to Create a Grief & Loss Group: Helpful Hints and a Review of the Literature

🕒 7:00am - 8:00am, Oct 2

Asynchronous presentations

This session will provide participants with helpful hints and guidelines on how to run a grief and loss group. Participants will hear from three professionals who have led and created grief and loss groups with people in recovery, victims of crime, children, and adults. We will use information from peer-reviewed journal articles as well as a book that provides readers with a guide on how to self-navigate loss.

 **Speaker**



Lisa Corbin Philadelphia College of Osteopathic Medicine

Using Movement to Enrich Therapeutic Relationships: A Guide for Counselors, Educators, & Supervisors

🕒 7:00am - 8:00am, Oct 2

Asynchronous presentations

Counselors, Counselor Educators, and Supervisors can experience blocks in their work that create unexpected barriers in building rapport. Words may fail to adequately express and process transference concerns and case conceptualization. Movement has the ability to express oneself and reach greater connection. This session provides an overview of the benefits of using creative movement as an alternative to talk therapy/supervision. Participants will be invited to engage in 2 experiential activities on physical

embodiment and a creative arts approach for conceptualizing clinical work.

Speakers



Nettie Cambria LPC, Centre Volunteers in Medicine



Jennifer Hanna Doctoral Candidate, The Pennsylvania State University

Online College Counseling Services in response to Covid-19

🕒 7:00am - 8:00am, Oct 2

Asynchronous presentations

COVID-19 has fundamentally changed the way college counselors have engaged students to provide mental health services on college campuses. The pandemic has forced colleges to innovate in the way that they provide mental health services the new reality. This has resulted in many innovations in how services are provided in an online space. This presentation will review how one institution has utilized various online platforms to provide individual and group counseling. The presenters will also discuss how campus wide outreach can be done from the online space and lessons learned in the process.

Speakers



Ken Messina Associate Professor/Clinical Director, Slippery Rock University



John Mathe Assistant Professor , Slippery Rock University

8:00am

Dance/Movement Therapy (DMT) for College Students Exposed to Bullying

🕒 8:00am - 9:00am, Oct 2

Asynchronous presentations

Dance/Movement Therapy (DMT) is a creative intervention used to treat a variety of mental health concerns, including trauma. Bullying is typically defined as a separate construct but has several psychological impacts that parallel trauma. Research support and guidelines for utilizing DMT with adolescents exposed to bullying will be provided. Participants will be invited to engage in a creative, immersive educational experience.

Speaker



Nettie Cambria LPC, Centre Volunteers in Medicine

Creative Strategies in Group Supervision

🕒 8:00am - 9:00am, Oct 2

Asynchronous presentations

The use of theory-based creative supervision strategies in group counseling supervision will be presented. Models of supervision will be reviewed as frameworks for supervisors to implement creative activities with small groups of supervisees. Examples of creative activities from various theories will be provided. Participants will develop their own creative supervision strategies and discuss how supervisees and their clients will benefit from the activities and relevant cultural and ethical implications.

🗣️ Speaker



Stacia Carone Counselor Educator, Indiana University of PA

Stop, Look, & Listen: ACES, Culture, and Creative Trauma-Informed Care for African-American Males

🕒 8:00am - 9:00am, Oct 2

Asynchronous presentations

This session is designed to familiarize counselors with the mental health seeking practices of African-American males based on the MSJCC's developmental domains. Participants will engage in a self-assessment of professional practices while exploring the tenets of trauma-informed approaches to assess, diagnose, and counsel through the lens of Adverse Childhood Experiences (ACES) and the Cultural Formulation Interview. The session will end with an examination of creative, culturally-appropriate approaches to aid African-American males in emotional expression throughout the counseling process.

🗣️ Speakers



Fawn T. Robinson Assistant Professor, Carlow University



Quiana Golphin Assistant Professor, University of Pittsburgh

9:00am

PCA Board Meeting

🕒 9:00am - 12:30pm, Oct 2

Synchronous Presentation

PCA Board Meeting.

1:00pm

PS-SAIGE Pre-Conference Learning Institute

🕒 1:00pm - 4:00pm, Oct 2

Synchronous Presentation

This learning institute will take a common topic in supporting the LGBTQ+ community identified counselors encounter specific barriers in the workplace and additional challenges in supervision. The presenters will

share their experience and expertise in this area as well as focus on developing strategies that can be applied across various educational and clinical setting to support LGBTQ+ counselors.

Speakers



Joe Charette



Paul Datti Professor, University of Scranton



David Loeffler PhD Student , Waynesburg University



Amber Lynn Connell Licensed Professional Counselor, J Snyder Therapeutic Services



Sarah Dalton Assistant Professor, The Chicago School of Professional Psychology

4:00pm

Conference Orientation/Welcome (President Steve Kuniak)

🕒 4:00pm - 4:30pm, Oct 2

Synchronous Presentation

Join us for an orientation and welcome to the 52nd PCA Annual Conference led by PCA President Dr. Steve Kuniak.

Speaker



Steve Kuniak President-Elect, Pennsylvania Counseling Association

4:30pm

PCA Leadership Opportunities

🕒 4:30pm - 5:00pm, Oct 2

Synchronous Presentation

Please join us to learn about exciting leadership opportunities within PCA. You will have the chance to talk with the Immediate Past President, Nellie Scanlon and the President Elect, Deborah Duenyas.

Speakers



Nellie Scanlon PCA Immediate Past President, PCA



Deborah Duenyas PCA President Elect, PCA

5:00pm

Virtual Happy Hour with Divisions & Chapters

🕒 5:00pm - 6:00pm, Oct 2

Synchronous Presentation

Join PCA Divisions and Chapters as they host a networking event and meet up with friends and colleagues. This is a great opportunity to find out information about PCA Divisions and Chapters where best you might fit!

6:00pm

Gather! Creative Group Counseling Approaches

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

Group counseling is a powerful option for growth and change. In this setting, individuals receive multiple perspectives, support, and feedback in a safe and confidential space. This presentation provides participants with creative group counseling techniques that can be used in practice to facilitate self-awareness and progress towards clients' stated goals. Through experiential activities throughout the presentation, participants will have the opportunity to be a group member to deepen their level of understanding of how effective these techniques can be.

🗣️ Speakers



Angelica Galvan Doctoral Candidate, The Pennsylvania State University



Kellie Forziat Pytel Counselor Educator & Research and Evaluation Associate, PSU and LHU



Rhea Banerjee Graduate Assistant, Pennsylvania State University

Exploring Social Justice and Religion/Spirituality in the Counselor's Response to Racial Inequity

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

In response to systemic, racial inequities, clients are expressing a need to process associated experiences of stress, anxiety, grief, and anger. As per the MSJCC, counselors have been called to attend to social injustice on both macroscopic and interpersonal levels. The lens through which each of us makes sense of these issues, however, is colored by many ideological tones. Our joint PASERVIC/PAMCD panel will explore how religious and spiritual perspectives inform our clients' experience of these social realities and our own

responses as counselors.

Speakers



Dr. Tim Hanna Assistant Professor, Neumann University



Dayna Pizzigoni



Quiana Golphin Assistant Professor, University of Pittsburgh



Fawn T. Robinson Assistant Professor, Carlow University

Bit by bit: Equine assisted interventions for client re-connection and trauma recovery

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

Equine facilitated therapy is an emerging area in trauma interventions. Horses provide a unique advantage because as a large prey animal their bio-feedback provides mirroring of a client's state. Human perceptions of horses and the horses temperaments allow for a variety of topics and goals ranging from care or self and others, relationship building, assertiveness, communication, and problem solving. This talk will provide the basics of horse assisted therapy including possible interventions, considerations for referral of clients to equine services, and resources for information and training.

Speaker



K. Lynn Pierce Penn State University

Application of Multicultural and Social Justice Counseling Competencies in Professional Counseling

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

According to the American Counseling Association's 2014 Code of Ethics, embracing a multicultural approach towards counseling is listed as a core professional value for the counseling profession. However, despite the significance of this core value, there are no clearly defined methods to determine how adequately professional counselors apply these competencies. This presentation will illustrate the gap between the mental health principal core value to embrace multiculturalism and the application of the Multicultural and Social Justice Counseling competencies in day-to-day counseling.

Speakers



Stephen Gitonga Assistant Professor, Lock Haven University



Ian MacGregor Graduate Student, Lock Haven University

Broaching Race and Cultural Diversity in Counseling, Education, Training, and Supervision

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

Considering the socio-political divide in our country, Sue (2015) in *Race Talk and the Conspiracy of Silence* urged counselors to join conversations of racial and cultural power, privilege, and oppression both inside and outside of the counseling relationship. This interactive session will use Day-Vines et al.'s (2018) *Getting Comfortable with Discomfort* framework for broaching conversations of race, ethnicity, and culture. The goal of the session is to provide counselors with fun and experiential exercises that help build cultural, relational, and advocacy competency in and beyond practice.

🗣️ Speakers



MaryRose Kaplan Doctoral Candidate and Adjunct Instructor, Counseling Department, Montclair State University



Renee Shand-Lubbers Doctoral Candidate, Montclair State University

A Model Training Program for Spanish-speaking Bilingual Students in Counselor Education Programs

🕒 6:00pm - 7:00pm, Oct 2

Asynchronous presentations

Spanish-speaking bilingual students in graduate counselor education programs experience a number of barriers related to providing counseling services in Spanish due to inadequate training and supervision that is culturally and linguistically responsive. Moreover, there is limited research on specific training programs that may be implemented to address this need. This session provides an overview of Fordham's Bilingual Psychology program, an integration (infusion) model of multicultural training, and discusses its applicability in graduate counselor education programs.

🗣️ Speaker



Ashley Diaz Doctoral Candidate, The Pennsylvania State University

7:00pm

Tool Kit for Working with Military Clients

🕒 7:00pm - 8:00pm, Oct 2

Asynchronous presentations

As more clients from the military access clinical mental health services, the profession of counseling needs to be prepared to meet them where they are and provide them the services they need and deserve. The participants at this presentation will explore ways of identifying the additional struggles besides the presenting issues among the military clients. They will be encouraged to explore strategies that could help their military clients to get the help they need.

Speaker



Stephen Gitonga Assistant Professor, Lock Haven University

License to Drive: A Metaphorical Approach to Linking Drivers Education with Counselor Education

🕒 7:00pm - 8:00pm, Oct 2

Asynchronous presentations

By establishing a visual connection through the use of metaphors, individuals can open up a creative way of thinking that could directly contribute to the process of storing and retrieving information. The purpose of this presentation is to teach counselors how the everyday experience of driving a car can be metaphorically linked to basic individual and group counseling techniques.

Speakers



Richard Joseph Behun Assistant Professor, Millersville University



Julie Cerrito Counselor Educator, Bloomsburg University of Pennsylvania

Epigenetics in Counseling: Applications for Teaching, Research, Supervision and Practice

🕒 7:00pm - 8:00pm, Oct 2

Asynchronous presentations

What is epigenetics? And why does epigenetics matter in counseling? Turns out you don't need to be a geneticist to understand the importance. This session invites like-minded attendees to engage in discourse surrounding the basics of epigenetics and why counselors should have a rudimentary understanding of the impact of epigenetics on human development across the lifespan. Participants will leave with strategies for easily incorporating epigenetics into their work.

Speakers



Jennifer Park Assistant Professor, Colorado Christian University



Queer Networking: Helping Clients Connect to Virtual Supports During a Pandemic

🕒 7:00pm - 8:00pm, Oct 2

Asynchronous presentations

During a pandemic such as COVID-19, LGBTQ+ people can experience dramatic decreases in access to affirming support and resources. These types of changes can have serious implications for LGBTQ+ people who may become isolated and forced into environments that are not accepting or safe. Counselors can support LGBTQ+ clients in developing and connecting to LGBTQ+ resources and people through virtual means. This presentation will explore the impact these changes to support can have on LGBTQ+ people and how counselors can be affirming and supportive.

🗣️ Speakers



David Loeffler PhD Student , Waynesburg University



Joe Charette

Using a Rhizomatic Approach to Identity Formation and Reformation

🕒 7:00pm - 8:00pm, Oct 2

Asynchronous presentations

While researchers have investigated identity and identity development for numerous years, a newer model of understanding identity comes from a type of plant called a rhizome that scholars in other disciplines have utilized. This presentation explores how rhizomes apply to identity and how counselors can use this rhizomatic model with clients in regards to identity formation and reformation. This presentation will contain a description of this approach and what it means for counselors as well as an activity that can also be used with clients.

🗣️ Speaker



Ben T. Willis Associate Professor and Co-Program Director, University of Scranton

8:00pm

Managing Stress in Uncertain Times

🕒 8:00pm - 9:00pm, Oct 2

Asynchronous presentations

In recent times, the global pandemic has led to increased stress in our world. For example, clients may experience increased stress in response to health and safety concerns, financial concerns, quarantine, social distancing, as well as restructuring of school, work, home and social life. Counselors, with our focus on wellness, are uniquely qualified to utilize mind-body methods to assist clients in managing their stress. In this presentation, we will highlight several creative mind-body methods (such as problem-solving, ecotherapy, biofeedback, etc.) as part of an effective stress management plan.

Speakers



Jacqueline A. Walsh Professor, California University of PA



Robert Mehalik Assistant Professor, California University of PA

Intimate Partner Violence (IPV): Its impact on survivors and families

🕒 8:00pm - 9:00pm, Oct 2

Asynchronous presentations

More than decade ago, researchers told us that 40% of therapists failed to recognize IPV among couples. Today, although therapists are better able to recognize it, there was no improvement in their ability to predict Intimate Partner Violence (IPV) lethality, suggesting that clinicians continue to be at a loss as to how to fully address these issues effectively. And still most standard assessment protocols do not contain questions about domestic abuse. This workshop will provide participants with an understanding of the impact of domestic abuse on its victims and families.

Speaker



Minna Davis Director of Counseling, Laurel House

Language of Loss: Utilizing Creative and Expressive Techniques to Give Grief a Voice

🕒 8:00pm - 9:00pm, Oct 2

Asynchronous presentations

Given that grief and loss are universally encountered by humans throughout the lifespan, it is critical that all counselors are well-equipped to help clients and students navigate these experiences. The use of creative and expressive arts provides a therapeutic avenue for grieving individuals to both process and make meaning of personal loss. Using brief didactic instruction and multiple interactive exercises, we will present creative, expressive techniques designed to supplement any theoretical approach to counseling diverse populations through the grieving process.

Speakers



Brittany Pollard-Kosidowski Associate Professor, Indiana University of Pennsylvania



Adam Stephens Assistant Professor, SUNY New Paltz

Adapting to the New Normal: Creative Online Experiential Counseling Exercises

🕒 8:00pm - 9:00pm, Oct 2

Asynchronous presentations

The purpose of the presentation is to highlight the use of experiential exercises in an online environment. Counselors, counselor educators, and counselor supervisors who work within the online environment could benefit from looking at creative ways of using experiential exercises with their clients and students. Experiential exercises can be used for relationship building, skills development, self-understanding, and professional exploration. Many experiential activities that work in face-to-face environments can be modified to be used within the online environment.

📣 Speakers



Mindy Heher Core Faculty, Capella University



Barbara Cooper Core Faculty, Capella University



Heather Zeng Faculty, Capella university

Sat, Oct 03, 2020

6:00am

What's published (and missing) in play therapy literature?

🕒 6:00am - 7:00am, Oct 3

Asynchronous poster presentations

Play therapy is a powerful modality for working with children. Play therapy offers children a developmentally appropriate opportunity to process their experiences without the use of words. As the field of play therapy continues to grow, there is an increasing need to examine publication trends to better understand areas of strengths and potential for improvements. This presentation will provide an overview of trends in play therapy publication within the year 2008 - 2017. Discussion regarding these trends and future direction will be discussed.

📣 Speaker



Terence Yee Assistant Professor, Villanova University

Taking Leisure Seriously: Serious leisure, wellness, and self-care

🕒 6:00am - 7:00am, Oct 3

Asynchronous poster presentations

The pursuit of work is viewed as noble, while the pursuit of leisure is often considered a waste of time. This perspective is often the result of a misunderstanding of what leisure entails and the related benefits. This presentation will distinguish between serious and casual leisure to empower counselors to more clearly identify restorative practices for clients, students, and themselves. The wellness benefits of serious leisure will be addressed as a route towards sustainable self-care.

 **Speaker**



Travis Schermer Associate Professor & Program Director MSPC, Carlow University

Cultivating Connection and Change with Justice-Involved Pregnant Women with Opioid Use Disorders

🕒 6:00am - 7:00am, Oct 3

Asynchronous poster presentations

This presentation will provide participants with the necessary knowledge & skills needed to enhance counselor efficacy by fostering connection & change among justice-involved pregnant women with opioid use disorders. By exploring common challenges presented for justice-involved pregnant women presenting with opioid use disorders and supporting and educating those who interact with them, we will provide a framework for participants encompassing "Innovation and Creativity in the Counseling Relationship" to effect change.

 **Speakers**



Aimee Cordero-Davis, Ed.D., M.B.A., M.A. Graduate Student, Waynesburg University



Kelley McNichols Assistant Professor, Waynesburg University

Help Me! I'm Stuck! Using the Conceptual Mapping Task as a Dynamic Supervision Tool

🕒 6:00am - 7:00am, Oct 3

Asynchronous presentations

The Conceptual Mapping Task (CMT) originated as a tool in qualitative counseling research. It has also been used in supervision with both new and seasoned counselors. In this session, the presenter will provide a real-life demonstration of the CMT with a supervisee, and then provide additional strategies for how this tool can be utilized as a counseling intervention with clients. A review of the empirical support for the CMT will be provided.

 **Speaker**



John King Assistant Professor of Counseling, Liberty University

7:00am

The PA Personal Wellness Program: Developing Self-Care in Graduate Students in Health Professions

🕒 7:00am - 8:00am, Oct 3

Asynchronous poster presentations

Over the past decade, there has been an increased focus on the mental health needs of students pursuing graduate education and an increased need for graduate programs to address issues of stress management and self-care. This presentation will describe the development of a personalized education program for graduate student personal wellness piloted at the University of Pittsburgh's School of Health and Rehabilitation Sciences (SHRS) and present acceptability and preliminary outcome data collected at two timepoints during the program.

 **Speaker**



Laura J Dietz Associate Professor, University of Pittsburgh

Say WHAT?! Disability-affirming Language and Counseling Approaches

🕒 7:00am - 8:00am, Oct 3

Asynchronous poster presentations

People with disabilities are the largest minority group, yet lack of awareness of disability language and culture may present a barrier to effective work with people with disabilities. This presentation will explore cultural norms within the disability community, the importance of awareness of person first vs identity first language, and the empowerment choice of language carries in disability populations. Additionally, disability identity, disability pride, and disability affirming models of counseling will be introduced to improve cultural competence in working with disability populations.

 **Speaker**



K. Lynn Pierce Penn State University

Group Counseling for People with HIV and SUD: Considerations for Multiply Marginalized Populations

🕒 7:00am - 8:00am, Oct 3

Asynchronous poster presentations

People with substance use disorders (SUD) are at increased risk for contracting and transmitting HIV. A majority of new HIV diagnoses among people who inject drugs in the US are among African Americans or Hispanic/Latinos, and people living in poverty are more likely to be diagnosed with HIV. This presentation will review group psychotherapy approaches to address the unique needs of people living with HIV and a SUD. Key components and outcomes across studies will be highlighted, concluding with recommendations and considerations for future group work with this multiply marginalized population.

 **Speaker**



Lauren Parker Doctoral Candidate, Research Assistant, The Pennsylvania State University

Addressing Substance Use in Emerging Adults Seeking Mental Health Counseling

🕒 7:00am - 8:00am, Oct 3

Asynchronous poster presentations

Emerging adults rarely seek services for problematic alcohol or other drug use, yet their presenting concerns are often linked with substance use and related consequences. This session will review the relationships between specific mental health concerns and substance use, describe the biopsychosocial changes and warning signs of the transition from substance use to dependence, and provide strategies to address substance use and associated impacts for this population. Evaluation of a harm-reduction substance education intervention program will provide context and supporting evidence.

 **Speaker**



Lauren Parker Doctoral Candidate, Research Assistant, The Pennsylvania State University

Lights, Camera, Maybe?: Appropriate Use of Pop Culture in Working with Veteran Populations

🕒 7:00am - 8:00am, Oct 3

Asynchronous poster presentations

Pop culture can be a powerful tool in building the therapeutic alliance in veteran populations. The use of pop culture can support the establishment of rapport and multicultural understanding mitigating anxiety for both counselors and clients. However, pop culture must be utilized intentionally in order to avoid the perpetuation of negative stereotypes that may discount the experiences of veteran clients. This session will provide an overview of research on the use of pop culture as well as specific strategies to infuse in counseling practice.

 **Speaker**



Michelle Steimer Assistant Professor, Waynesburg University

8:00am

The Impact of Internet Pornography on Adolescent Development and Considerations for Counselors

🕒 8:00am - 9:00am, Oct 3

Asynchronous poster presentations

The proliferation of technology has changed the way adolescents encounter and consume sexually explicit material online. The purpose of the program is to educate participants on trends in adolescents' use of Internet pornography, the potential effects of online pornography consumption on adolescent development, and professional counseling strategies and considerations for working with teens.

 **Speakers**



Richard Joseph Behun Assistant Professor, Millersville University



Eric Owens Associate Professor & Department Chairperson, West Chester University

Pedagogical Innovations in Teaching Group Counseling and Facilitating a Group Completely Online

🕒 8:00am - 9:00am, Oct 3

Asynchronous presentations

This presentation will explain the experience of moving a group counseling course to a completely online course due to COVID-19. A requirement of the course is to participate as members in a personal growth group. The challenges of the transition will be explored with an emphasis on the positive outcomes of the experience. The groups were divided into two sections, used a reflecting team model, and discussion boards. The intention of this session is to facilitate a sharing session about best practices in providing telehealth group counseling and providing instruction to graduate students.

🗣️ Speaker



Jane Hale Associate Professor, Slippery Rock University

9:00am

KEYNOTE Stop Talking Clients to Death: Promoting Change through Creative Treatment

🕒 9:00am - 10:00am, Oct 3

Synchronous Presentation

PCA is pleased to confirm **Dr. David Delmonico**, a Nationally Certified Counselor, Approved Clinical Supervisor, and Professor at Duquesne University as the keynote speaker for the 2020 Virtual Conference. Delmonico will present: *Stop Talking Clients to Death: Promoting Change through Creative Treatment*.

Although “talk therapy” can be helpful for many clients, others need to be engaged in the treatment process to promote long-lasting change. While concepts can be learned in a counseling session, adult learning theory suggests that “anchoring” ideas to visual, auditory, or kinesthetic activities promotes longer retention and increases the likelihood applying the concept in real life. This keynote address will introduce how creativity and science can combine to increase client awareness and promote the change process. Specific tools and techniques will be introduced in a broader context of encouraging professional counselors to think outside of the box when engaging clients in treatment. Special attention will be given to fostering creative change when using telecounseling as the primary modality of treatment given the current Covid-19 pandemic.

🗣️ Speaker



David L. Delmonico Professor of Counselor Education, Duquesne University

10:15am

Round Table Discussions

🕒 10:15am - 11:15am, Oct 3

Synchronous Presentation

2 Subsessions

- **What is your time worth: Cost and benefits of dual roles in supervisory relationships**
🕒 10:15am - 11:15am, Oct 3
- **Alliance Ruptures in Cross-Cultural Counseling Relationships**
🕒 10:15am - 11:15am, Oct 3

11:30am

Awards Ceremony

🕒 11:30am - 1:00pm, Oct 3

Synchronous Presentation

Join us to celebrate outstanding professional counselors, counselor educators, and counseling students in PA!

🗣️ Speakers



Deborah Duenyas PCA President Elect, PCA



Lisa Corbin Philadelphia College of Osteopathic Medicine

1:30pm

Division & Chapter Panel/Presentations

🕒 1:30pm - 2:30pm, Oct 3

Synchronous Presentation

3 Subsessions

- **Building Virtual Community: Supporting LGBTQ+ Folks Through Tele-Health**
🕒 1:30pm - 2:30pm, Oct 3
- **Password: PACES2020 - Generation Z: Educating and Supervising the Next Generation of Professional Counselors (PACES)**
🕒 1:30pm - 2:30pm, Oct 3
- **Forget what you heard: Learning to build therapeutic relationships with African American Preachers' Kids (PASERVIC)**
🕒 1:30pm - 2:30pm, Oct 3

3:00pm

Government Relations/Advocacy Town Hall

🕒 3:00pm - 4:00pm, Oct 3

Synchronous Presentation

Please join us to learn about the exciting advocacy work PCA is doing in PA along with other advocacy initiatives happening in the North Atlantic Region (NAR) and nationally at ACA.

🗣️ Speakers



Nellie Scanlon PCA Immediate Past President, PCA



Travis Schermer Associate Professor & Program Director MSPC, Carlow University



Ebony White ACA



Dominique Marsalek Government Relations Specialist, American Counseling Association



Steve Kuniak President-Elect, Pennsylvania Counseling Association

4:00pm

Division and Chapter Meetings

🕒 4:00pm - 5:00pm, Oct 3

Synchronous Presentation

11 Subsessions

- **PACAC Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **PACES Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **PAMCD Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **PS-SAIGE**
🕒 4:00pm - 5:00pm, Oct 3
- **PASGW**
🕒 4:00pm - 5:00pm, Oct 3
- **PASERVIC Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **PCCA Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **PMGCA Division Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **GPCA Meeting**
🕒 4:00pm - 5:00pm, Oct 3
- **GPACA**
🕒 4:00pm - 5:00pm, Oct 3
- **NEPCA**
🕒 4:00pm - 5:00pm, Oct 3

5:30pm

Virtual Opening Day Hang Out Celebrations

🕒 5:30pm - 6:30pm, Oct 3

Synchronous Presentation

Sun, Oct 04, 2020

9:00am

Ethics Training (Duggan)

🕒 9:00am - 12:00pm, Oct 4

Synchronous Presentation

1:00pm

QPR Suicide Prevention Training

🕒 1:00pm - 2:00pm, Oct 4

Synchronous Presentation

The Columbia Lighthouse Project

<https://cssrs.columbia.edu/>

C-SSRS Training

<https://cssrs.columbia.edu/training/training-options/>

QPR Handout

<https://files.nc.gov/ncdps/documents/files/cards.pdf>

🗣️ **Speaker**



Abra Kuniak Private Practice Outpatient Counselor, Namaste Holistic Counseling PC