MAY 2, 3, 4, 2004

Counselor Renewal: Self Care Equals Quality Client Care

NEW JERSEY
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# Conference presentations in detail

### **SUNDAY MAY 2, 2004**

PRECONFERENCE WORKSHOP 1:00PM - 4:00PM

"The Good, the Bad , & the Ugly: Seminal Cases of the World's Best Therapists." Based on a series of three books (Bad Therapy, The Mummy at the Dining Room Table, and The Finest Hour), the most prominent theoreticians were interviewed about their worst failures, most unusual cases and finest examples of work. After reviewing the most interesting and provocative narra-

tives culled from the interviews, participants will explore their own seminal, cases and learn ways to enhance their own professional work and personal growth. As difficult as it is to facilitate changes in counseling, the truly challenging part is how to make the changes last over time.

### **MONDAY MAY 3, 2004** 7:30AM - 8:30AM **Spirituality beyond Religion**

Spirituality is a quality common to all our traditional religions. The quality highlights common ground, potentiality encountering divisiveness. We shall explore examples and encourage contributions from participants.

# Soul drama: A New Approach to Combining Psychology, Spirituality, & the Creative Arts Connie Miller, MS, NCC

A new approach combining psychology, spirituality and the creative arts. Let your spirit soar! This is a six stage process of spiritual discovery. This unique psychospiritual approach employs psychodrama, spontaneous affirmation, prayer, art, and guided meditation. Soul drama enables people to discover their life's purpose by releasing emotional and mental blocks that inhibit psychospiritual growth.

### 8:45am - 10:30am

Enhancing the Effectiveness of the Counseling Group: Screening for Membership

The effectiveness of a counseling group, for any population, is directly related to the effectiveness of the screening session for admission to the group. The program will present the basic elements of effective screening, demonstrations of screening for the counseling group, and the participants will practice screening with one another.

# Traumatized / Abused Children: Facts and Hope Nancy Westberg, Ph.D., James Murphy, D.Ed., Stefan Domrowski, Ph.D

Child abuse, neglect, and trauma have been linked to mental disorders and behavior problems during childhood and in later life. Counselors need to be knowledgeable of the effects, treatment, and laws regarding child abuse and trauma. This session will cover an overview of mandated child-abuse reporting for counselors, the effects of childhood trauma/abuse/neglect on brain development and personality development, and strategies to help traumatized/ abused/ neglected children. This presentation will include viewing a videotape and audi-

# **Combating Counselor Burnout in School & Mental Health Settings**

Counselors deal with people in crisis, people in pain, and people who are suffering. Sometimes we can help, sometimes not. Often the result of our work is hard to define and see. This workshop will offer strategies to counselors to help them fight the feelings of frustration and to help them not take on the pain of their clients. This workshop will also define burnout and delineate methods of avoiding it.

# The Wellness is Within New York And Alexis Mitchell, MA

This workshop is designed to highlight the health in families. Through the use of genograms and a Symbolic Interaction perspective, strengths in families are highlighted when patterns and themes are identified. This workshop will encourage counselors to map their own family as an introduction into implementing this concept into their respective therapeutic work.

### 10:45AM - 12:15PM

# ADHD: Assessment, Diagnosis and Treatment

This workshop will review the research on the etiology of ADHD, as well as common assessment methods that help mental health professionals clarify the diagnosis. Common co-morbid disorders will be discussed, as will be the so-called ADHD look-alikes. Research, including the presenters work, on effective ADHD treatments will be reviewed. An outline for treatment that has been identified as being effective in treating ADHD symptoms at home as well as at school will be discussed.

# Developing a Nine-Session Career Counseling Program for your Private Practice or Agency Beverly Baskin Ed.S, LPC & Mitchell Baskin, MMS, PE

This workshop will teach participants how to implement a nine-session program for their clients needing career counseling and coaching, as well as job search information. Topics include how to conduct counseling and testing, help with resume preparation, networking strategies and resources, preparing clients for interviews, researching jobs and recruiters for clients, and helping clients to find job opportunity on the World Wide Web.

University, Mark Kiselica, Ph.D., College of New Jersey

Jeffrey A. Kottler received his

Ph.D. in counseling psychology from the University of Virginia in

1977. Since that time he has

been a faculty member in various

institutions around the world,

teaching extensively in Asia,

Africa, Europe, Latin America,

Australia, and New Zealand.

Jeffrey has been a Fulbright

Scholar in Peru, Iceland, and

Thailand. He is currently

Professor and Chair of the

Counseling Department at California State University,

Jeffrey is the author of 50 books

in the fields of counseling, psy-

chology, and education that have

been translated into more than a dozen languages. His best known

works include The Imperfect

Therapist (1989), Compassionate

Therapy: Working With Difficult Clients (1992), Advanced Group

Leadership (1993), On Being a

Therapist (1993), Beyond Blame:

A New Way of Resolving Conflict

in Relationships (1994), Growing a Therapist (1995), Language of Tears (1996), What

You Never Learned in Graduate

School (1997), Travel That Can

Change Your Life (1997), The

Therapist's Workbook (1998).

The Last Victim: Inside the Minds

of Serial Killers (1999), Exploring

and Treating Acquisitive Desire

(1999), Doing Good: Passion and

Commitment For Helping Others

(2000), Making Changes Last

(2001), Theories in Counseling

Therapy: Master Therapists

Share Their Worst Failures

(2003), and The Mummy at the

Dining Room Table (2003).

Therapy (2002), Bad

Fullerton.

This panel discussion/ brainstorming session will explore the issues facing counselor educators in New Jersey and attempt to set up a networking channel of communication between them. Topics of discussions will include: Ethical obligations, university struggles and professional identity & goals for students.

Panel: Frances Trotman, Ph.D. & Adrian Restivo Levitt,

Ph.D., Monmouth University, Paula Danzinger, William

Patterson University, Nancy Westburg, Ph.D., Rider

**Calling All Counselor Educators** 

### Developments in the Treatment and **Understanding of Eating Disorders** Donald Erwin, Ph.D.

This discussion will explore some of the recent insights into the causes, both culturally & psychologically of the Eating Disorders, Anorexia/Bulimia. In view of these causes, treatments will be explored which are appearing to hold serious potential for managing & even arresting these

12:30PM - 1:30PM LUNCH Beverly Baskin, Ed.S, MA, LPC, & Alice Whipple, Ph.D. Taking a brief "stress break"

1:30PM - 2:00PM **DIVISION MEETINGS** 

### 2:00PM - 3:30PM Jeffrey Kottler, Ph.D. Keynote Address: Counseling as a Transformative Journey: For the Counselor!

This photo-illustrated talk discusses the metaphor of transformative travel as a means for understanding the mutual and reciprocal influence and changes that take place within counseling relationships. Based on research and field studies in Nepal, Thailand, Nambia, Iceland and other regions of the world, several key principles will be mentioned, including applications for promoting personal and professional growth.

### 3:45PM - 5:15PM

### A Taste of Mindfulness Based Stress Reduction Phlaxy Rosenman, MS, NCC and Holly Nemiroff, Ed.S,

This experiential workshop in mindfulness, uses simple but powerful methods to bring the mind back to the present moment. Learn how to pay attention so that you can reconnect with your own innate wisdom, harmony, and

### 9/11: What have we Learned? Barry Mascari, MS, LPC, and Jane Webber M.Ed., LPC

Since 9/11, much thought, planning, and research around crisis preparation has taken place. Have the lessons from 9/11 and trauma intervention which followed influenced future responses? Are we prepared to help the caregivers as they suffer from compassion fatigue? Join this informative presentation and interactive discussion about this very important topic.

### Self Care for the Perfectionist Clinician Carol Oliver, M.Ed, LPC

Perfectionism is a belief that asserts "I am never good enough" The perfectionist views mistakes as catastrophes and is very unforgiving of themselves and others. Perfectionists are hard on themselves, often feel disappointed and have unrealistic expectations of their role as a therapist. This workshop is designed to begin to change this way of thinking and promote the development of selfnurturing behaviors.

### Supervision: What & How Ed Stroh, Ph.D.

This presentation/discussion will explore supervision content and format for professional counselors. Topics will include supervisor/ supervisee relationships; the evaluation of counseling skills and overall competence; prospects for supervision via the internet.

5:30pm - 6:30pm President's Reception **Graduate Student Poster Session** 6:30pm - 8:30pm NJCA Membership Dinner and Awards Ceremony

# Conference Schedule at a glance

# SUNDAY PRE-CONFERENCE WORKSHOP

Afternoon with Jeffrey Kottler, Ph.D.: "The Good, the Bad & the Ugly: Seminal Cases of the World's Best Therapists.

# MONDAY CONFERENCE MAY 3, 2004

- Spirituality Beyond Religion
- · Soul Drama

- Enhancing the Effectiveness of the
- Counseling Group: Screening for Membership Traumatized/Abused Children: Facts and
- · Combating Counselor Burnout in School and
- Mental Health Settings
- The Wellness Within (Family)

- ADHD: Assessment, Diagnosis and Treatment
- · Developing a Nine Session Career Counseling Program
- Calling All Counselor Educators
- New Developments in Eating Disorders

Lunch "Taking a Stress Break" Mini workshop

**Division Meetings** 

· Keynote Address Jeffrey Kottler, Ph.D.

- · A Taste of Mindfulness Based Stress
- Reduction 9/11 - What have we learned?
- Self Care for the Perfectionist Clinician
- Supervision: What & How

- President's reception
- **Graduate Student Poster Sessions**

NJCA Membership Dinner (2004 Annual Awards will be presented)

# **TUESDAY CONFERENCE** MAY 4, 2004

· A Cognitive Behavioral Approach to Faith and Spirituality

### Psychopharmacology for Adults

- Becoming an Effective Counseling Supervisor: Legal, Ethical & Multicultural Issues
- · Exploring Issues of Diversity in School

### Communities

### · NJCA Business Meeting

- · Attachment: Does it Matter
- · Pediatric Psychopharmacology: Current Research & Best Practices
- Putting Light on the Career Path
- · Inspire: A Character Education Based Martial

Meeting the Professional Counselor Licensing Board

Advancement of Counseling Award -Presented to Senator Jon Corzine

- Sandtray in Group
- · Becoming an Effective Counselor
- · School Counselors as Advocates
- · Counseling the Bi-Sexual Community

### **TUESDAY MAY 4, 2004**

### 7:30 - 10:15AM

### A Cognitive Behavioral Approach to Faith & Spirituality Calvin Chatlos, MD

A Cognitive Behavioral Therapy (CBT) framework demonstrates the non-supernatural, person-centered source of the Faith Experience and its role in the healing process and professional growth. This group experience begins with the biologically based mental process of making distinctions, described by Piaget, and expands it beyond objects, relationships, and the morality to the integrated "mind" experiences of "Being". The focus will be on essential core experiences of human worth and dignity. Participants will be guided to recognize specific characteristics of spiritual experiences that include vitality, wholeness, connectedness, serenity, and meaning. Opportunities to identify professional and personal blocks of Faith are emphasized.

### **Psychopharmacology for Adults**

### Joseph Springer, Ph.D

This workshop will give a review of the more commonly prescribed psychotropic medications used with the adult population. This workshop offers a basic understanding of the hypothesized mechanisms of action with the major categories of psychiatric medications, indications for usage, common side effects and potential interactions with other commonly prescribed medications.

### 8:30AM - 10:15AM

### Becoming an Effective Counseling Supervisor: Legal, **Ethical & Multicultural Issues**

### C. Emmanual Ahia, Ph.D., J.D.

Participants of this workshop will learn the legal, ethical and multicultural dimension of being a counseling supervisor. Issues related to theoretical orientation, documentation, informed consent, boundary violations, certification, video/audio taping issues, peer and contextual supervision will be discussed. A fairly comprehensive bibliography on counseling supervision will be distributed to participants.

### **Exploring Issues of Diversity in School Communities** Georgette Rogers, MA, NCC and Student Panel

Diversity has many faces: race, ethnicity, religion, gender, physical disability, and sexual orientation to name a few. This experiential interactive workshop will explore diversity in school communities. In small groups, student leaders will discuss with participants how attitudes and behaviors related to diversity are manifested in school communities. Potential solutions to diversity challenges will be explored. Small groups will then work together to create a shared vision for the future.

### 10:15AM - 10:45AM NJCA ANNUAL BUSINESS MEETING

### 10:45AM - 12:15PM

### Attachment: Does it Matter in Treatment? Donalee Brown, Ph.D. and Yolanda Rogers, Ph.D.

This workshop will begin with a personal look at a clinician's histories with attachment and how it has affected their life, both personally and professionally. A brief attachment questionnaire will be completed putting the participant in touch with their attachment style. Theory, historical constructs and current applications will be reviewed. Small group discussions will include how participants can include attachment as a therapeutic tool.

### Pediatric Psychopharmacology: Current Research and Best Practices George Kapalka, Ph.D.

This workshop will review the psychopharmacological approaches to the treatment of common childhood disorders. Research on the pharmacological treatments of ADHD, Tourette's. Mood Disorders and Anxiety Disorders will be examined and common medications for the Treatment of these disorders will be discussed. The workshop will also review the basics of pharmacokinetics and pharmacodynamics, with particular emphasis of how these processes occur in

## **Putting Light on**

Expect a penetrating look at Reality Employment Counseling, the job search process and the marketing and development of one's career. You will receive very practical information while being entertained. The presenter will clarify points with short interactive experiences and story-telling. The approach will be holistic drawing examples from the physical, mental and spiritual

# Inspire: A Character Education Based Martial

# Arts Program Christine Abra<mark>ms, Patricia Vommoro, and John</mark>

The Inspire Program is a character education program based on principles of self-control, perseverance, integrity, responsibility and excellence. This program gives atrisk students alternative methods to conceptualize conflict, express differences and solve problems. It gives them access to the language of non-violent confrontation, as well as being able to view conflict as a process with multiple potential outcomes.

### 12:15PM-1:00PM MEET THE LICENSING BOARD

This will be an interactive discussion about the regulations that the Professional Counselor Licensing Board enforces. Questions will be answered about the process of licensure and qualifications needed. Excellent for students, or anyone going through the licensing process.

### 1:00PM - 2:15PM **LUNCH**

### **Advancement of Counseling Award Presentation:** enator Jon Corzine

Counselors will recognize Senator Corzine for his work on behalf of Mental Health Parity and his recognition of Counselors as Mental Health Providers.

## 2:30PM - 4:15P

### Sandtray in Grou PJ Wenger, M.Ed.

This experiential workshop will introduce the use of sandplay in a group setting. This work shop will acclimate participants to sandplay, create safety in an experiential medium, and access internal dynamics. Sandplay, like art therapy, allows the counselor to address both children and adults in primary symbolic language. Maximum participants: 12.

# **Becoming an Effective Counselor**

A veteran of 29 years of counseling will highlight qualities she has found important in becoming an effective counselor. Case examples will be presented that support these ideas, as well as problematic situations, related to blind spots of the counselor. Discussions using participant's examples will be included in this interactive work-

### School Counselors as Advocates: Creating Resiliency & Hardiness in At-Risk Students Joanne Jodry, DMH, LPC, Frances Trotman, Ph.D.

# Megan Gilvary

School counselors are the soul of the schools. Often counselors feel frustrated at a lack of empathy for the At-Risk student and are forced into the role of the student advo-This workshop will identify the students that are most at-risk, discuss ways of helping ALL teachers in schools to become student mentors to the students through a series of in school workshops that the school counselor can facilitate.

## Counseling the Bi-Sexual Community

Studies have found that bisexuals experience more negative reactions from family and friends, greater degrees of heterosexual bias, prejudice from the lesbian and gay community, and have higher scores for depression/ anxiety than lesbians or gay men. This workshop will explore the myths and truths about bisexuality, examine the concept of sexual orientations, and discuss clinical issues of bisexual clients and how to be a better counselor to this population.

# **Conference Registration**

NJCA Member # Membership Status:		tudent (please senc	copy student	ID) Retired	Non-member
Name (Please print)			Cred	dentials/Certif	
Company					
Address					
City/State/Zip					
Daytime Phone		Fax		Email	
	iental breakfas				and Tuesday May 2, 3, purchased separately.
One Day Conference lunch. Networking					
Sunday Preconfere	nce Registrati	on Only: Includes f	ull session on	Sunday only.	
Early Bird Registrate Circle price and enter			004.		
Full Conference: Sur	nday, Monday,		e Day Confere Monday	nce: (Circle Day) Tuesday	
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Non-Member Student or Retired (I	Member only)		ember t or Retired	\$205 \$ 80	
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Advanced Registra	tion: Postmarl	ad by April 25 20	104		
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Non-Member		\$334 Non-M	ember	\$225	
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New Student Membe		\$154		\$115	*
(New annual member	ership to NJCA	included: Fill out a	tached membe	ership Application	and submit)
Sunday Preconference Circle price and enter	er on line to th				
	Early Bird March 20	April 25	On-Site At Desk		
Member	\$50	\$60	\$70		
Non-Member	\$135	\$145	\$155		¢
Student or Retired	\$35	\$35	\$45		\$
Monday Dinner: Me bring guests. Please	al costs are th indicate the n	e same for all atter umber of guests, n	dees. We enco	ourage all NJCA m meal price and er	nembers to network and oter at the right.
		\$35 y nun	her of allests		\$

Payment total (enter total at the right)

TOTAL \$

Mail enclosed check or money order made payable to New Jersey Counseling Association. For more information and all inquiries please contact: NJCA representative at: NJCONF04@aol.com or 800-553-1353.

> Mail Registration and Payment to: **New Jersey Counseling Association** P.O. Box 655 Oakhurst, NJ 07755

# **Dear Colleagues**

NJCA! We are growing! As we grow, we need to maintain our focus of nurturing the counselors of New Jersey, providing clients with quality care, working with other mental health professionals to ensure continuity of care, and networking with each other to promote our profession to the general public and the consumer.

As a member of the NJCA since 1990, I am so proud of all of our accomplishments over the last decade. Just to name a few: we have achieved licensure, grown as a community, put on some fabulous conferences, and hired an Executive Director! A testimony to our growth as a community is the number of submissions we received when we put out the "call for papers" for this conference. So many wonderful proposals came our way to participate in this event.

Working with you, my sisters and brothers, enriches my life and I hope your lives too. As we move forward together, let's focus on our strengths. When things do not appear to go our way, remember that since it is our life mission to help others, we will triumph in the end.

It is my hope that all of the divisions of NJCA will unite to make the NJCA the organization that it is able to be. The whole is greater than the sum of it's parts, let's join together as one.

You may remember me as a quilter. One of my mottos is, "When life gives you scraps, make quilts!" We have all the components of education, passion, and compassion to become a great force for improving mental health in New Jersey. We just need to be joined together through the NJCA, so that we can cover this state with our message of: unity, care and education of the general public. Let's pull together and be unified as a quilt of counselors!

Adrian Restivo -Levitt, Ph.D.

# **General** information

**Hotel Information:** To reserve a room at the Sheraton Eatontown Hotel, 6 Industrial Way East, Eatontown, NJ 07724, please call 732-542-6500 and receive the NJCA special rate of \$120.00 per single or double room. You must mention that you are with the New Jersey Counseling Association (NJCA) and make your reservation by March 28, 2004. Reservations made after March 28, 2004 will be based on availability. Added attractions to the Eatontown area include: Beautiful Jersey Shore Beaches (including historic Ocean Grove), Monmouth Park Race Track, PNC Arts Center, as well as shopping at the Monmouth Mall.

Directions: Sheraton Eatontown Route 35 / Industrial Way, Eatontown, NJ 07724

From the North: Take NJ Turnpike South to Exit 11. Garden State Parkway South to Exit 105, which puts you directly on Route 36 East. Proceed through three traffic lights and bear to the right at the sign for Route 35 South (Asbury Park/Seaside Heights). Proceed through one light. Bear off to the right (Industrial Way). Make a left onto Industrial Way and go through the light. Hotel is on the right corner.

From the West: Take the Ben Franklin Bridge to Route 38 East to the NJ Turnpike North to 195 East (Exit 7A) to the Garden State Parkway North to Exit 105 to Route 36 East. Proceed through three traffic lights and bear off to the right at the sign for Route 35 South (Asbury Park/Seaside Heights) Proceed through one light. Bear off to the right before the second light (Industrial Way). Make a left onto Industrial Way and go through the light. Hotel is on the right corner.

From the South: Garden State Parkway to Exit 105 and follow directions above.

From Route 18: Take Route 18 East to exit 13B(Eatontown, Route 36 Exit) to second light. Make right onto Route 35 South to Industrial Way. Take jug handle prior to the light; make a left, cross the highway. Hotel is on the right corner.

**Exhibits:** Vendors will be exhibiting on Monday, May 3, from 8:00 am to 5:30 PM and Tuesday, May 4 from 8:00am to 4:00PM. *NJCDA & NJECA will sponsor the 2nd annual Career Connection on the exhibit floor. Professional counselors will be available from NJ One Stop Career Center System. Register for placement assistance, have your resume reviewed, or just get the latest on job search techniques!* 

**Networking Table:** A networking table will be available for brochures, business cards or other communications you wish to share with your fellow counselors and/or counseling students.

Continuing Education Units (CEUs): The New Jersey Counseling Association is an approved provider of Continuing Education Units under the auspices of the National Board of Certified Counselors and strictly follows the standards established by the Council for the Continuing Education Unit. The New Jersey Counseling Association is also registered as a professional provider with the New Jersey Department of Education. CEU Certificates for your participation in the NJCA Annual Conference may be picked up at the end of each day. Social Workers & Certified Alcohol & Drug Counselors will be provided with CEU's pending each Board's approval.

**Cancellation Policy:** Cancellations received in writing postmarked by April 10, 2003 will receive a 75% refund. There will be no refunds, for any reason after April 10, 2004.

Mail Registration and Payment to: NJCA, P.O. BOX 655, Oakhurst, NJ 07755

Questions can be emailed to: NJCONF04@aol.com or call 800-553-1353.



New Jersey Counseling Association P.O. Box 655 Oakhurst, NI 07755 First Class U.S. Postage PAID Oakhurst, NJ 07755 Permit 52

# Counselor Renewal: Self Care=Quality Client Care



Keynote Speaker: Jeffrey Kottler, Ph.D.

May 2, 3, 4, 2004 The Sheraton at Eatontown, NJ

# New Jersey Counseling Association Membership Application

A State Branch of the American Counseling Association



Please fill in the following	ng information completely	y.		Alterical Courselly Association	
Last Name	First Name	Mi	Degrees, Certifi	ications LPC#(if applicable)	
Home Address (Street, E	Box, Apt.)		College or University Affiliation		
City	State	Zip	Specialty Areas	<u> </u>	
,		<sub>F</sub>			
County			Languages Spol	ken	
County			Do you accept r Yes	referrals? No	
Home Phone	Home Fax		Handicap Acces Yes	ssible? No	
Business Name and Add	dress (Street, Box, Apt.)		Do you provide Yes	e Supervision?	
City	State	Zip	Are you interest Yes	ted in a Speaker's Bureau?No	
County			Check here if yo	ou do not want to be included in: Directory	
Business Phone	Business Fax			Website	
E-mail Addresses					
NJCA Professional Mer	mbership Active			\$75.00	
NJCA Associate Membe	ership (Non-cour	nselor / Student) [circle or	ne]	\$25.00	
NJCA Associate Membe	ership (Retired)			\$10.00	
Affiliate Division: One affiliate is included	with no additional charge	es. Each additional affiliat	ion is \$10.00.		
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Make checks payable to				Total Due	
For questions visit our w Phone# 800-553-1353	vebsite at: http://www.njco Fax# 732-775-2530	ounseling.org or email NJ	CounselAssoc@aol	l.com	
1 110110# 000-333-1333	1 ax# 132-113-2330			Renewal Date Code (Administration Purposes Only)	