

The ASERVIC 2017 Conference on July 8-10 in Richmond VA



Content Descriptions, Learning Objectives, CE hours, and Presenter Credentials



The Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) has been approved by NBCC as a continuing education provider, ACEP No. 1010. Programs that do not qualify for NBCC credit are clearly identified. ASERVIC is solely responsible for all aspects of the program.

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Session Titles, Program Summary, Learning Objectives, and Presenter Details

Integrating Spirituality into Counseling with LGBTQ+ Clients: Considerations for Counselors

This poster presentation addresses the importance and applications of integrating spirituality into counseling when working with lesbians, gay men, bisexuals, queer individuals, and clients of marginalized sexual orientations (LGBTQ+). The poster includes a brief overview of sexual and spiritual identity development models, and provides counselors with an integrated framework for assisting LGBTQ+ in reconciling their sexual and spiritual identities.

Presented by Ana G. Reyes, MA, NCC

Learning Objectives:

1. Participants will become familiar with sexual identity development models.
2. Participants will become familiar with Fowler's (1981) faith development theory.
3. Participants will learn an integrated framework to help clients explore their sexual and spiritual identities.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Ethical Practice & Values: Knowing, Owning, and Appropriately Integrating

Values are pervasive in the life of the counselor and the counseling relationship. Do we know what to do when our values do not match our client's stated values? If neither 'checking our values at the door' nor 'imposing and converting clients to our way of thinking' are viable solutions, what is one to do? This presentation will provide real-life illustrations as well as proactive and practical strategies for resolving conflicts.

Presented by Sean Ridge, PhD, LMFT, ACS

Learning Objectives:

1. Investigate the self-of-the-counselor as this relates to counselor values
2. Understand the importance of intentionally reflecting upon values so as to avoid mishandling value conflicts in a counseling relationship
3. Identify practical guidelines in addressing value conflicts

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Multiple Relationships & Technology: Developing Ethical Boundaries in a Culture of Evolving Technology

This presentation explores challenges that clinicians may face when counseling populations heavily influenced by technology as a primary means of communicating, and ways in which they may draw ethically sound professional boundaries while maintaining the necessary alliance with their clients. The presentation will also address how to manage these same challenges in the supervisor/supervisee relationship.

Presented by DeVon Mills, MA, Heather Koth, & Kathy Robinson

Learning Objectives:

1. Participants will examine practical methods for drawing ethical boundaries when working primarily with populations who prefer to communicate via technology rather than traditional methods of communication.
2. Counselors and supervisors will learn how to maintain ethically sound relationships, HIPPA compliance, and safeguarding protected health information with clients and supervisees in the age of technology.
3. Counselors and supervisors will broaden their knowledge base on current technological trends in communication as well as effective solutions for maintaining HIPPA compliance and ethical boundaries in practice and supervision.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Religion and spirituality as sources of resilience in working with African refugees: Lessons from Rwanda

Multicultural considerations, specifically religion and spirituality in assessment and treatment of trauma when working with African refugees will be addressed. Focus will be given to the nature and understanding of trauma from a cultural context, cross-cultural aspects in trauma treatment, and integration of religion and spirituality in trauma treatment. Mental health providers working with African refugee populations and counselor educators may benefit from the content.

Presented by Bellah Kiteki, PhD, LPC, NCC

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Learning Objectives:

1. Understanding of trauma from African cultural perspective.
2. Understanding of the role of religion and/or spirituality in trauma healing.
3. Awareness of integration of religion in trauma treatment.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The First Line of Support: Understanding How Institutes of Faith Cope with Death and Grief

We will explore a variety of religious sects and discuss interviews previously conducted with religious leaders regarding their faith's traditions, beliefs and practices as they pertain to death and grief related to death. The session will help to give participants of any level of experience a better understanding of those practices and provoke thoughts about how this knowledge can be helpful in establishing professional relationships with religious leaders in their own communities.

Presented by Nocona Canady-Flatt, MS

Learning Objectives:

1. Participants will have a basic understanding of a variety of religious practices and traditions regarding death and grief.
2. Participants will be able to comprehend core values from other belief systems and be able to incorporate them on an as needed basis when working with clients experiencing death related grief.
3. Participants will be able to take the information learned and work towards developing community partnerships with faith leaders at their home base.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Refining your Radar: Assessing Clients for Indicators of Disordered Eating & Avenues of Support in Spirituality and Religion

When does clean eating, exercise commitment, and intense weight management become disordered and dangerous? What role can spirituality and religion play? Although eating disorders have the highest rate of death of all mental illness, 90% of people with eating disorders never receive treatment (American Medical Association, 2016). This presentation will enhance counselors' ability to detect eating disorders and understand how spirituality and religion can help or hurt the recovery process.

Presented by Dayna Pizzigoni

Learning Objectives:

1. Raise awareness about how spiritual and religious beliefs and practices can reinforce eating disorder thinking
2. Educate about how clinicians can utilize healthy aspects of religion and spirituality to bolster positive body image and recovery from eating disorders
3. Enhance clinicians' competency in assessing for eating disorders and knowing how to refer to higher levels of care

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Counseling & Values: Determining the Appropriate Role of a Counselor's Personal Values in the Counseling Process

Recent court cases, the 2014 ACA Ethical Code, and new legislation in some states have led counselors to consider what role personal values and religious beliefs should play in the counseling process. This presentation investigates this issue by reviewing how other professions have managed this issue, by considering ethical principles, and by assessing the consequences to the client and the profession of incorporating personal values into the counseling process.

Presented by Cecile Brennan

Learning Objectives:

1. Explain the role of the ACA Code of Ethics and ethical principles when working through a conflict in values.
2. Assess the impact on clients and the counseling process of a counselor's personal values.
3. Evaluate whether referral is an appropriate option when values differences occur.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

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The Influence of Black Liberation Theology: The Faith and Social Justice Journey of a Counselor Educator

This session will focus a faith and social justice journey using Black Liberation Theology. The journey will explore the intersections of multiple identities related to religion and spiritual development and race, ethnicity, age, sexual orientation, and military status from a BLT perspective. The session will also allow participants to reflect on their personal journeys and bridge BLT and the ASERVIC Spirituality Competencies and the ACA Advocacy Competencies in counselor preparation.

Presented by Natoya Hill Haskins, PhD

Learning Objectives:

1. Participants will be able to identify the tenets and central assumptions of Black Liberation Theology
2. Participants will be able to describe 3 BLT pedagogical strategies
3. Participants will be able to describe how the ASERVIC Spirituality Competencies and ACA Advocacy Competencies align with BLT

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Spirituality and Autism - Having a Conversation

Competent counseling includes recognizing spiritual/religious themes in client-counselor communication and addressing these themes when therapeutically relevant. However, the communication challenges seen in those with Autism Spectrum Disorder directly impacts the outward manifestation and communication of spiritual and religious themes. This presentation identifies strategies that counselors can use to aid in identifying and communicating spiritual/religious themes with this unique population.

Presented by Devon Manderino, PhD, LPC, NCC, Corey VanSickle, & Jane Owen

Learning Objectives:

1. Identify common communication challenges associated with Autism Spectrum Disorder.
2. Identify common themes of spirituality and religion as demonstrated by this population.
3. Demonstrate skills to aid in identification and communication of spiritual and religious themes in counseling individuals with Autism Spectrum Disorder.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Sanctification theory: Is nontheistic sanctification, nontheistic enough?

Is nontheistic sanctification, nontheistic enough? In other words, does sanctification theory include the full range of religious and spiritual expressions located under the nontheistic category? To address this question, results are applied from a phenomenological study examining how nature is sanctified. Based on the predominant theme, Experiences of Transcendence, questions are raised and suggestions are made to expand the validity and inclusivity of sanctification theory.

Presented by Paul J. Deal, PhD, NCC & Gina Magyar-Russell

Learning Objectives:

1. To familiarize attendees with the conceptual framework of sanctification theory.
2. For attendees to understand that the current conception of sanctification theory lacks inclusivity regarding nontheistic spiritualities that are grounded in immanence and generally disinterested in transcendent reality.
3. For attendees to explore their own biases about nontheism and to leave with an understanding of how sanctification theory might broaden its conceptual framework to become more inclusive of a type of immanent spirituality that is fast growing in our culture

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Ethical Considerations for Teaching Trauma Informed Practice

Helping clients who have experienced trauma is everyday practice in counseling. Part of preparing students/supervisees to provide trauma informed care is to teach them about trauma theory and models. When broaching sensitive topics, it is essential that

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educators/supervisors consider ethics, reduces risk of traumatization and increase resilience. This session will highlight ACA ethical codes and how educators/supervisors can apply risk management techniques to reduce traumatization.

Presented by Marisa White, PhD, LPC (Ohio), NCC

Learning Objectives:

1. Attendees of this session will examine the current literature about teaching trauma informed care to counselors-in-training
2. Attendees of this session will analyze which ACA Code of Ethics (2014) that could apply when teaching trauma informed care topics.
3. Attendees of this session will be able to identify risk management strategies to apply when teaching trauma informed care to counselors-in-training.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Preparing Sacred Ground: The Process of Spiritually Integrated Counseling

While increasing attention is devoted to spiritual content in counseling, less attention is given to the spiritual processes inherent in the counseling process. We present the results of a qualitative study in which we interviewed spiritually oriented counselors who practice within different belief systems to examine how they integrate spirituality into the process of helping. Results will be discussed along with implications for counseling practice, training, and research.

Presented by Craig S. Cashwell, PhD, NCC, ACS, J. Scott Young, PhD, Laura Land, Aviry Reich, Ahmet Tanhan, & Brett Williams

Learning Objectives:

1. Participants will understand the process dimension of spirituality integrated counseling
2. Participants will understand major themes that emerged from participant responses
3. Participants will examine these themes in the context of their own practice

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Incorporating Traditional Spiritual Practices into the Counseling Experience

As multiculturalism continues to develop in the counseling field, it is important for counselors to understand the role of spirituality in healing while implementing practices for growth. In this presentation, we will examine the importance of spirituality in healing and growth in the counseling experience, explore various traditional spiritual practices, and provide implementation strategies for the integration of traditional spiritual practices.

Presented by Rosanna Sanchez, MA, LGPC, NCC, Samantha Knox, MA, LGPC, & Lanail Plummer, MEd, LPC, NCC, ACS

Learning Objectives:

1. Examine the importance of spirituality in healing and growth in the counseling experience.
2. Explore various traditional spiritual practices.
3. Provide implementation strategies for the integration of traditional spiritual practices.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Facilitating Difficult Classroom Conversations on Spiritual and Religious Beliefs using Intergroup Dialogue

In this presentation, presenters will introduce the Intergroup Dialogue (IGD) process as a model to facilitate difficult classroom conversations about religion and spirituality. Participants will identify their values and how they may communicate these to students. Through the use of case studies, participants' lived experiences, and an IGD activity, presenters will offer strategies to help students identify their values and how these may manifest in their work with clients and colleagues.

Presented by Leila Roach, PhD, LMHC, LMFT, NCC, & Harriet L. Glossoff, PhD, LPC, NCC, ACS,

Learning Objectives:

1. Participants will identify the key concepts and steps of the Intergroup Dialogue process
2. Participants will identify how their values may facilitate or hinder their work in helping students become effective, culturally competent counselors and advocates

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3. Participants will identify strategies for facilitating respectful and meaningful discussion around issues of religion and spirituality in the classroom and using those discussions to help students identify their experiences, biases, and values and how

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Adolescent Spiritual and Religious Well-Being in the Public School Culture: A Gap in the Research

The complex issues facing adolescents in the current culture is compound by their school environment. The gap in research related to the study of adolescent spirituality and religiosity of students in public school settings will be explored. The overarching positive effects of spirituality and religiosity as it relates to adolescent well-being will be presented.

Presented by Jacqueline Wirth PhD, NCC, NCSC, Rita Schellenberg, PhD, LPC, NCC, NCSC, & E. Michelle Hoag

Learning Objectives:

1. Participants will gain an understanding of the gap in research relating to spiritual and religious well-being of adolescents who attend public school.
2. Participants will gain an understanding of the relationship between Erickson's theory of identity development (ego identity versus role confusion) in the development and maintenance of spirituality and religiosity.
3. Participants will gain an understanding that spirituality and religiosity have positive effects on adolescent well-being.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The Wellness of Unbelief: Centering Space and Counseling Competency

"Absence of beliefs" is part of "wellness." Wellness is related to belief, the absence of beliefs, and what is central to worldview, including the effect between counselor and counselee when the counselor and/or counselee has an "absence of belief." A review of studies related to the "unbelief" of clients will be presented. A qualitative interview with an "unbelieving" counselor will also be presented. Competency #2 of the ASERVIC Competencies will also be discussed.

Presented by Oliver McMahan & Laura R. Land

Learning Objectives:

1. Review clinical issues pertaining to the absence of belief, spirituality, religion, ethics, decentering and centering of world view and their possible effects upon psychosocial functioning.
2. Review recent diverse studies relating to the effect of the absence of faith and the persistence of the wellness process, including the absence of faith in clients and/or counselors.
3. Discussion of the absence of faith as part of the wellness process within the ethics and respect for diversity innate within effective counseling in the clinical setting and the persistence of wellness as it may affect psychosocial functioning by the client.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The Development of the Spiritual Bypass Scale

Spiritual bypass is a clinical process of avoiding difficult psychological material using spiritual beliefs, practices, or experiences. A major limitation to the literature on spiritual bypass is that no psychometrically sound measures of the phenomenon exist, thus preventing scholars and clinicians from understanding its causes and treatment implications beyond anecdotal case reports. In this presentation, we cover the background of spiritual bypass, the development of the Spiritual Bypass Scale-13, and finally, its clinical implications and directions for future research.

Presented by Jesse Fox, PhD, NCC, Craig S. Cashwell, PhD, NCC, ACS, & Gabriela Picciotto

Learning Objectives:

1. Participants will learn about the background spiritual bypass in clinical settings.
2. Participants will understand the process of developing the Spiritual Bypass Scale-13.
3. Participants will apply the psychometric properties of the Spiritual Bypass Scale-13 to clinical case scenarios

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Publishing in Counseling and Values

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Counseling and Values is the biannual journal of the Association for Spiritual, Ethical, and Religious Values in Counseling. In this presentation, the journal editor and assistant editors will discuss current trends and foci for the journal, and provide guidance for those interested in publishing in CVJ. Additional information will be provided for those interested in reviewing manuscripts for CVJ.

Presented by Craig S. Cashwell, PhD, NCC, ACS, Christopher A. Sink, PhD, NCC, LMHC (WA), Paula J. Swindle * Joe Leblanc

Learning Objectives:

1. Publishing in Counseling and Values
2. Describe the current trends and foci for Counseling and Values
3. Explain the process for submitting new and revised manuscripts to Counseling and Values

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Building a Resilient Military Force by Enhancing the Spirit

Resiliency is often seen as a vague construct with broad definitions. The military measures resiliency by the individual's ability to recuperate, grow, and successfully maintain life roles after facing adversity. Resiliency programs within the military focus on identifying individuals' strengths and capabilities. This presentation will concentrate on the efficient use of spiritual tools that aide in building service members' resiliency while engaging in military conflict.

Presented by Dannette Patterson, MA, NCC, LPC, CCMHC, ACS

Learning Objectives:

1. Participants will gain knowledge on military resiliency models grounded in both theory and empirical evidence that aim at building service members' resiliency while meeting the demands of both military life and occupational responsibilities.
2. Participants will examine the spiritual domain of the Comprehensive Soldier Fitness program, and explore the overall theoretical assumptions of the human spirit.
3. Participants will engage in an active discussion on implementing specific spiritual tools for service members, veterans, and their families that will encourage both self-awareness, and spiritual growth.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Meeting the Holistic Needs of Students: The Application of Spiritual and Religious Competencies for School Counselors

Participants are introduced to Religious and Spiritual Competencies for School Counselors adapted from the ASERVIC Spiritual and Religious competencies. Presenters highlight research that demonstrates the need to address these critical developmental agents. Ethical, legal, professional, and culturally sensitive approaches are discussed to meet the holistic development of children and adolescents in the school setting.

Presented by Rita Schellenberg, PhD, LPC, NCC, NCSC, Justin Silvey, & Jacqueline Wirth PhD, NCC, NCSC

Learning Objectives:

1. Participants will gain a greater understanding of the importance of addressing students' spiritual and religious beliefs in school counseling service delivery.
2. Participants will be introduced to newly created and expert- and peer-reviewed published Spiritual and Religious Competencies for School Counselors.
3. Participants will learn how to teach school counselors in training or currently practicing school counselors how to integrate the Spiritual and Religious Competencies for School Counselors in the school setting in a manner that is ethical, legal, professi

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Spiritual themes and religious leadership: Lessons from Ferguson, MO

Racial tensions between police and local communities have demonstrated a need for multiculturalism and social justice to restore unity within the affected communities and dignity to the people targeted by lethal discriminatory acts. This presentation focuses on the spiritual themes and religious leadership throughout the civil uprising reported by protestors, law enforcement officers, religious leaders, politicians, business owners, citizens, educators, and media persons who were interviewed.

Presented by Jessica Haas, Kari A. O'Grady, PhD, & Chun-Shin Taylor

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Learning Objectives:

1. (a) addressing multicultural competencies compelled by the revival of attention to racial disparity
2. (b) what every counselor can be doing to support resiliency development in the counseling room, the need for resilience training in counseling pedagogy
3. (c) practical uses within the counseling room, classroom, and supervision settings

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Contextualizing diversity and culture within a faith-drive intervention for the refugee population

The escalating refugee crisis in Europe and elsewhere is not somebody else's problem. As mental health professionals, how do we meaningfully contextualize "Western" treatment when working with a diverse and multicultural refugee population? This highly interactive and experiential learning session will provide an overview of a faith-driven intervention, including the step-by-step protocol and assessment scales employed within the context of a randomized study of Chin refugees from Burma.

Presented by Sally Goh, PhD & Dr. Fernando Garzon

Learning Objectives:

1. Participants will have the option to experience the GRACE-CDM intervention (with informed consent) during the mock psychoeducational group time
2. Participants will be able to identify and synthesize salutogenic factors from a mock client's diverse cultural and religious background to create an intervention that addresses issues of trauma as part of the experiential learning experience
3. Participants will identify strategies to apply the intervention or an adapted version of the intervention in future research with other sample population who have a history of trauma

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Two Case Studies on the Effects of Learning about Near-Death Experiences on Coping with Cancer

Near-death experiences (NDEs) are a transpersonal phenomenon reported worldwide across cultures. Common features include transcendental elements, a profound sense of peace, and a union with a divine or higher principle. We will describe two case studies in which cancer survivors noted healing effects of learning about NDEs on their coping processes. Participants will learn about the therapeutic effects of learning about NDEs on clients diagnosed with cancer and applications in counseling.

Presented by Ryan D. Foster, PhD, LPC (VA), NCC, Lauren Maxwell, & William Butler

Learning Objectives:

1. Attendees will be able to define near-death experiences, including characteristics and aftereffects.
2. Attendees will be able to apply psychoeducation about NDEs to non-near-death experiencer clients diagnosed with cancer in order to assist them in coping with their diagnosis.
3. Attendees will be able to identify spiritual implications of learning about near-death experiences when counseling cancer patients.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The Bible and Beck: Utilizing the Spiritual Principles Inherent in CBT

The prevalence of clients seeking spiritually-sensitive counseling indicates a need for counselors to have sound clinical skills as well as the prowess to relate to people's spiritual needs. This presentation will focus on the parallels between CBT and biblical principles. A specific, practical model that integrates Aaron Beck's ideas on schemas with Biblical principles and scripture will be provided for attendees to use with clients who desire focus on their Christian faith.

Presented by Brad A. Imhoff, PhD, LPC, & James Franks,

Learning Objectives:

1. Participants will understand how to integrate Christian spiritual principles with traditional CBT treatments.
2. Participants will learn a specific model of clinical intervention, which integrates Christian themes with Aaron Beck's principle of schemas.

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3. Participants who are not spiritually-oriented will gain a point of contact with clients who are spiritually-oriented in an effort to enhance multicultural competencies.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Sociocultural, religious, and political nature of Judaism: What counselors need to know to support their Jewish clients

Jewish Americans are an invisible minority and have received little attention in the multicultural literature despite the rise in anti-Semitism in the U.S. and globally. Jews are not just a religious group, but a cultural/ethnic minority with unique experiences and challenges. Attendees will gain knowledge of Judaism, and the unique challenges Jewish clients face so they can be multiculturally competent and prepared for working with this population.

Presented by Paulina Flasch, PhD, NCC, & Cheryl Fulton

Learning Objectives:

1. Audience will understand how Jews are a cultural group, in addition to a religious one
2. Audience will learn about specific issues and prejudices facing Jewish individuals
3. Audience will learn how to become culturally competent to working with Jewish clients

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Teaching Counseling and Spirituality from a Social Justice Framework

The purpose of this presentation is to present a model of teaching spirituality in counseling from a social justice framework. As counselor educators work with counselors-in-training to develop competencies, it is important to understand the integration of those competencies. This presentation will discuss the development and execution of a spirituality in counseling course, integrating multicultural & social justice and advocacy competencies. Practical activities and exercises will be provided.

Presented by Andrew Wood, PhD

Learning Objectives:

1. Attendees will learn about some of the fallbacks and inconsistencies in training counselors to address spiritual and religious concerns in counseling
2. Attendees will learn about the integration of multiple counseling competencies (e.g., spiritual, multicultural and social justice, advocacy) in a class on spirituality in counseling
3. Attendees will learn about activities to engage counselors-in-training to discuss how social justice, religion, and spirituality can work with and against each other.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

In Their Own Words: The Development of Self-awareness & Cognitive Complexity across an Ethics Class

This seminar will discuss how counselor educators and supervisors can facilitate student development of self-awareness & cognitive complexity, and the increased tolerance for ambiguity, by using a self-reflective exercise across a master's counseling ethics course.

Presented by Denise Daniel, PhD, LPC, Dr. Mary Deacon, & Ashlee Lakin

Learning Objectives:

1. Describe the role of counselor educators & supervisors in developing professional and personal growth in students.
2. Describe the process of moving from cognitive and value simplicity to cognitive complexity and self-reflection.
3. Describe how structure and assignments in an ethics class can facilitate cognitive growth.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Quality World Mindfulness: A Counseling Technique Designed for Members of the Ex-Offender Population

The presenter introduces a technique designed for use with members of the community ex-offender population. The technique blends mindfulness practices and William Glasser's (1998) quality world construct. The technique empowers the client to critically examine and intentionally modify their quality world in light of their current values. Through the use of a case illustration, the presenter discusses the Quality World Mindfulness technique, as well as its advantages and limitations.

Presented by Mark B. Scholl, PhD, LMHC (NY)

Learning Objectives:

1. Become familiar with the quality world concept within the context of Reality Therapy
2. Learn the procedure for using the Quality World Mindfulness technique with clients including community ex-offenders
3. Become familiar with recommendations for effectively using this technique based upon the presenter's experiences

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Spirituality and Struggle: Addressing Spiritual Issues and Concerns with Individuals Dealing with Chronic Health Conditions

Chronic health conditions can create opportunities for growth and challenge. Counselors in various settings can address spirituality in counseling to build resiliency and foster coping skills for individuals dealing with chronic health, including mental health conditions. Approaches and techniques for addressing spiritual issues for diverse individuals dealing with chronic conditions will be addressed.

Presented by Simone Lambert, PhD, LPC, & Michele Kielty, PhD, LPC

Learning Objectives:

1. The first learning objective is to provide counselors with an overview of mental and physical illnesses that are chronic in nature.
2. The second objective is to outline the impact of chronic illness for individuals (e.g., spiritual wellness, overall wellness, work, education, relationships, etc.).
3. Presenters will provide concrete treatment goals and interventions specifically addressing spirituality in counseling that can be tailored for various diagnoses and diverse cultural backgrounds

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

When Worlds Collide: Navigating the intersection of conservative Christianity in the lives of gay men

The presentation provides some insight into how men who identify as gay and hail from a traditionally conservative Christian worldview, may resolve the dissonance that arises when powerful contradictory messages about personal identity collide. Attendees will discover strategies that some clients may use to come to terms with these emotionally charged topics.

Presented by Bradly Hinman, PhD, LPC & Christopher Lacefield,

Learning Objectives:

1. Learn how individuals experience two distinct parts of their identity and determine what the meaning, structure, and essence of the lived experience of this phenomenon is by the individuals.
2. Formulate a plan to help clients manage the conflict between the two identities and a pressure to choose one part of the self over another.
3. Use the knowledge gained regarding successful attempts to navigate this intersection to understand and apply this knowledge to assist current or future clients to navigate a similar intersection

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The Healing Factor of Prosocial Behavior: Fostering Wellness Through Helping Others

This educational session will explore the links between well-being, prosocial behaviors, and psychological flourishing for clients in a clinical mental health setting. The session will review recent research that challenges the popular acceptance of self-focus as the primary strategy to boost mood and urge participants to consider benefits such as psychological flourishing through engagement in prosocial behaviors (acts of kindness).

Presented by Erica Merrill, MEd, LPC & Sara Andrews, MEd, LPC, NCC

Learning Objectives:

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1. Review of the happiness research: Upon completion, participants will have reviewed the foundational studies on happiness, develop a basic understanding of the elements that contribute towards client well-being and current techniques used to promote client
2. Review of the current research: Upon completion, participants will be able to identify and understand links between the use of prosocial behaviors and psychological flourishing as a means of increasing wellness in the mind, body, soul and community.
3. Considerations for Counselors: Upon completion, participants will be able to identify techniques to support client's in exploration of their own internal resources, and provide them with prosocial tools that may increase feelings of purpose and meaning.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Qualitative Exploration of Impact of Transpersonal Psychology Course on Counselors-In-Training

This presentation describes a qualitative study exploring student reactions to their experiences during and after a Transpersonal Counseling (TC) course. In addition, the presenters will describe the content and processes involved in the course and provide context for the impacts students reported during and after their TC course experiences in both personal and professional spheres. Suggestions for designing and implementing a TC course within counselor training programs will also be provided.

Presented by Amy E. Williams, PhD, LPC, NCC, ACS

Learning Objectives:

1. Participants will identify themes that emerged based on participant responses to interviews following their participation in a Transpersonal Counseling course
2. Participants will make connections between themes identified and elements of the Transpersonal Counseling course that supported personal and professional development
3. Participants will describe considerations for developing a Transpersonal Counseling course for their counseling program

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Spiritual Competence for Practicing Counselors: Preliminary Data and Implications

Counselors express the need for further training in the domains of spiritual competence. Robertson developed the Spiritual Competency Scale for measuring spiritual competence. Dailey et al. (2015) conducted a follow up study establishing cut off scores and confirming the reliability of the revised instrument (SCS-R-II). The presenters describe instrument development and data gathered from counselors using this scale. Results are presented, along with ideas for addressing the needs of counselors.

Presented by Carman Gill, PhD, LPC, NCC, ACS & Stephanie Dailey, EdD, LPC, NCC, ACS,

Learning Objectives:

1. Participants will demonstrate a deeper understanding of the ASERVIC Spiritual Competencies.
2. Participants will understand and evaluate the SCS-II-R, its development and the factor structure which supports ASERVIC's spiritual competencies.
3. Participants will understand and evaluate the results of a recent study using the SCS-II-R to better understand the spiritual competence of practicing counselors.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Understanding Child and Adolescent Spiritual and Religious Development in the School Setting

Religion and spirituality is a taboo subject among school professionals, yet child and adolescent religious and spiritual development intersects significantly with experiences they face in and outside of school. This session will explore models of spiritual and religious development to help participants better conceptualize developmental needs of the whole child. Knowledge gained will be applied to case studies and individual professional settings through large and small group dialogue.

Presented by Jenny John, MA, Jasmine Knight, & Helen Runyan

Learning Objectives:

1. Participants will understand and be able to explain how spiritual and religious development aligns with other developmental processes in order to more fully describe a child or adolescent's developmental needs.

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2. Participants will analyze how school and family experiences impact, and are impacted by, students' spiritual and religious development.
3. Participants will be able to apply the knowledge gained to modify school counseling services and counseling practice for students in light of their spiritual and religious development within their own professional setting.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Ethical Considerations for the Integration of Religion/Spirituality in Counseling

Religion and spirituality are important aspects of wellness and can serve as positive coping strategies and protective factors against many detrimental behaviors. Counselors are ethically mandated to address clients' culture, including religious and spiritual identities. As with all aspects of counseling, there are several important ethical codes to consider when addressing religion and spirituality in session. This presentation is designed to discuss ethical considerations such as broaching, bracketing, and ethical decision making, with regard to the integration of religion and spirituality in counseling.

Presented by Amanda Giordano, PhD, LPC, NCC, Ana G. Reyes, MA, NCC, & Amber Laird

Learning Objectives:

1. Attendees will become familiar with ethical codes relevant to the integration of religion/spirituality in counseling.
2. Attendees will gain knowledge regarding both broaching the topic of religion and spirituality and bracketing personal values in order to ethically attend to client religion/spirituality.
3. Attendees will learn an ethical decision making model specific to addressing client religion/spirituality and how to apply this model to their specific counseling settings.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Faith based, faith placed, or faithless: Conducting community based research in religious settings

Many individuals are more likely to bring mental health concerns to church long before they will consider meeting with a counselor. Therefore, counselors wanting to bridge the mental health access gap must learn to develop faith partnerships. This presentation will discuss strategies for conducting research and service with faith-based communities.

Presented by Daniel Gutierrez, PhD, NCC

Learning Objectives:

1. Participants will understand the principles of community based participatory and action research designs
2. Participants will review the current empirical support for conducting research in religious settings
3. Participants will learn strategies to increase the efficacy of faith-placed and faith-based research trials

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Addressing the Role of Religion and Spirituality When Treating African American Women

Mental health professionals must be more aware of the function religious and spiritual beliefs serve when working with African American women in clinical practice. Research suggests that religion and spirituality play a role in help-seeking behaviors for mental health treatment in African American women. Understanding what impedes African American women from seeking mental health treatment is imperative for cultural considerations and effective treatment.

Presented by Kristy Christopher-Holloway

Learning Objectives:

1. Define a construct for religion and spirituality.
2. Identify barriers and disparities to treatment of African American women.
3. Learn effective clinical implications for incorporating religion and spirituality into clinical practice with African American women.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

49 Days (or 49 Minutes) Under the Bodhi Tree: Nature-Based Contemplative Practices for the Modern World

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The leaders and reformers of many world religions have famously sought enlightenment by meditating in close contact with nature. Although it is more difficult for modern people to devote 40 days or even 4 days to a spiritual quest, counselors and clients can reap many of the benefits of nature-based contemplation in shorter amounts of time if they are approached with a similar intent and dedication.

Presented by Matt Bukowski, MA

Learning Objectives:

1. Participants will understand the role and prevalence of nature-based contemplative practices in several major world religions.
2. Participants will learn about the mental health benefits and spiritual opportunities available through nature based contemplative practice.
3. Participants will experientially learn how counselors and clients can use nature-based contemplative practice as a practical emotional, physical and spiritual resource in everyday life.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Aspirational Versus Developmental Ethics: Training Counselors using HB1840

The recent legislation in Tennessee has had a ripple effect throughout the counseling profession. Ethical decision-making models clearly outline the process counselors must follow. But what about meta-ethical considerations (i.e. developmental ethics vs. aspirational ethics) like the one facing the profession currently? Join us for a discussion of two varying positions on approaching “asking better questions” as we face these challenging issues.

Presented by Keith Myers & Chad Luke.

Learning Objectives:

1. Participants, in responding to the three perspectives offered by the presenters, will be encouraged to articulate their own perspective on the issues suggested by HB 1840, considering the following: MI and Supervision - Shame and punitive strategies are r
2. Participants will understand and discuss the parallel process between the dialogue surrounding HB 1840 and the counseling process.
3. Participants will explore the creative tension between the values to which counselors aspire and the developmental stages at which they find themselves.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

The Capacity for Concern: Winnicott on Self-transcendence as an Indicator of Spiritual Maturity

This presentation looks at Winnicott’s notion of the capacity for concern as an aspect of spiritual maturity. It explores the capacity for concern as a clear marker of healthy development and a goal for therapy when this capacity is deficient.

Presented by Stephen Parker, PhD, LPC

Learning Objectives:

1. As a result of this presentation participants will be able to describe Winnicott’s understanding of the capacity for concern as an aspect of self-transcendence and identify the developmental contributions to the absence or presence of this capacity
2. As a result of this presentation participants will be able to evaluate the usefulness of this concept for therapeutic goals (i.e., to describe the usefulness of this concept for counselors)
3. As a result of this presentation participants will be able to discuss the capacity for concern as an aspect of spiritual maturity

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Interfaith Service

Length and CE hour Information: No CE Hours

Integrating Yoga into Trauma Treatment: Important Neurophysiological Considerations

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Yoga is gaining popularity and evidential-support as approach for treating traumatic stress. Participants will learn the benefits of yoga as a potential trauma intervention with specific attention given to the importance of the eight-limb path and the neurophysiology of traumatic stress and yoga. Contraindications and considerations for referral to a yoga instructor will be reviewed.

Presented by L. Marinn Pierce, PhD & Elizabeth O'Brien, PhD, LPC

Learning Objectives:

1. At the conclusion of this presentation, participants will be able to describe the benefits of and important factors to be considered in integrating yoga in trauma treatment.
2. At the conclusion of this presentation, participants will be able to explain how the practice of the eight-limb path can support a trauma-informed approach to the integration of yoga.
3. At the conclusion of this presentation, participants will be able to identify the contraindications of integrating yoga with trauma treatment.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Counseling Male Survivors of Childhood Sexual Abuse Using Spiritual and Religious Resources to Promote Resilience

This presentation gives voice to male survivors of childhood sexual abuse as they heal and grow in resilience through religious and spiritual engagement. Attendees will also be engaged in a discussion about the ways client spiritual and religious resources can be engaged to foster greater levels of relational movement and healing from trauma. The presenters will also draw from clinical experiences working with male survivors.

Presented by Gerry Ken Crete, LPC, MFT & Anneliese A. Singh, PhD,

Learning Objectives:

1. Learn about the lived experiences of male survivors of sexual trauma and their religious resilience strategies
2. Discover ways that religious and spiritual resources can be engaged in the healing process
3. Explore how resilience and healing occurs within the context of relational movements

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

TLPCA Board members perspectives on the integration and collision with the 2014 ACA Code of Ethics, Tennessee statutes, and proposed bills

Over the past two legislative sessions, Tennessee has been one of the States at the national forefront on certain issues that directly impact the practice of counseling and Tennessee consumers. In a panel discussion format, two Tennessee Licensed Professional Counseling Association Board members will discuss passed and failed legislation, the 2014 ACA Code of Ethics, and their own individual experiences and diverse perspectives in interacting with professional counselors, legislators, educators, and clergy.

Presented by Robert L. Moore, PhD, EdD, ACS, NCC & Marisa White, PhD, LPC, NCC,

Learning Objectives:

1. Attendees will be able to articulate two or more ethical, legal, and/or US Constitutional perspectives of the passage of 2016 SB1556/HB1840 and how the Rule created tension within some who adhere to the 2014 ACA Code of Ethics.
2. Attendees will be able to identify two or more perspectives on the 2017 SB449, and how if passed and signed into law, would remove the 2014 ACA Code of Ethics and create a Tennessee Code of Ethics which would require non-clinicians (e.g., legislators) to
3. Attendees will be able to identify at least two ways presented in overcoming legislative obstacles while maintaining fidelity and integrity to one's personal faith and professional mission while remaining ethical and practicing within the bounds of the law.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Latino Spirituality: Implications for counseling

Despite the growing number of Latinos in the U.S., studies on spirituality and religion have failed to properly address culturally relevant conceptualizations of spirituality in the Latino culture. Additionally, we do not yet have full understanding of its role in

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psychosocial functioning. This interactive presentation will explore cultural values and spiritual perspectives in the Latino culture in an effort to provide practitioners with practical applications in assessment and treatment.

Presented by Carolina Benitez, MA

Learning Objectives:

1. Participants will learn about the importance of integrating spiritual values when delivering mental health services to Latino clients.
2. Participants will learn strategies for providing culturally competent care for Latinos.
3. Participants will develop cultural competence as it relates to working with Latinos in counseling

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Understanding Spirituality as a Human Universal: Assessing Ultimate Meaning in Atheists and Agnostics

Are Atheists and Agnostics spiritual? Is spirituality and religion only relevant to individuals that identify as spiritual and/or religious? Is there value in assessing all clients' spirituality? This presentation intends to answer these questions by explaining spirituality as an organismic variable, an innate universal motivation that drives, directs, and selects behavior. As such, it is seen as being applicable and relevant to all individuals, not just those that profess a religion.

Presented by Marion E Toscano, MA, Ralph L Piedmont, & Cynthia M Canner

Learning Objectives:

1. Spirituality is a part of and thus important for all individuals' lives, not just the religious.
2. The necessity of assessing spirituality in order to gain a more complete picture of an individual.
3. The ASPIRES is a useful measure in predicting outcomes over personality with both believers and Atheist and Agnostics.

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Ethical Dilemmas and Roles of the Counselor Educator and Supervisor

This presentation will examine ethical conundrums specific to counselor educators and supervisors, focusing on dilemma identification and ethical responsibilities. Graduate level ethics courses tend to occur within master's level counseling programs and hence are primarily centered on roles within the clinical sector. Considering that ethical obligations for educators and supervisors are more complex due to multiple professional obligations (e.g. gatekeeping), the need for more direct ethics preparation becomes substantiated. Specifically, this presentation will identify dilemmas that educators/supervisors face, including issues related to multiple relationships, clinical supervision, counselor education, and evaluative/gatekeeping roles. Ethical action will be substantiated by relevant ethical codes, such as Standard F of the ACA (2014) codes of ethics. Audience discussion will be facilitated, encouraging participants' to process their own experiences and potential ethical solutions in the context of education and supervision. This session would benefit current doctoral level students, agency and academic based supervisors, counselor educators, and those considering supervising and/or teaching.

Presented by Eleni Maria Honderich, PhD

Learning Objectives:

1. Participants will discuss ethical codes and dilemmas specific for counselor educators and supervisors
2. Participants will review unique facets of counselor education and supervision that warrant consideration in the context of ethical decision making
3. Participants will examine the resolution of ethical dilemmas within education and supervision, promoting best ethical practice that considers clients, students, and supervisees

Length and CE hour Information: 1 Hour Content Session (1 CE hours)

Conservative and Traditional Religious Counselors in Relation to ACA and ASERVIC: A Panel Discussion

In recent years, some counselors who hold conservative/traditional beliefs feel they are no longer valued members of the profession. This panel presentation will discuss the relationship between conservative/traditional religious counselors, ACA, and ASERVIC to facilitate an improved relationship between these groups. The moderated discussion will include a panel of conservative/traditional counselors. Questions will come from the audience as well as emails, with all points of view welcomed.

Presented by Richard Henriksen Jr, PhD, LPC-S, NCC & Kristel W. Headley, PhD, LPC-MHSP, ACS,

Learning Objectives:

1. Participants will learn about what it means to be a conservative and/or traditional religious member of ACA and ASERVIC
2. Participants will be able to give voice to ways in which the code of ethics can be used to protect the rights of all counselors.
3. Participants will be able to identify the unique contributions and struggles of traditional/conservative/religious counselors.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Can empathy mediate counselor values conflicts between religious identity and working with LGBTQ clients?

Ethically, counselors must not impose their own values on clients, yet many new counselors struggle with how to navigate values conflicts in practice, particularly those related to religious and sexual identities. We will share results from a recent study on the role of empathy in such conflicts, and examine the complexities present when working with deeply held, yet conflicting beliefs. We will offer strategies for educators and supervisors to start using on Monday!

Presented by Hannah B. Bayne, PhD, Anita A. Neuer Colburn, & Abigail Conley, PhD

Learning Objectives:

1. Attendees will learn the results of recently conducted research exploring empathy as a mediator of the relationship between counselor religiosity and views of lesbian and gay individuals.
2. Attendees will consider the challenge of honoring student/supervisee perspectives and religious beliefs while still helping them become ethical practitioners.
3. Attendees will learn and practice strategies for facilitating students and supervisee empathy for value conflict resolution.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Bringing Self: A qualitative study of counselor educators incorporating spirituality and religion into teaching.

The presenters will share the results of a qualitative research study that explored the processes, social actions, experiences, and contextual influences of counselor educators incorporating spirituality and religion into their teaching. The presenters will discuss the four sensitizing concepts that emerged from the data and the concepts' multi-directional processual relationships. Implications and directions for future research will be introduced.

Presented by Jade L. H. Letourneau, PhD & David Kleist, PhD,

Learning Objectives:

1. Attendees will understand the importance of training counselors to be competent in spiritual and religious issues with clients.
2. Attendees will be able to name four sensitizing concepts that influence how the participants in this study incorporate spirituality and religion into teaching.
3. Attendees will analyze the implications of the research findings.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

The Curious Meeting of Two Worlds: Enhancing Healing by Integrating Yoga Psychology with Western Psychology in Counseling

Although yoga psychology and western psychology both offer a unique theoretical framework for studying the human psyche (Caplan et al., 2013), few scholars have investigated the possibility of combining both approaches to optimize their healing benefits. To elucidate the potential benefits and challenges of integrating these two healing traditions, the presenter developed a theoretical model for comparison. Basic yoga techniques counselors may apply in clinical work will be discussed and shared.

Presented by Isabelle Ong, PhD

Learning Objectives:

1. Compare and contrast the similarities and differences between yoga psychology and western psychology.
2. Be acquainted with basic yoga techniques that can be applied in clinical work with clients.
3. Consider the potential benefits and challenges pertaining to integrating yoga with counseling.

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Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Ethical Trends in the Counseling Profession: A Three Year Review

In an effort to support sound ethical practices and professional conduct among professional counselors, this presentation will review common ethical issues encountered by counselors within the last three years (2014-2017). Ethical issues will be drawn from three main sources: (a) recent ethical violation complaints submitted to state licensure boards, (b) commonly asked questions of the ACA Department of Ethics and the ASERVIC Ethics Committee, and (c) trends within current counseling literature. Some ethical issues discussed will include: technology and distance counseling, duty to warn, confidentiality of minor clients, appropriate client referrals, and values conflicts between counselors and clients. The presenters will also address the role of informal resolution in ethical decision-making, highlighting the importance of conflict resolution skills. Attendees will have the opportunity to ask questions related to ethical issues they encounter in their work.

Presented by Stephanie Dailey, EdD, LPC, NCC, ACS & Andrew Campbell

Learning Objectives:

1. . To create awareness for ASERVIC membership on recent trends and ethical concerns in counseling
2. . To support counselors in identifying best practice approaches to ethical issues with clients in various settings
3. To promote the welfare of clients by increasing counselors', counselor educators', and counselor supervisors' awareness of sound professional conduct regarding common ethical issues and dilemmas

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Counseling for Wellness: Addressing Client Religion and Spirituality

Wellness is an integral part of the counseling profession and spirituality is central to wellness. The aim of this presentation is to describe the associations between religion/spirituality and wellness, detail several religious/spiritual assessments, interventions, practices, and treatment goals, and help clinicians overcome barriers to integrating religion/spirituality into wellness counseling.

Presented by Amanda Giordano, PhD, LPC, NCC & Craig S. Cashwell, PhD, NCC, ACS,

Learning Objectives:

1. Attendees will learn the ways in which religion/spirituality correlates with wellness. Specifically, attendees will distinguish between adaptive religious/spiritual practices, which can lead to positive outcomes and maladaptive religious/spiritual practices.
2. Attendees will gain knowledge related to religious/spiritual assessments, intervention, practices, and treatment goals to enhance wellness counseling.
3. Attendees will learn about obstacles and potential barriers to integrating religion/spirituality into counseling in a variety of settings, as well as ways to circumvent and navigate these obstacles.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Addressing Spiritual and Religious Concerns among Bullying Victims

This presentation discusses the relationship between bullying and religious/spiritual identity. Presenters will describe relevant assessments and interventions for counselors to integrate into their work with bullying victims. Positive and negative religious coping strategies will be addressed and multicultural counseling competencies to help counselors appropriately address client religion/spirituality in counseling.

Presented by Elizabeth O'Brien, PhD, LPC, Amanda Giordano, PhD, LPC, NCC, & Lisa Beijan

Learning Objectives:

1. Explore bullying and relational aggression that can occur when an individual is part of a religious in-group and when one is a member of a religious/spiritual minority or out-group
2. Discuss relevant assessments that can be conducted to assess spiritual/religious resilience and distress in clients as well as positive and negative religious coping strategies.
3. Discuss professional and ethical imperative of assessing for spirituality/religious beliefs with clients as well as issues related to social justice and advocacy for those who are experiencing religious/spiritual bullying.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

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Meditation in Counseling: Research Update

Meditation has been shown to be effective for enhancing emotional wellness. Participants will learn a simple meditation technique and identify ways to utilize a spiritually oriented meditation practice with clients from diverse backgrounds.

Presented by Mark E Young, PhD, Daniel Gutierrez, PhD, & Leila Roach, PhD, LMHC, LMFT, NCC

Learning Objectives:

1. Participants will be able to identify the major research findings concerning the effective of meditation for reducing anxiety, stress and depression
2. Participants will learn a simple but effective meditation technique and practice it
3. Participants will learn methods of integrating meditation into clinical practice

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Practicing What We Preach: Infusing Student Wellness in Graduate Counseling Curricula

While wellness is considered foundational to the practice of counseling, its role in counseling curricula has been given less attention. The presenters will share their scaffolded, developmental approach to building and improving student wellness. Participants will have an opportunity to engage in discussion, sharing ideas and exploring possible benefits and challenges of incorporating wellness-related assignments into graduate counseling coursework.

Presented by Kristel Headley, PhD, LPC-MHSP, ACS & Sean Ridge, PhD, LMFT, ACS,

Learning Objectives:

1. Participants will be able to define and explain the importance of a wellness-oriented pedagogy, particularly as it applies to counselor education.
2. Participants will be able to identify the benefits and challenges of intentionally incorporating student-focused wellness into counseling courses, as supported by current research as well as the ACA Code of Ethics.
3. Participants will be able to name at least two wellness techniques/teaching ideas applicable to counselor educators and will be able to identify developmental approaches to infusing wellness in graduate counseling coursework.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Domestic Abuse and Faith: Resource or Roadblock

In this workshop counselors will learn to more effectively counsel survivors of domestic abuse and enhance their understanding of its consequences from a cultural/faith perspective. Whether or not survivors of domestic abuse have a strong connection to their culture/faith, their beliefs about forgiveness and acceptance profoundly affect their ability to heal.

Presented by Minna Davis, MA, LPC, NCC& Beth Toler,

Learning Objectives:

1. Understand the meaning of domestic abuse using information on statistics, definition(s), types of abuse, and the cycle of abuse
2. Understand how culture and faith perspectives on forgiveness and acceptance can hinder or help survivors heal
3. Enhance knowledge of resources to use with consumers effected by domestic abuse

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Spiritual well-being and Temperament as Predictors of Happiness with South African Children: Implications for Counseling

This research presentation will discuss the findings from a recent large-scale study exploring the happiness and spiritual well-being of largely disadvantaged S. African children. Results will be compared to previous research with African, North American, and S. Korean children. Implications for school-based and mental health counseling will be explored.

Presented by Christopher A. Sink, PhD, NCC, LMHC (WA)

Learning Objectives:

1. Participants will understand the importance of happiness and spiritual well-being to children's mental health.

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2. Participants will learn about current research conducted in S. Africa and elsewhere on the relationship between key factors (spiritual well-being, happiness, etc.) associated with children's healthy development.
3. Participants will gain a deeper appreciation for need to carefully address the spiritual well-being of children from diverse cultures, particularly within the counseling session.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

The ACA Code of Ethics: Clarifying Values and Referrals in Counseling

Counselors are increasingly struggling with questions about how to practice ethically and what that looks like given the threats to the ACA Code of Ethics from state legislatures. This session will cover the major changes to the 2014 ACA Code of Ethics that pertain to the client/counselor relationship and how values factor into these relationships. The presenter will also discuss referring and terminating clients.

Presented by Lynn Linde, EdD

Learning Objectives:

1. understand how the code of ethics evolves to reflect changes in practice and society
2. articulate how their values impact their counseling and how to guard against ethical violations
3. how we define competence and when a counselor should refer or refuse to work with a client

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Virginia Counseling Association: Addressing the Needs of State Division Members' Perspectives on Spiritual Competences

Clinical conversations regarding spiritual and religious beliefs are often avoided or neglected. Avoidance of religion and spirituality in clinical practice may be attributable to the fact that most counselors receive little education or training in how to ethically and effectively attend to religious and spiritual domains in clinical practice. This presentation will offer an understanding of the state division memberships' needs related to spiritual competences and ethical practice.

Presented by Monica Paige Band, MA, NCC, CRC & Michael Todd Trexler

Learning Objectives:

1. Presenters will present findings from their survey on spiritual competences and ethical practice. The presenters will tailor the presentation content to the reported needs and perspectives VCA membership.
2. Presenters will facilitate discussion based off of survey results within the Virginia Counselor Association (VCA) membership community and provide appropriate practical learning materials and intervention strategies (i.e. case study, group process regardi
3. Presenters will co-construct a dialogue with the audience to address emerging themes and current practices of intersecting ethics, competence, and religious/spiritual values.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Useful Adlerian-based Techniques for Spiritually-Sensitive Counseling

Adlerian counseling is an excellent counseling framework for working with client spirituality. This presentation will briefly discuss the utility of Adlerian counseling for work with client spirituality and then address Adlerian-oriented procedures and interventions that are particularly useful for working with clients' religious and spirituality issues in counseling regardless of one's theoretical perspective.

Presented by Richard E. Watts, PhD

Learning Objectives:

1. Participants will develop greater understanding of Adler's perspective regarding spirituality
2. The participants will better understand the utility of Adlerian counseling for working with clients' spirituality
3. Participants will understand and be able to apply selected Adlerian counseling techniques for use with clients' religious and spirituality issues.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

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Religious Institutions Ethical Response to Changes & Challenges

Gordon-Conwell Theological Seminary is an educational institution serving the Lord and his Church. Its mission is to prepare men and women for ministry at home and abroad in a global context. The aim of the Master of Arts in Christian Counseling Program at Gordon-Conwell Theological Seminary-Charlotte is to advance Christ's kingdom in various clinical, educational, and ministry settings by equipping counselors to think theologically, live biblically, and engage globally.

Presented by Vickey L. Maclin, PsyD, Christopher Cook, & Kaitlyn Fraser

Learning Objectives:

1. Participants will be able to summarize required standards for Counseling Programs.
2. Participants will be able to identify ethical mandates and differentiate between Christian values.
3. Participants will be able to assess and critique ACA ethical standards and CACREP requirements in their counseling training programs.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

A Collective Case Study of Women's Trauma Recovery through Trauma-Sensitive Yoga

Trauma-sensitive yoga (TSY), a structured body-oriented yoga practice, is one of the novel approaches specifically designed to help trauma survivors recover from trauma. In this study, the researcher used a collective case study research design to develop an in-depth and unique contextual understanding on five women's trauma recovery experiences across eight TSY classes. The findings indicate that TSY offers a versatile approach to meeting the women's diverse trauma recovery needs.

Presented by Isabelle Ong, PhD

Learning Objectives:

1. Gain an understanding of trauma-sensitive yoga (TSY) and its multidimensional benefits.
2. Deepen their understanding of the trauma recovery process through TSY.
3. Make informed referral decisions on clients who may or may not benefit from TSY and other body-awareness work.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Effect of Induced After-Death Communication Counseling on Grief: An Empirical Study

Sometime in their lives, one in three people reports after-death communication (ADC), a spontaneous sense of direct contact with a deceased person. Following presentation of results of a systematic review of all research on ADC, we will describe the counseling technique of Induced After-Death Communication (IADC) and will present quantitative and qualitative results of our randomized, controlled study comparing the effect on grief of traditional counseling, IADC counseling, and waitlisting.

Presented by Janice Miner Holden, PhD, Noelle St. Germain-Sehr, & Sahar Loseu

Learning Objectives:

1. Participants will be able to describe what research has revealed about after-death communication (ADC).
2. Participants will be able to recount the discovery and development of the counseling technique of Induced After-Death Communication (IADC).
3. Participants will be able to summarize the method and results of a study comparing the effect on grief of IADC vs. traditional grief counseling.

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Integrating Spirituality in Supervision to Deepen Cognitive Empathy and Overcome Resistance to Diversity

Clinical supervisors are ethically responsible for facilitating the development of culturally competent counselors. A major challenge in doing so is helping supervisees who struggle with clients who hold spiritual values that differ from their own broaden their worldviews, while honoring supervisees. Presenters will share strategies for using core constructs of spirituality in supervision to help supervisees strengthen their level of cognitive empathy and reduce resistance to diversity.

Presented by Harriet L. Glosoff, PhD, LPC, NCC, ACS & Leila Roach, PhD, LMHC, LMFT, NCC,

Learning Objectives:

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1. Participants will describe factors that contribute to supervisee resistance to recognizing and addressing issues of culture, including spirituality, and social justice in their counseling work.
2. Discuss core constructs of spirituality in relation to key constructs including resistance, deep culture, cognitive complexity, and cognitive empathy.
3. Identify concrete and ethically sound strategies for using core constructs of spirituality in supervision to help supervisees develop greater cognitive complexity and cognitive empathy and learn how to move beyond their own issues to focus on client needs

Length and CE hour Information: 1.5 Hour Content Session (1.5 CE hours)

Town Hall Meeting (No CE hours)

Presented by Stephanie Dailey, EdD, LPC, NCC, ACS & Claudia Sadler-Gerhardt, PhD,

Learning Objectives:

Length and CE hour Information: Membership Meeting: No CE Hours

Using EFT for Building Secure Marital Relationships

Attachment is a bond that connects people one to another for the purpose of life sustaining secure relationships. Distressed couples typically approach counseling with two things: "my" version of truth; and, a "fix my spouse" mindset. Often, partners do not see their own contributions to the emotional dysregulation in their marital relationship. Emotionally-Focused Couples Therapy can train couples who have insecure attachment styles to build a secure connection in the marital relationship.

Presented by Theresa C Allen, MA, LPC

Learning Objectives:

1. Understand the formation of attachment styles
2. Understand how EFT can influence adult attachment
3. Learn to integrate spirituality with EFT, including the tenets of love, compassion, forgiveness, and grace for self and others

Length and CE hour Information: 30 Minute Poster (no CE hours)

Grasshopper thinking: Developing self-efficacy through biblical metaphors

Integrating religion and spirituality is becoming an increasingly important aspect in counseling. Although counselors recognize the integration of religion and spirituality are important for clients, tangible techniques are scarce among practicing clinicians. Therefore, this presentation will provide tools designed to address specific counseling needs through the use of biblical metaphors.

Presented by Yvette Saliba, MA, NCC & Michelle D. Mitchell,

Learning Objectives:

1. Discuss the current situation of religion and spirituality and the mental health needs among counseling clients
2. Review the ASERVIC Competencies
3. Describe useful techniques and metaphors and how to use them with counseling clients who desire the integration of spirituality and religion in therapy

Length and CE hour Information: 30 Minute Poster (no CE hours)

Exploring Posttraumatic Growth: After Exposure to Combat Related Trauma

Military deployments increase service members and veterans' exposure to traumatic events. Often, traumatic experiences provide an avenue for individuals to explore introspectively. Many who begin the journey in searching for meaning encounter posttraumatic growth. This poster presentation will provide participants with a review of evidence based literature on the role posttraumatic growth plays in supporting healthy psychological adjustment after exposure to combat related trauma.

Presented by Dannette Patterson, MA, NCC, LPC, CCMHC, ACS

Learning Objectives:

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1. Participants will gain insight on the role posttraumatic growth plays in assisting service members and veterans in obtaining a healthy psychological adjustment after experiencing psychological distress.
2. Participants will explore moral injury as it relates to exposure to combat related trauma.
3. Participants will identify the four dimensions of posttraumatic growth that impact service members and veterans diagnosed with posttraumatic stress disorder

Length and CE hour Information: 30 Minute Poster (no CE hours)

A study of pastoral forgiveness by their congregation mediated by their religious denomination and forgiveness perceptions.

Ministers face stress and demands in the workplace that others do not. In these demands, there is a higher level of expectation for these ministers to reflect a standard of living that might not be expected from those in the congregation. This research explores the attitudes toward forgiveness of those in ministry and the constructs between different denominations contributing to this paradox, offering suggestions to mediate and enhance the well-being of those in ministry.

Presented by Michael Takacs, MA, , Krista Kirk

Learning Objectives:

1. Observed differences in pastoral forgiveness by religious affiliations.
2. Identify trends in forgiveness perceptions based on cultural demographics.
3. Identify possible correlations between demographics and religious beliefs.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Effectiveness of Teaching Spirituality in Counseling Practice: A Pilot Study

The importance of addressing issues of religion and spirituality with clients has been increasingly recognized in professional counseling practice. In this presentation, I will share the quantitative and qualitative results of a study designed to evaluate the effectiveness of a graduate-level course in spirituality in counseling practice. Implications for future research and designing similar courses will also be discussed.

Presented by Kathy A. Gainor, PhD

Learning Objectives:

1. Participants will be able to describe the effectiveness of a course in spirituality in counseling practice in developing spiritual competence in graduate students in professional counseling.
2. Participants will be able to identify key course activities that appear to contribute to the development of spiritual competence in graduate students in professional counseling practice.
3. Participants will be able to describe the implications of the study's results for further research and practice on developing spiritual competence in counseling professionals.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Pain and Suffering: Integrating Theology and Counseling in Clinical Practice

This poster seeks to orient itself around the twin themes of pain and suffering as experienced by Bible characters, and applied in clinical counseling practice through the Integration Approach. Both the experiences of the sacred and secular persons will be brought to bear on an integrative methodology for counseling wherein one can find hope. Focus is also placed on the ethical implications and best practices in facilitating therapy from an integration approach to pain and suffering.

Presented by John Harrichand, MA & James Harrichand, M.Div.,

Learning Objectives:

1. Attendees will learn how to conceptualize pain and suffering from a theological (biblical and pastoral) perspective.
2. Attendees will be educated on the application of the integration approach to theology and counseling in understanding pain and suffering.
3. Attendees will analyze the ethical implications and best practices in facilitating therapy from an integration approach to pain and suffering.

Length and CE hour Information: 30 Minute Poster (no CE hours)

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Session Titles, Program Summary, Learning Objectives, and Presenter Details

Finding Rhythm: An Experimental Study on an Intervention for Anxiety and Life Satisfaction

As the world becomes smaller through globalization, the demands to improve and achieve have become greater. This demanding nature reaches far beyond the occupational role to other arenas such as partner, parent, friend, etc. The focus of this presentation is to present a process of working with clients experiencing role-related anxiety and depression. Also, the presenter will share the results of a single-subject design study conducted to examine this process.

Presented by P. Clay Rowell, PhD

Learning Objectives:

1. Learn a process to help clients better satisfy their values
2. Learn a process to help clients reduce anxiety
3. See empirical evidence of the efficacy of the process

Length and CE hour Information: 30 Minute Poster (no CE hours)

The role of religion and religious resources in shaping the experience of Muslim Students in the U.S.

In this session, the experience of Muslim university students in the U.S. will be explored and contextualized through a qualitative lens. In addition, some of the significant religious resources for this population will be presented to be incorporated in clinical and educational practice.

Presented by Abbas Javaheri, PhD, Brian Kooyman, PhD, & Kaitlin Jones

Learning Objectives:

1. Increasing educators' and practitioners' knowledge and awareness regarding the experience of Muslim Students
2. Introducing educators and practitioners the religious resources to incorporate in their educational development and clinical interventions respectively.
3. Contextualizing the findings using a qualitative lens

Length and CE hour Information: 30 Minute Poster (no CE hours)

Present for college: Integrating mindfulness meditation training into the curriculum for first-year students

The presenters explore how they made their campus more mindful. Having provided mindfulness training to 1,000 college freshmen, the presenters discuss whether the findings align with their hypothesis that the students would develop awareness and self-regulation skills, decrease stress, and increasing emotional well-being and academic success. Implications discussed include using the findings to educate faculty on integrating mindfulness into the classroom.

Presented by Elizabeth S. Bambacus, MEd, Amanda W. McGann, PhD, & Abigail Conley, PhD

Learning Objectives:

1. Attendees will learn about the study and the mindfulness curriculum used to train the students.
2. Attendees will analyze the data collected from the study and see how it compares to other mindfulness studies
3. Attendees will take away ideas about how they can incorporate mindfulness training in their area of work

Length and CE hour Information: 30 Minute Poster (no CE hours)

“I’ve converted, now what?”: Working with clients after a religious/spiritual conversion has taken place.

Religious conversions can sometimes assist or stall the therapeutic process. The stalling process can be compounded when a client adopts a new religious set of beliefs or values weeks after the initial session. The purpose of this session is to identify various religious/spiritual conversions and their motivations. The session will also focus on providing counselors with strategies to work with client when a religious conversion has occurred. Participation in group exercise will be encouraged.

Presented by John Petko, PhD, NCC

Learning Objectives:

1. Obtain an understanding of different religious conversion experiences and their respective meanings
2. Participants will learn about factors that contribute to a religious conversion.

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3. Participants will learn about various counseling strategies that can be utilized with clients when a religious/spiritual conversion has taken place.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Implementing Acceptance & Commitment Therapy Within A School Setting—A Graduate Student Experience (87 characters)

As counselors, our role is to empower diverse individuals and groups to accomplish mental health, wellness, education, and career goals. As a graduate student I aspired to integrate the successes Acceptance and Commitment Therapy has shown in outcome research for clients in each of these areas. This session tells the story of the ups, downs, and the in-between's of my effort to utilize ACT throughout my clinical practicum and internship experiences.

Presented by Matthew Shenker, MEd, ,

Learning Objectives:

1. Attendees will learn the results of recently conducted research exploring values exploration and mindfulness practices utilized with child and adolescent populations.
2. Attendees will consider the challenges of utilizing mindfulness strategies as a tool for values exploration and stress management with K-6 populations within a school.
3. Attendees will consider the challenges of incorporating techniques with an ACT perspective to children aged five-twelve.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Bridge or Barrier? The Role of Religion and Stigma in African American Mental Health

Is religion a bridge or barrier in African American's decision to seek counseling services? The presentation will explore the influence of religion and stigma in African American help-seeking behaviors. Implications for counselors and suggestions for future research will also be discussed.

Presented by Janeé R. Avent, PhD, NCC, ACS

Learning Objectives:

1. Attendees will learn how to assess African American clients' coping style and respond accordingly.
2. Attendees will understand the relationship between stigma and religious coping in African Americans
3. Attendees will learn about the role of religion in African American mental health help-seeking behaviors.

Length and CE hour Information: 30 Minute Poster (no CE hours)

The Influence of Christian Belief on Perceptions of Counselor Empathy, Verbal Response Type, and Social Influence

Counselor values are implicit in the counseling process and goals, thus playing an important part in his or her relationship with clients. It is difficult to keep his or her values from affecting the counseling relationship. The study is to investigate the influence of counselor Christian belief on counselor's empathy, verbal response type, and social influence. Discussion of the challenges Christian counselors and clients face is also included.

Presented by Chun-Fang Frank Kuo, PhD, LPC

Learning Objectives:

1. Participants will be able to identify how counselors view clients' belief and religious-related issues, as well as their own belief systems may have an impact on their counseling approaches.
2. Participants will demonstrate to what degree their different levels of religious commitment would influence their interactions, such as empathy conveying, verbal response type, and counseling effectiveness with their student clients.
3. Participants will be prepared to implement a training program that includes religious counseling training in their multicultural training program in order to provide better service to the religious population.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Biblically-based Meditation: Effect Upon Chronic Pain Perception and Spritual/Religious Coping

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Session Titles, Program Summary, Learning Objectives, and Presenter Details

This workshop will describe the negative bio-psycho-social-spiritual implications of chronic pain and the benefits of improved S/R coping skills and methods with respect to chronic pain derived from 12 sessions of Biblically-based meditation. Participants were chronic pain sufferers with measures of pain perception and S/R coping ratings. It will also provide a discussion of the benefits and limitations of web-based psychological interventions compared to traditional interventions.

Presented by William B Haynes, Jr, PhD, LPC, LMFT, NCC

Learning Objectives:

1. Inform Practitioner-focused and Educators about the clinical usefulness of meditative practices applied to chronic pain sufferers.
2. Examine and describe the potential for Biblically-based meditation with respect to Spiritual/Religious coping measures
3. Expose participants to the potential benefits of on-line therapeutic interventions as an alternative to office based interventions for those with limited travel capacity, comfort, and finances.

Length and CE hour Information: 30 Minute Poster (no CE hours)

Advocacy for Atheist Clients in the Counseling Setting

Addressing the Needs of Atheist Clients: A look at the research conducted involving the challenges faced by atheist clients in counseling and where to go from here.

Presented by Brittany Bishop

Learning Objectives:

1. To identify the unique needs of atheist clients
2. To highlight the research already conducted in this field and the effective counseling methods identified by this research
3. To identify areas where more research can be conducted to better meet client needs

Length and CE hour Information: 30 Minute Poster (no CE hours)