



# 2023 CALPCC Conference - Program

## October 13-14, 2023

### University of San Diego

Please find the preview of our conference program below. Most sessions will qualify for Continuing Education units, except for the Poster Sessions. (These do not have a designated time or day, as they will be displayed and presented both days of the conference during the lunch period.) Session abstracts and some session times are subject to change.

Attendees will have access to the Conference Website and Mobile App in the week leading up to the conference to start adding to their personal schedule.

If you have any questions, please feel free to email us at [info@calpcc.org](mailto:info@calpcc.org). If you need to register for the conference, [CLICK HERE](#).

Session Name	Session Date	Session Description	Speaker Name	Presentation Type
<b>Why does Race Matter: A Deeper Look into Anxiety</b>	Oct 13, 2023 01:50:00 PM	Anxiety amongst college age students have continued to increase and are especially high within minority communities. Licensed Marriage & Family Therapist, Krystalynn Williams, LMFT will present a comprehensive look at anxiety and how systemic racism and experiences of discrimination are contributing factors. Her approach to this presentation will also include two case studies, leaving attendees with a gain in knowledge of understanding factors that contribute to anxiety and practical strategies of how to manage it. The learner will have a deeper understanding of what race related stressors are and how they can be contributing factors to mental health disorders such as anxiety. They will be able to help validate other's and their own experiences of racism and advocate for mental health resources to help manage their anxiety.	Williams, Krystalynn	General Session
<b>Rerooting Mindful Counseling in the Soil of Trauma Awareness and Cultural Humility</b>	Oct 13, 2023 01:50:00 PM	This session will explore how to integrate mindfulness into counseling through the relationship between a trauma-informed lens and cultural humility. We will explore the historical and current harms perpetrated by unskillfully appropriating mindfulness into counseling. Along with these multigenerational harms, we will explore the harm to our clients when applying mindful counseling without an awareness of trauma and culture. Participants will be invited to cultivate a mindfulness practice that is more authentic to their cultural heritages and we will examine how to engage clients with mindfulness tools that speak to their own intersectional cultures. Using the first foundation of mindfulness - the body - we will learn how to apply mindful counseling with a caring awareness of trauma. Participants will grow in their ability to integrate mindfulness into their counseling practice more authentically and beneficially to their clients.	Bellin, Zvi	General Session

<b>Reimagining Sexual Victimization Assessment &amp; Intervention</b>	Oct 13, 2023 01:50:00 PM	There is a heightened risk of sexual violence for both individuals ages 16-25 and sexual minorities (GLBTQIA). The Gen-Z population is more sexually explorative and gender fluid than previous generations. Given the current socio-political climate, developing a safe counseling environment that integrates inclusive language is imperative for effective assessment and management of sexual content in session. Clients are always critiquing the language we use, both verbal and body, as well as evaluating their vulnerability. Recent data from the National Intimate Partner and Sexual Violence Survey (NISVS) indicates 82% of emerging adult male victims of sexual violence experienced assaults perpetrated by an intimate partner. Intimate partner violence (IPV) is a significant global health problem that affects individuals regardless of gender or relationship status. Findings also highlight decreased help-seeking with mental health practitioners when the perpetrator is an intimate partner. The gender of the perpetrator also impacts the likelihood of seeking counseling. Counselors need to effectively manage and assess sexual content with clients regardless of reported gender, sexual orientation, and relationship status.	Ruda, David	General Session
<b>Stopping the Cycle of Burnout</b>	Oct 13, 2023 02:55:00 PM	There has been a lot of research on the topic of burnout and the mental health profession. Researchers Emily and Amelia Nagoski wrote the book, The secret to Unlocking the Stress Cycle. Using their book along with Kristin Neff's book Self-Compassion and Frierce Self-Compassion I was able to explore the ways that we can use the three pillars of self compassion to align with the Nagoski's findings of how to soothe the brain to stop the stress cycle and end the cycle of burnout. Therapists are more likely to suffer from Human Giver Syndrome, which contributes to the likelihood of experiencing burnout. However, when we can better understand what our stressors are then we won't be surprised by our stress response and we will actually be in the driver's seat of our stress responses. Nagoski was able to identify some behaviors that help our brain handle the stress response in a more productive way. We will discuss the ways that we can use Neff's research of self-compassion to hijack the vicious cycle of negative thoughts, emotions, avoidance behavior, and involuntary reactions to become more intentional with our actions.	Rosenbaum, Emily	Discussion Session
<b>Keeping Counselors and Clients Connected in the Digital Age</b>	Oct 13, 2023 02:55:00 PM	Effective marketing strategies are essential for clinical and health practitioners, including behavioral therapists, to thrive in a competitive landscape. Our presentation will provide a comprehensive overview of the importance and benefits of adopting, developing and maintaining digital and social media marketing techniques in healthcare practices. By harnessing the power of digital platforms, practitioners can expand their reach while simultaneously reinforcing meaningful connections with their current clients and attracting new potential clients, driving positive outcomes for your practice. In our presentation, we will show how we can empower clinical and health practitioners to embrace digital marketing as a powerful tool for success. Patients are turning to the internet for health-related information and services, healthcare providers must adapt to remain relevant, visible and accessible. It emphasizes the need for clinical practitioners, including behavioral therapists, to embrace digital marketing strategies as an integral part of their overall practice growth plan. UI / UX is key to retaining and gaining clients in the digital age, the more intuitive the experience the more your clients will appreciate your services.	OHara, Daniel Pepin, Hana	General Session
<b>Implementing Positive Psychology as a Treatment Approach when Counseling Individuals with Mental Hea</b>	Oct 13, 2023 02:55:00 PM	The purpose of this presentation is to educate participants on how positive psychology can be a viable treatment approach when counseling individuals with mental health concerns. Positive psychology relies on fostering resiliency, increasing empowerment, and facilitating autonomy for individuals with mental health concerns. This presentation will focus on rebuilding and re-creating the mental health community post pandemic with a strong emphasis on optimism. The presenters will discuss the development and tenets of positive psychology, connect this theory to the field of mental health, and inform participants on how optimism can be a trait used to assist individuals to overcome obstacles and challenges. Lastly, this workshop will include several interactive components such as: discussion questions to facilitate critical thinking, a brief meditation and mindfulness activity, and an engaging activity to assist participants in becoming aware of their positive psychology mindset. This presentation will focus on the conference theme of rebuilding and re-imagining by connecting how optimism and positive psychology concepts can facilitate increased self-concept, self-worth, and overall self-awareness.	Flores, Felicia Mahr, Michelle	General Session

<b>Hypervigilance and LGBTQ Identity Development</b>	Oct 13, 2023 02:55:00 PM	The experience of coming out is a unique process for LGBTQ clients and the influences of that process can have a powerful effect on a person's sense of self. Living as an LGBTQ person in a hetero-normative world can show up as hyper-vigilance, stress, and anxiety, which are the body's mechanism of protecting people from threatening situations, whether actual or perceived. This state of hyper-vigilance can manifest as an increased startle reflex, obsessive avoidance of perceived threats, and the body being in a constant stimulation of fight, flight, or freeze. This workshop will explore a model of care that addresses the impact of sexual minority status on mental and physical health. We will explore the alienation of LGBTQ clients from their family of origin, understand how addiction is a coping mechanism to avoid LGBTQ identity development, and how by reaffirming the coming out process in a safe supportive environment clients can regain their personal sense of identity.	Sovec, John	General Session
<b>Perinatal Mental Health for Postpartum Counselors</b>	Oct 13, 2023 10:45:00 AM	Healthier parents help foster healthier homes and workplaces. Recent statistics highlight the current "She-cession," which points to a reduction in women in the workplace due to the lack of social supports like childcare, sustainable wages, and adequate skills and education (Hegewisch & Mefferd, 2021). Mental loads are at an all-time high, and perinatal mental health and social support are critical. The rising conversation around postpartum is carried mostly by those currently in their own postpartum journeys. We will discuss the complexities of perinatal mental health and a few counselors' journeys holding space in areas where they are also actively in need.	Nguyen, Nancy Redinger, Aubrey Alvarez, Emma	Discussion Session
<b>Moral Injury or PTSD: The Diagnostic Conundrum for Military Service Members and Veterans</b>	Oct 13, 2023 10:45:00 AM	PTSD impacts military service members at higher rates than their civilian counterparts. However, when military service members and veterans seek treatment, mental health providers often struggle with understanding moral injury separate from PTSD. Understanding the nuance differences between moral injury and PTSD allows treatment providers to ensure they are providing appropriate treatment. Assessment at the beginning of treatment can help providers address PTSD separate from moral injury. This presentation will help providers understand the conceptual differences between moral injury and PTSD, assessment of PTSD and moral injury, and treatment options for both.	Boyd, Nick Wehrle, Chris	General Session
<b>Getting to Know the Association for Multicultural Counseling and Development (AMCD)</b>	Oct 13, 2023 10:45:00 AM	In what ways can professional organizational involvement enhance one's professional identity and development? What are the benefits of networking to promote cultural competence in research and clinical work? The purpose of this session is to familiarize participants with AMCD's history, mission, current activities, and opportunities for leadership development. AMCD is a Division of the American Counseling Association and one of the first professional counseling organizations to center discussions of human diversity and social justice within clinical discourse.	Hall, Kristopher Ai, Yang Coker, Angela	General Session
<b>Antiracist Approaches to School-based Mental Health Service Delivery Development: Toward a More Equi</b>	Oct 13, 2023 11:20:00 AM	K-12 schools have been shown to play an important role in meeting the demand for accessible mental health services for youth. Youth access to and utilization of mental health services has become especially important post COVID-19. Understandably, then, trends toward school-based mental health, including increased funding and workforce development opportunities are on the rise. However, equitable accessible services require comprehensive transdisciplinary accountability not yet represented in the literature to best inform the development, functionality, and sustainability of antiracist mental health service delivery in K-12 settings. Creating effective and sustainable school-based mental health service delivery models requires comprehensive best practices and professional implementation standards that intentionally incorporate antiracist approaches as part of the infrastructure. Collaboratively identified intentionally selected, and integrated antiracist approaches to school-based mental health will empower students, associates, clinicians, supervisors, administrators, and advocates in helping to improve post COVID 19 youth access and utilization.	Naftzger, Ebram Reynolds, Conroy Both Gragg, Janee Sipes, Adam	Discussion Session

<b>Counseling Practice with Sex Workers: Sex-Positive Strategies for Client Well-Being</b>	Oct 13, 2023 12:35:00 PM	The well-being of sex workers is receiving increased attention by many professional organizations, such as the World Health Organization, that are dedicated to human health and functioning. However, too often, sex workers are still either inadvertently or deliberately judged, problematized, traumatized, and infantilized by mental health providers and other health service providers. Through discussion questions and evidence-based information, this session will increase counselors' self-awareness of their own relationship to sex work and whorephobia, break down stereotypes, depathologize sex work itself, and provide clear recommendations for the provision of quality mental health services for professional clinical counselors. The workshop will cover: -What is sex work? -Why is sex-work affirming counseling needed? -Types of sex work (dismantling the whorearchy) -Historical perspectives of sex work in counseling practice -Self-examination on attitudes toward sex work -How to effectively assess, create, and implement an effective sex-work affirming treatment plan	Burnes, Theodore Dawson, Jamila	General Session
<b>Cornucopia of the Newest Body Therapies; Reimagining How We Deliver Therapy</b>	Oct 13, 2023 12:35:00 PM	Imagine an evidence-based therapy researched for over a decade that is not a "talk therapy" and can cure symptoms from trauma and other related mental illness. Or (AL) Artificial Intelligence as a virtual therapy companion who could address mental health conditions. Chatbot software programs can perform text-based or voice-activated counseling conversations with users and respond to them with using preprogrammed responses or artificial intelligence. Concepts once thought as unimaginable are emerging realities today. Gaps between mind and body, traditional verbal psychotherapies, and those of body-orientated psychotherapy are at our counseling forefront, along with these (AL) Artificial Intelligence resources that are emerging. Clinicians will find that body therapies blend into traditional psychotherapies and Behavioral Intervention Technology (BIT) that addresses behavioral, cognitive, and affective components support behavioral and psychological intervention strategies. This presentation is a cornucopia of the newest therapies on our counseling landscape!	Boen, Linda	General Session
<b>An Overview of Race-Based Trauma: Assessment, Treatment, and Future Considerations</b>	Oct 13, 2023 12:35:00 PM	This session will focus on race-based trauma, investigating the effects of micro-aggressions, discrimination and overt race-based threats and actions on the BIPOC community. We will review the aforementioned constructs, link these experiences to symptoms of PTSD, and give an overview on how to assess and treat race-based trauma. Commentary on how race-based trauma should be included in future DSM reviews will given.	Wetterneck, Chad	General Session
<b>Keynote Speech Comfort vs Progress</b>	Oct 13, 2023 9:30 AM	Keynote: Comfort vs Progress	Patel, Bina	General Session
<b>Once Upon a Family: Using Fairytales to Explore Family Dynamics in Play Therapy</b>	Oct 14, 2023 01:50:00 PM	Family play therapy involves two powerful and complementary approaches. Play therapy gives voice to unconscious material and the youngest members of the family. While family therapy values and leverages the power of working with a child's most important factors of change--their family members. Fairytales and stories in general are potent tools for communicating social rules, roles, and expectations. This is true for the family unit as well. In this workshop, we will explore how to incorporate fairytales in family therapy in a way that helps family members explore functional and dysfunctional patterns. Thus, they can better identify and build on their existing strengths while also exploring ways to change the patterns that aren't serving their goals. Because fairytales often have a villain and a hero, they are powerful tools for externalizing, exploring, and eventually shifting "problems" from the identified patient to the family system itself. They can also help identify unowned strengths that are projected into the stories. We will explore the power of integrating fairytales and play therapy to help families grow and heal by applying experiential exercises to our own lived experiences.	Keller, Emily	General Session
<b>Legally and Culturally Responsive Mental Health Services in Schools</b>	Oct 14, 2023 01:50:00 PM	The American educational system has seen significant shifts in how the mental health needs of students have been addressed over the last four decades. Mental health services in schools began as a requirement to meet the needs of students who qualify for special education. Legal mandates under IDEA, ADA, and Section 504, have included provisions to ensure mental health needs, like academic and physical needs, are provided within a student's school day. As the needs of students have continued to grow, school based mental health services have expanded to include all students. Increasingly, the mental health needs of students have grown, and are manifesting themselves in school, thus impacting students ability to fully access their education. In recent years, student's mental health needs have expanded to include the impact of the twin pandemic; Covid-19 and systemic racism. Schools generally have limited knowledge of the legal and ethical requirements of providing mental health services. Poorly executed school based mental health services can be detrimental to both students and schools. Educators must remain cautious when implementing mental health services as not to open themselves up to undo harm to students, as well litigation.	Duncan, Krystal	General Session

<b>Understanding Narcissistic Abuse: A Guide for Helping Professionals</b>	Oct 14, 2023 02:55:00 PM	Narcissistic Abuse can be devastating. The cycle of abuse is very similar to other types of domestic violence however the way this abuse is applied is quite different. Outside of the relationship, most people see the good side (the mask) that the narcissist presents. The victim can't understand why others don't see the real person and the victim starts to question their own perceptions. Clinicians need to read between the lines to understand what is really happening in these relationships. Imagine if you had a client walk into a session and you were able to speak the language of the client who has been abused by a narcissist. You could cut down the time it takes to start helping them recover and heal from the pain they have endured in their relationship with a narcissist. Victims of narcissistic abuse are seeking treatment for this particular abuse that has nuances and behaviors that are different and more insidious than other types of abuse. Clients are desperate for a clinician who gets it and are terrified that they will seek treatment and not be believed. Learn the language and the cognitive dissonance and distortions that keep people in these relationships and help them get out.	Stephens, Brenda	General Session
<b>Supporting Survivors of Religious/Spiritual Trauma &amp; Abuse</b>	Oct 14, 2023 02:55:00 PM	While some of the negative effects of high control religious contexts have been recognized historically, religious/spiritual trauma has received a lot more attention in recent years, in part due to the very public abuses of the Catholic and Baptist churches that have come to light in the US, as well as the rise of cult documentaries, memoirs, podcasts, and social media accounts dedicated to these themes. The religious and spiritual landscape of the US has also shifted drastically in the last 30 years, with more people leaving the religious/spiritual traditions of their youth in favor of a different religious tradition, agnosticism/atheism, or some form of "secular spirituality." While this is a broad trend, it is especially noticeable amongst adolescents, emerging adults, and the LGBTQIA2S+ community. We will discuss what religious/spiritual trauma and abuse are, the signs and symptoms expressed in those who have survived these experiences, and how to help survivors on the road to recovery and healing, including a religious/spiritual lens for trauma focused care and cultural competency. While everyone's experiences of spirituality and belief are unique, counselors will leave aware of broader trends to support survivors.	Tomayko, Lindsey Angele, Brianna	Discussion Session
<b>Behavioral Addictions 101</b>	Oct 14, 2023 02:55:00 PM	Counselors encounter clients with myriad mental health issues, including repetitive behaviors that lead to negative consequences. Some of these repetitive behaviors are labeled and experienced by clients as gambling addiction, gaming addiction, social media addiction, sex addiction, love addiction, food addiction, exercise addiction, shopping addiction, and work addiction. In the past ten years, the American Psychiatric Association, the World Health Organization, and the Council for the Accreditation of Counseling and Related Educational Programs have been redefining addiction to include specific repetitive behaviors, with some gaining national/international recognition as disorders. While there is a growing body of research on other potentially addictive behaviors, these organizations deem more scientific evidence necessary. To inform sound clinical and ethical practice, counselors depend on research findings. With a typical 10-20-year lag time with research, counselors are left to figure out on their own how to conceptualize and treat clients with these problems. The aim of this workshop is to update attendees on the state of research for the nine behaviors most researched as behavioral addictions to inform their clinical work.	O'Hara, Margaret	General Session
<b>Addressing the Future of Counseling and the Role of the American Counseling Association (ACA)</b>	Oct 14, 2023 09:30:00 AM	Join ACA CEO, Shawn Boynes and CALPCC Executive Director, Kenneth Edwards in a moderated discussion/presentation about the future of counseling and the strategic direction of the ACA. This discussion leads the second day of the conference.	Boynes, Shawn	General Session/Plenary Session
<b>Psychedelics in Clinical Counseling: Safety &amp; Integration</b>	Oct 14, 2023 10:45:00 AM	This 30-minute discussion offers mental health professionals a comprehensive understanding of psychedelic use in therapy, focusing on clients who actively use these substances. As psychedelic-assisted therapies gain recognition, clinicians must be well-informed about their benefits and risks. The session emphasizes open dialogue and non-judgmental attitudes when discussing psychedelics with clients, fostering a strong therapeutic alliance. Potential contraindications and safety precautions for clients who use psychedelics independently will be covered, enabling personalized treatment plans. Ethical considerations related to discussing illegal substances and confidentiality will be addressed. Harm reduction strategies will also be explored, empowering professionals to guide clients towards safer psychedelic use. Current psychedelic research's promising findings in treating mental health conditions will be discussed. By the end of the session, professionals will be equipped to support clients, fostering a safe environment and informed discussions about psychedelic use in therapy.	Westlake, Dakota	Discussion Session

<b>From Surviving to Thriving: Building Community for Counseling and MFT Trainees</b>	Oct 14, 2023 10:45:00 AM	Black Indigenous People of Color (BIPOC) and LGBTQIA+ clinicians in training remain at an increased risk for exit from the field post graduate degree. Pre-licensed counseling and MFT clinicians who identify as BIPOC make up 34% and 31.59% of graduate students respectively, yet account for much less of the licensed clinician population (AAMFT, 2012; CACREP 2017; CAMFT, 2015). While there is no comparable data on pre-licensed LGBTQIA+ clinicians, O'Neill et al. (2022) found that in graduate school, LGBTQIA+ students reported increased symptoms of depression and anxiety when compared to their peers. Currently, services provided by these trainees are unprecedented in terms of the shared experience of witnessing and living through persistent crises (e.g., LGBTQIA+ inequities, anti-Black and anti-Asian racism, etc.) with their clients. Consequently, BIPOC and LGBTQIA+ pre-licensed clinicians may be overtaxed with the experiences of trauma that clients present with, which may hasten their exit from the field. Presenters will share details of a pilot study and offer a model for group support to build community, counter compassion fatigue, and facilitate retention of these student groups.	Stone, Dana Buttitta, Deborah Minton, Shyrea	General Session
<b>Addressing Anti-Asian American Pacific Islander (AAPI) Hate in Session: Practical Implications for C</b>	Oct 14, 2023 10:45:00 AM	Since March 2020 and the start of Coronavirus pandemic, over 11,000 acts of hate against Asian Americans and Pacific Islanders have been reported to the national database of Stop AAPI Hate (Stop Asian Hate, 2023). With continued reports daily, counselors should be equipped with knowledge on how to address these ever evolving dynamics in session. Participants in this session will learn the data behind the hate acts reported, learn and identify different types of hate acts along with the psychological impact of Anti-AAPI Hate, and be provided with practical interventions to combat Anti-AAPI hate.	Nguyen, Nancy Redinger, Aubrey Alvarez, Emma	General Session
<b>Empowering Mental Health Advocacy through Community-Based Learning</b>	Oct 14, 2023 11:20:00 AM	This June, students in the University of Redlands' Clinical Mental Health Counseling program facilitated groups at a wellness themed summer camp. The camp was free for girls from historically underserved middle schools across three districts in southern California, with activities designed to benefit their mental health and wellness literacy. Our facilitation was the capstone of a group counseling course, and gave us the chance to practice our newly-acquired skills. We planned and executed four 50 minute-long sessions throughout the day for groups of 5-7 campers, intended to facilitate their processing of different workshops from local collaborators (a presentation on SAMHSA's 8 dimensions of wellness, yoga, live music, and more) and to develop the campers' own sense of belonging and camaraderie. This work was a bridge between classroom learning, future clinical work, and leading local wellness advocacy in light of Ratts & Pederson's (2014) Counselor-Advocate-Scholar model. This panel will 1) reflect on project development processes; 2) highlight student perceived benefits of community-based learning and partnership development; and 3) explore the beneficial impact of community engagement and mental health advocacy.	Naftzger, Ebram Hardin, Samantha Both Gragg, Janee	Discussion Session
<b>The Experiences of BIPOC Individuals Navigating a Career in Mental Health Counseling: A Research Stu</b>	Oct 14, 2023 12:35:00 PM	This presentation will share findings from a qualitative research study that investigated the facilitators and barriers that BIPOC (black, indigenous, people of color) communities in California experience in navigating a career as a mental health counselor. We wanted to know why we lacked racial/ethnic diversity in the counseling profession when the need for mental health support is greater in these communities. For example, according to a research report on California's Current and Future Behavioral Workforce (2018), 57% of counselors are White, 22% are Latinx, 10% are Asian, 8% are Black, and 2% identified as other. The California Association for Marriage Family Therapy (CAMFT)'s demographic survey (2015) revealed that 83.2% of their clinical members are White, 2.2% Black, 6.4% Latinx, 4% Asian, and 1.5% Native American. The research participants were recruited directly from CALPCC's fellows' program and the themes that emerged out of the data will be shared along with next steps and implications for the field of counseling in California	Garcia, Suzzette Fitzgerald, Sandra	General Session
<b>Neurocounseling - The Way Forward</b>	Oct 14, 2023 12:35:00 PM	Neurocounseling is "The integration of neuroscience into the practice of counseling by teaching and illustrating the physiological underpinnings of many of our mental health concerns" (Russell-Chapin, 2016, p. 94). Similarly, "Affective neuroscience is the subdiscipline of the biobehavioral sciences that examines the underlying neural bases of mood and emotion" (Pizzagalli et al., 2003, p. 2). Panksepp (2003), states "the position is advanced that to make progress on understanding the neurobiological nature of affect, we need to utilize experimental strategies different from those that are common in cognitive science" (p.1). Neurocounseling offers "a non-shaming way to explain their symptoms and how to work together to develop strategies to change them," (Cozolino, 2020, p. 136). Aberrant neurological outcomes in affective, cognitive, and relational domains due to adverse experiences especially during early childhood make neurocounseling vital (Perry, et al., 2018, van der Kolk, 2014).	Kasper, Dana	General Session

<b>Considerations for Ethical Dilemmas and Social Justice in the Use of Exposure Therapy</b>	Oct 14, 2023 12:35:00 PM	<p>Over the past 50+ years a considerable amount of research has demonstrated the effectiveness of Exposure Therapy for treating OCD and other anxiety conditions. While it remains one of the most recommended and effective treatments, there are special considerations that need to be followed in order to ensure no harm is done to clients, clinicians, or the greater public, who may bear witness to this work. The purpose of this panel will be to discuss important ethical considerations to ensure anxiety-related fears involving a variety of marginalized populations (LGBTQ+, racial and ethnic minorities, etc.) do not promote stigma and stereotypes or harm others who may encounter a client performing public exposures. The panel will give a brief overview of the implementation of Exposure Therapy, identify common ethically challenging areas, and answers questions about how to proceed in a non-harmful manner.</p>	Heidecker, Natalie Wetterneck, Chad Simpson, Michael	Discussion Session
<b>The Effectiveness of Person Driven Plans for Client Centered Treatment</b>		<p>Person Driven Plans are personalized, working documents that display certain characteristics catered towards the client. The idea stems from Person Centered Therapy where the document is controlled by the client with some support from the clients preferred support team members. Person Driven Plans are more readily used for individuals with Disabilities to support their Individual Service Plans (ISP), Individual Education Plans (IEP), and Individual Plans for Employment (IPE). This presentation is meant to (a) portray the effectiveness of Person Driven Plans with evidence based practices; (b) Emphasize the potential benefits of Person Driven Plans for the client and their support team; (c) and display the capability for Person Driven Plans to be used among a wide range of clients. The poster will include examples of Person Driven Plans and data that supports the success of clients who have utilized person driven plans in achieving their goals.</p>	Gonzalez, Guillermo	Poster Presentation
<b>The Comprehensive Resource Model: A New Direction in Trauma Treatment</b>		<p>The poster presentation is a case study intended to introduce other clinicians to the Comprehensive Resource ModelTM, an attachment-based trauma treatment that effectively processes complex trauma with low risk of decompensation and no need to remember a specific incident. The client, LW, was a 67-year-old woman with a history of extensive attachment injury dating back to birth, who sought help for angry outbursts, a persistent sense of dread, feeling numb and disconnection from others. She had never married, was single and had no children. Although initially skeptical, the client persisted with CRMTM therapy and was able to successfully terminate after only seven sessions. At termination she felt good about herself, instinctually understood how to make authentic human connections, and was excited to see what the rest of her life held in store. As the counseling field gains greater insight into the nature of trauma and increasingly looks toward experiential forms of healing, CRMTM presents a practical, flexible treatment method that demonstrates powerful results. Maintaining clients within their window of tolerance contributes to very high retention rates, a challenge with exposure-based therapies.</p>	McIntosh, Carey	Poster Presentation
<b>Reimagining Counseling with Transition-Age Foster Youth and Social Emotional Learning</b>		<p>A literature review of the counseling needs of transition-age foster youth and a conceptual presentation of how Social Emotional Learning (SEL) curriculum can be used in counseling with this population will be provided. In California, there are about 60,000 children in foster care with about 4,000 aging out of care every year (Children's Bureau, 2021). Foster youth are at higher risk for mental health concerns, homelessness, academic failure, unemployment, early pregnancy, poverty, and criminal justice system involvement than the general population. Professional counselors working with transition-age foster youth must have competence, creativity, and cultural humility. The Social Emotional Learning curriculum will be presented as a valuable framework for reimagining and re-engaging transition-age foster youth in mental health counseling to support their psychological and emotional well-being, self-efficacy, and healthy social relationships. An overview of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (SEL concepts) and the lead presenter's experiences of using SEL principles in her work with transition-age foster youth in South LA will be presented.</p>	Torii, Lara Nguyen, Nancy	Poster Presentation
<b>Harm Reduction and Counseling</b>		<p>Harm reduction is a necessary framework and ideology that counselors and clinicians need to implement. Harm reduction is client-centered and trauma informed, through a set of principles and strategies to meet the main goal of overall, reducing negative consequences and deaths associated with drug use. Treatment and recovery are different for everyone, and this meets them where they are at, providing autonomy which often leads to more successful outcomes. Denying the existence of substance use is foolish, and our main goal for our clients should always be safety when possible. Harm reduction allows us to work with people in reality; illicit and licit drug use are going to happen regardless of policies or laws, as well as understanding that drug use is multi-faceted and on a spectrum from abstinence to abuse. Harm reduction is not meant to minimize overdose, substance abuse diagnoses, or other forms of treatment; but to include everyone in the ability to receive trauma-informed care.</p>	Allendorf, Jessie-Marie	Poster Presentation

<b>Gender Expression In Digital Spaces</b>		I will be presenting an overview of digital/virtual spaces through history as well as their current forms, how trans people build and navigate these worlds, and what they bring back to their corporeal lives. This will include virtual communities on social media platforms such as Discord and Twitter as well as video games such as Halo and World Of Warcraft. I will also be sharing suggestions for engaging with clients exploring their gender identities in a way that does not propagate harmful stereotypes of virtual spaces. There are ways for us as clinicians to explore virtual spaces ourselves so that we have some firsthand experience of our trans clients' usage of these spaces, and I will share some ideas on how we can do so. As a trans person who came to an understanding of her gender identity while confined in my home during the first two years of the COVID-19 pandemic, I will also speak about my own personal experiences of interaction with virtual communities and interactive digital media and how I engaged with my therapist about them.	Musafir, Ada	Poster Presentation
<b>An Extension of the School to Prison Pipeline: Students With Emotional and Behavioral Disorders in S</b>		The classroom and educational environment children are exposed to can greatly affect the development of a child as well as predict future development and opportunity for societal success due to the consistent exposure to peers and social interactions. One prediction that can be inferred from an educational environment is the likelihood of future incarceration rates for students. Children with severe Emotional and Behavioral Disorders (EBDs), such as Oppositional Defiant Disorder, Conduct Disorder, and other Psychological or Neurological Disorders that severely affect the behavior of an individual, may be disproportionately inclined to have a higher likelihood of incarceration due to their secluded and specialized educational environment. Children with diagnosed EBDs tend to be placed in specialized classrooms and schools that are responsible for teaching children with moderate to severe behavioral or emotional problems. This leads to consistent exposure to problematic behavior from other students which may contribute to higher rates of incarceration for these students. This presentation will examine this phenomenon for children with EBDs and provide tangible opportunities for attendees to challenge systemic barriers.	Salaz, Jessica	Poster Presentation
<b>A Neurologically-Informed Explanatory Case Study for Somatic Quieting</b>		This explanatory case study and neurological review is an illustration for somatic quieting, a process using interoception in order to achieve passive emotion regulation, or calming emotions with negative valence without control, theoretically engaging the autonomic nervous system. The study looks at a client diagnosed with major depressive disorder and generalized anxiety disorder who no longer met either diagnosis' criteria within four months after beginning therapy, and explains how it may work in the nervous system. Further research of somatic quieting's efficacy may provide evidence for the process as an invaluable and effective tool for psychotherapy, especially brief therapy, which may help reduce the burden of the shortage of mental health professionals. Somatic quieting as an intervention that can also be used by laymen may provide alleviation from stressors in this age of COVID and civil unrest.	Kim, Kiai	Poster Presentation
<b>Internalized Stigma (IS) and Suicidality within the Serious Mental Illness (SMI) Population</b>		In recent years, mental health disorders have exponentially grown to an alarming rate. According to NIMH, in 2020, nearly one in five Americans (52.9 million), lived with a mental health disorder. Despite this, barriers continue to prevent many from receiving the necessary level of care, with one of those barriers being internalized stigma (IS). Individuals who experience IS on its own are at greater risk of suicidality (Oexle et al., 2016) as well as lower levels of hope, empowerment, self-esteem, self-efficacy, social support, and quality of life (Livingston & Boyd, 2010). For those with a serious mental illness (SMI), the effects can be more detrimental. That is, the rate of death by suicide for people with SMI is higher than the general population. According to the data from SPRC (2020), the rate of death by suicide for individuals with mood disorders was estimated to be 25 times higher than the general population in 2019. Thus, there is an evident gap in understanding the relationship between IS and suicidality within the SMI population. This poster presentation aims to further explore IS and suicide, assessment methods for clinicians to early detect the two, and current best clinical practices to support clients.	Cesar Rodriguez Correa	Poster Presentation

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