



FLORIDA COUNSELING ASSOCIATION
74th ANNUAL CONVENTION

When you're
determined to grow,
nothing can stop you

"Resilience Amidst the Storm"

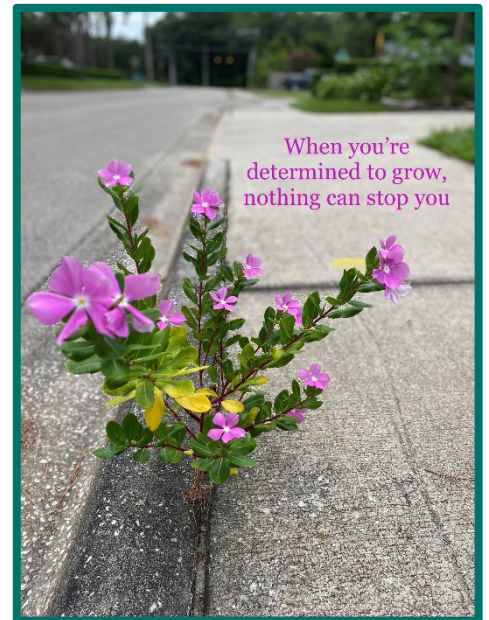
Tampa, Florida

September 28-30, 2023

THIS YEAR'S PROGRAM ARTWORK BY AMY VAKNIN, ARTIST

The title of this year's artwork is. . . .

"I Will Prevail"

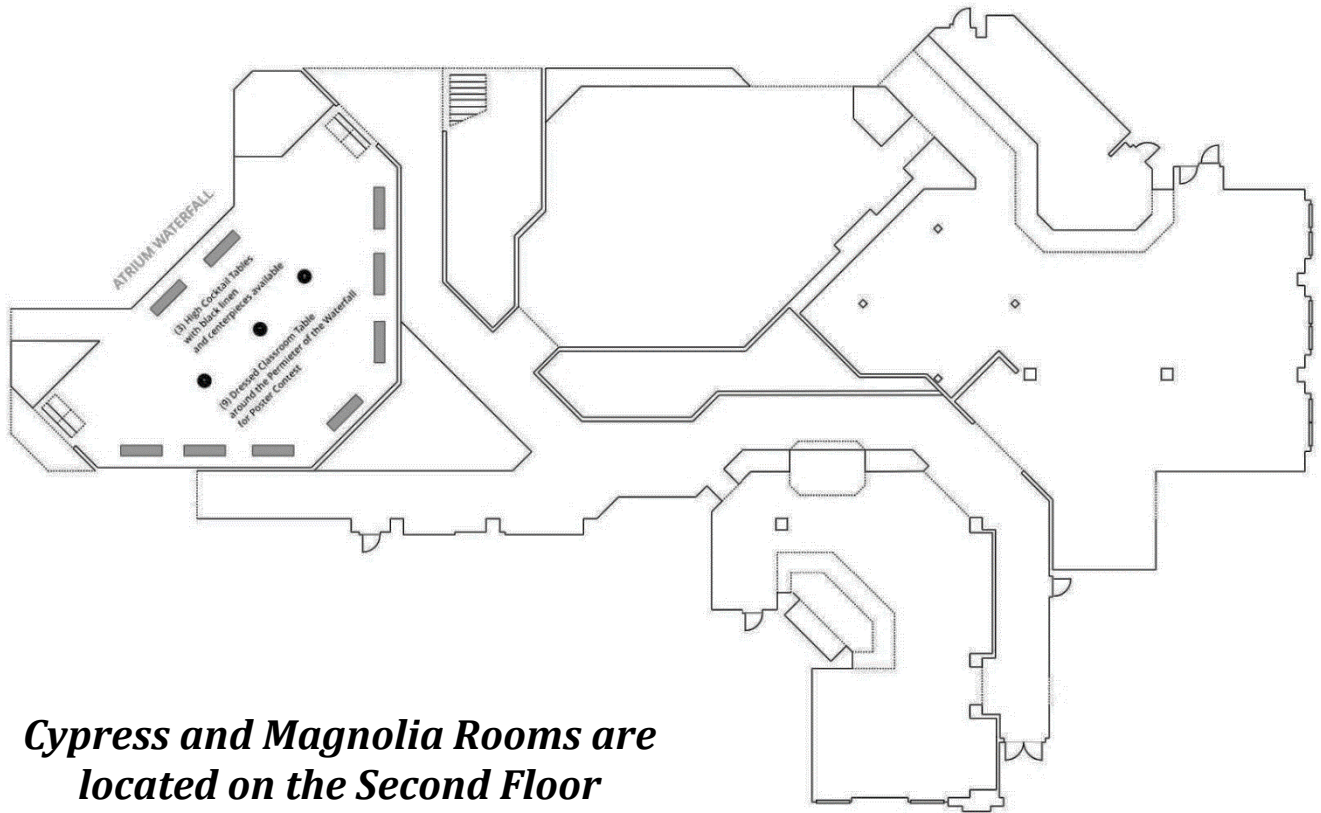


My name is Amy Rubin Vaknin. I am a School Counselor at Eastside High School and a mother of four. I took this photo while on a bike ride with my children this past summer. I stopped in my bike tracks when I saw these flowers blossoming, with vibrant purple flowers literally growing out of the concrete bike path. I passed it several weeks in a row, just noticing more and more and more flowers flourishing. As I noticed them, I began to think of how RESILIENT these flowers are to grow THROUGH concrete. It made me think of the quote, *"Just like flowers, when our little children aren't 'blooming' as expected or conforming to our standards, we tend to believe the child needs fixing, failing to see that every child thrives in the right environment,"* by Alexander Den Heijer. But then I began to ponder that maybe the "right" environment isn't the whole story either.

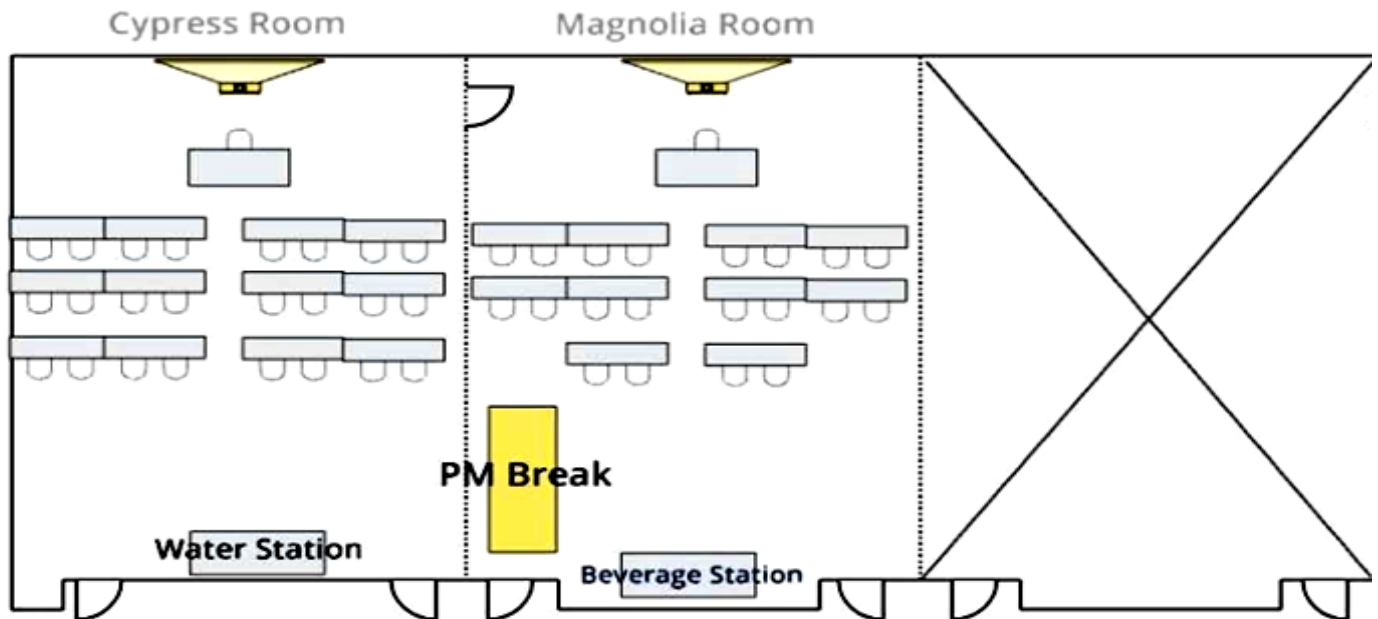
These flowers serve as evidence that we may not even need ideal environments to flourish. Sometimes, we can grow even in the least opportune environments, in the most unlikely situations. Because in the end, it's not only about the environment, it's about the **RESILIENCE** of the roots and budding flowers. *"The seed must grow regardless of the fact that it's planted in stone."* Tupac Shakur

As educators/counselors, we tend to hyperfocus on how to create an ideal environmental setting. However, sometimes we simply need to TRUST that students are strong enough to endure even the hardest of life circumstances. It's more about believing in the flower's ability to thrive REGARDLESS of its environment. Sometimes, we don't know what an ideal environment is for each flower. So, we should never underestimate the power of strengthening our students' roots, for the truth is that we can't control what environment they go home to every night, but we can reinforce their educational roots and know the root systems of plants have the power to displace concrete, and that in itself is **RESILIENCE!** So, let's learn to *"Celebrate the cracks, because that's how the light comes in,"* Grouch Marx.

EMBASSY SUITES HOTEL ATRIUM AND PRE-CONVENTION FLOOR MAPS



Cypress and Magnolia Rooms are located on the Second Floor



**September 28, Thurs - PreConvention Session and FCA Board Meeting
 Meal Area for Break is at Magnolia**

EMBASSY SUITES HOTEL SALON ROOM MAP

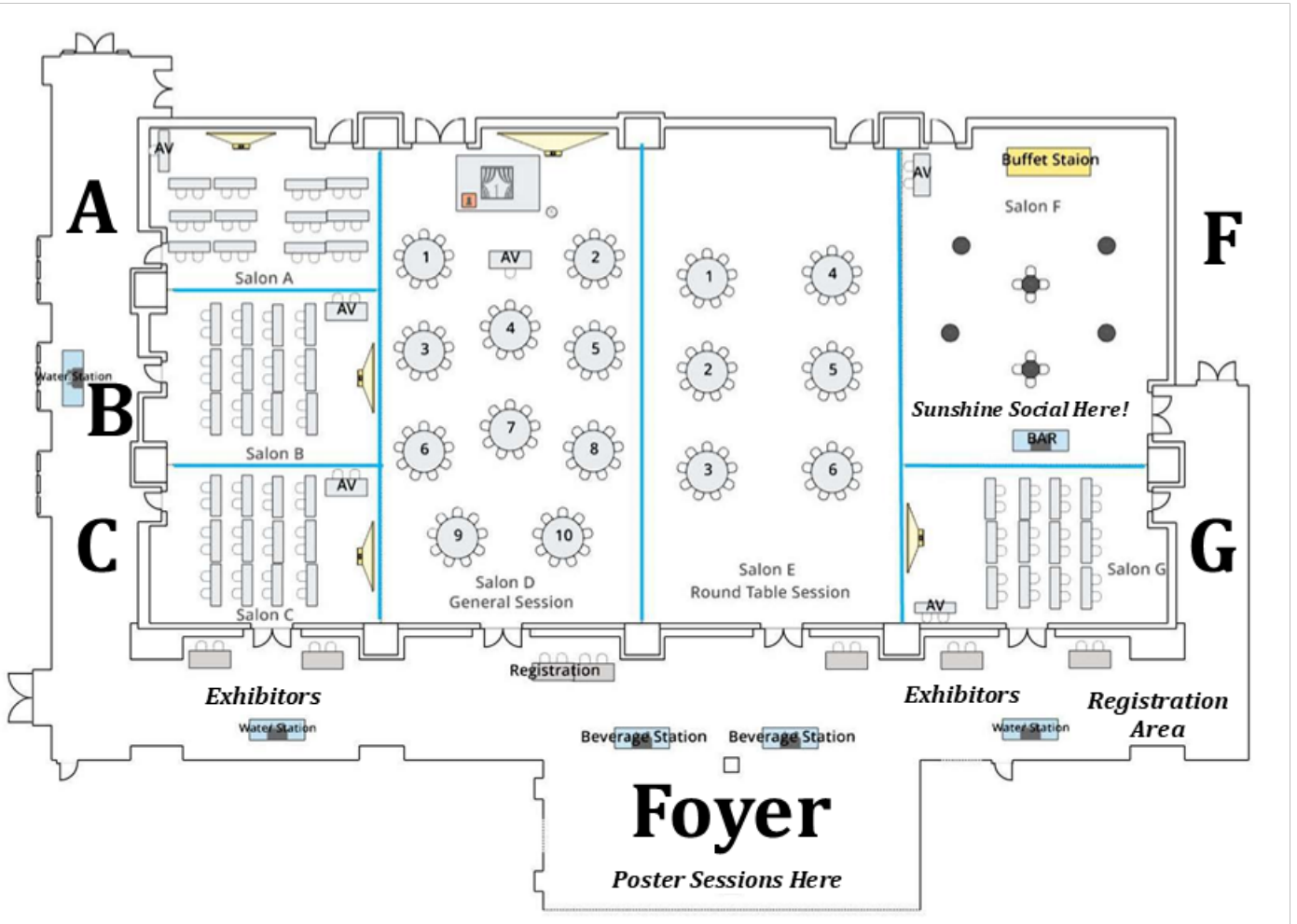


TABLE OF CONTENTS

Section	Page
This Year's Artwork	2
Embassy Suites Hotel Maps	3-4
Welcome Message from FCA President	6
Welcome Message from FCA President-Elect	7
Meet our Keynote Speaker	8
Meet our Plenary Speaker	9
Schedule-at-a-Glance	10
Pre-Convention Session Presented by SunServe	11
Continuing Education Information and Procedures	12-14
Day 1 – Pre-Convention Schedule	15
Day 2 – Convention Schedule	16
Day 3 – Convention Schedule	29
FCA Convention T-Shirts for Sale	39
Thank You to ALL	40-41
Thank You Student Volunteers.....	42
FCA Foundation.....	43

ADDENDUM

Session Evaluation Form Links and QR Codes:

Friday Morning; Friday Afternoon; Saturday Morning; and Saturday Afternoon

For Your Records (CE Tracker)

WELCOME TO THE 74TH ANNUAL FLORIDA COUNSELING ASSOCIATION CONVENTION

A Message from the FCA President, Dr. Raul Machuca

Dear attendees of the 74th FCA Convention,

As the 2023-2024 President of the Florida Counseling Association (FCA), it is an immense honor and privilege to welcome you all to this year's annual convention. Our theme, "**Resilience Amidst the Storm,**" encapsulates the collective strength, adaptability, and unwavering commitment of our counseling community during challenging times.

As counselors, we are no strangers to navigating the turbulent waters of adversity alongside our clients. The past couple of years have presented us with unprecedented challenges, from the global pandemic to social, political, and legislative upheavals. These storms have tested our resilience, both as individuals and as a profession, and it is in times like these that our work becomes even more critical. Together, we will explore how to not only weather them but also emerge stronger, wiser, and more compassionate in our roles as counselors.



The 74th FCA Convention is a platform for us to come together, share our experiences, learn from one another, and foster our resilience. Throughout this convention, we will explore various aspects of resilience, including:

- **Self-Care and Wellness:** We will delve into the importance of self-care for counselors and discuss strategies for maintaining our own well-being amidst the demands of our profession.
- **Client Resilience:** Our sessions will focus on effective counseling techniques and interventions that empower our clients to overcome adversity and build resilience in their lives.
- **Advocacy and Social Justice:** We will address the role of counselors as advocates for social change, equity, and inclusivity, and how our profession can contribute to creating more resilient communities.
- **Professional Development:** The convention will offer opportunities for skill-building, networking, and staying current with the latest research and best practices in the field of counseling.
- **Community Building:** We encourage you to connect with fellow attendees, share your experiences, and foster a sense of belonging within the FCA community.

I would like to express my deepest gratitude to the dedicated FCA Executive Board members, chair and members of the Convention Committee, and volunteers who have worked tirelessly to organize this event. Your commitment to the counseling profession is truly commendable.

As we gather for this convention, let us remember the words of Maya Angelou: "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it."

Thank you for being an integral part of the Florida Counseling Association. I look forward to connecting with each of you, learning from your experiences, and collectively advancing our profession's mission of promoting healing, growth, and resilience. Wishing you a productive, inspiring, and resilient 74th Florida Counseling Association Convention.

Warm regards,

Raul Machuca, Ph.D., LMHC, BC-TMH
Florida Counseling Association President

WELCOME TO THE 74TH ANNUAL FLORIDA COUNSELING ASSOCIATION CONVENTION

A Message from the FCA President-Elect, Dr. Lourdes Araujo

Welcome attendees to the 74th FCA Convention,

I am elated we are hosting our FCA Convention in person this year and welcome all members, professionals, and communities. This highly anticipated conference will convey ideas and advance knowledge about mental health education, advocacy, and awareness.

This year's theme, "**Resilience Against the Storm,**" is validation that we are mental health professionals who survived unprecedented times. Our conference aims to increase mental health awareness and education, crucial in cultivating future counselors. Highlights of the conference include inspiring keynote presentations and breakout sessions led by reputable mental health, higher education, and other experts. Our presentations display a particular emphasis on diversity, equity, and inclusion.



The FCA Convention planning started over a year ago, and in the role of Chair, it is stunning to witness the amount of work and details created to produce what will be a stellar educational event for our members, professionals, and community. Our 74th Florida Counseling Association convention is only possible with the dedication and extraordinary efforts of our FCA Executive Board members, chairs and Convention Committee members, and volunteers. I am grateful to you for your relentless commitment as we navigated many challenges and obstacles to make this finally happen. I want to especially thank **Dr. Christina McGrath-Fair, our FCA Convention Coordinator**, for her numerous years of dedication to ensure an exceptional learning experience during the Conventions.

I look forward to meeting and hearing from you to collaborate on our ideas for next year's 75th Florida Counseling Association Convention. We cannot fulfill our mission and vision alone, and your experience and dedication to mental health will continue to grow for future generations. We appreciate and value your part in making the Florida Counseling Association an inspiration to mental health professionals.

We look forward to seeing you all at the conference.

"Your individuality is important, but so is belonging. Recognize the parts of your culture that have shaped your past, and the parts you want to carry with you into the future." Sol Peralta

With gratitude,

Dr. Lourdes Araujo, LMHC
2023-2024 FCA President-Elect
FCA Convention Committee Chair

2023 KEYNOTE SPEAKER DR. CHRISTIAN D. CHAN

“Healing the Counseling Profession in the Midst of Oppression”



Healing from a series of social and political traumas can involve a complicated process for historically marginalized communities and requires a more nuanced perspective of stakeholders, community care, and larger social initiatives. Given the systemic discrimination and harmful legislation instituted across the United States, the process of healing from traumatic incidents is not mutually exclusive from larger forces of oppression, such as racism, genderism, sexism, heterosexism, ableism, and classism, that intersect with institutional histories. For several communities harmed by recent legislation and public incivilities, what emerges from the links between oppression and trauma can leave long-lasting effects on professional and public communities. With a professional identity centered in multiculturalism and social justice, professional counselors have a unique opportunity to build coalitions, employ interpersonal and systemic interventions, and play a role in a legacy of healing. Dr. Chan will discuss five applicable and practical approaches that call for professional counselors to leverage community and activist interventions, promote healing, and highlight systemic factors for long-term change.

About the Presenter. . . .

Christian D. Chan (he, him, his), PhD, NCC is an Assistant Professor in the Department of Counseling and Educational Development at The University of North Carolina at Greensboro and a proud Queer Person of Color. His interests revolve around intersectionality and the effects of oppression on career development and access to counseling. Dedicated to mentorship for leaders and scholars, he has actively contributed to over 75 peer-reviewed publications in journals, books, and edited volumes and has conducted over 150 refereed presentations at the national, regional, and state levels. He currently serves as Associate Editor for *Teaching and Supervision in Counseling*.

2023 PLENARY SPEAKER DR. LOTES NELSON

“Resilience Rocks: Surviving and Thriving After Adversity”



What is resilience and do we all have it? Consider when you experienced your biggest life challenge/s. What were the first thoughts that came to mind for you? Perhaps it was, “How am I going to get through this?” Or “I will never survive this!” Or “I am doomed.” Or maybe your reaction was, “I got this!” Resilience is one of those constructs that’s easily miscalculated. In this plenary session, you will be invited to contemplate your level of resilience and assess the degree to which you have honored the authenticity and legitimacy of your adverse experiences. The paradigm of building resilience is often seen as being linear – either you are or you are not. Science-backed strategies for building resilience do not support this notion. Therefore, we will talk about how you have, and for some, how you presently experience, receive, and confront adversity using your natural strengths and learned behaviors.

About the Presenter. . . .

Dr. Lotes Nelson is a Licensed Clinical Mental Health Counselor, a Board Approved Clinical Supervisor, and a National Certified Counselor. She is also an award recipient of the prestigious National Board for Certified Counselor Doctoral Minority Fellowship. Dr. Nelson serves as a member of the Association for Creativity in Counseling Board of Directors and a previous member of the Florida Counseling Association and the Licensed Professional Counselors Association of North Carolina Board of Directors along with her many leadership roles in the mental health field and community-at-large. Notably, Dr. Nelson received “The Samuel T. Gladding Inspiration and Motivation Award” to recognize her inclusive practice through humility, collaboration, creativity, and expression through growth-fostering connections and cooperation. Most recently, she was awarded the “Association for Humanistic Counseling 2023 Joe and Lucille Hollis Publication Award.”

2023 CONVENTION SCHEDULE-AT-A-GLANCE*

Schedule is tentative and subject to change

THURSDAY, SEPTEMBER 28, 2023

Pre-Convention by SunServe	2:00pm - 5:00pm
CE Hours Earned	3.0 Hours
FCA Executive Board Meeting	5:30pm - 7:00pm



FRIDAY, SEPTEMBER 29, 2023

Welcome & Introductions	8:00am - 8:30am
Educational Sessions^	8:30am - 9:30am
Break	9:30am - 9:45am
Educational Sessions^	9:45am - 10:45am
Break	10:45am - 11:00am
Educational Sessions^	11:00am - 12:00pm
Lunch	12:00pm - 12:30pm
FCA Awards	12:30pm - 1:00pm
Plenary Speaker	1:00pm - 2:30pm
Break	2:30pm - 2:45pm
Poster Sessions and Roundtable Sessions	2:45pm - 3:45pm
Past President's Meeting	2:45pm - 3:45pm
Break	3:45pm - 4:00pm
Educational Sessions^	4:00pm - 5:00pm
Break	5:00pm - 5:15pm
Division Meetings	5:15pm - 6:15pm
Sunshine Social	6:15pm - 7:45pm
CE Hours Earned:	5.5 to 6.5 Hours

^Educational Sessions include three (3) to four (4) presentation options

Go to: [Convention Day 1](#)
[Convention Day 2](#)
[Convention Day 3](#)

SATURDAY, SEPTEMBER 30, 2023

Welcome & Introductions	8:00am - 8:30am
Educational Sessions^	8:30am - 9:30am
Break	9:30am - 9:45am
Educational Sessions^	9:45am - 10:45am
Break	10:45am - 11:00am
Educational Sessions^	11:00am - 12:00pm
Lunch	12:00pm - 1:00pm
Keynote Speaker	1:00pm - 2:30pm
Break	2:30pm - 2:45pm
Poster Sessions and Roundtable Sessions	2:45pm - 3:45pm
Break	3:45pm - 4:00pm
Educational Sessions^	4:00pm - 5:00pm
CE Hours Earned:	5.5 to 6.5 Hours

Program Book Revision as of 09/28/2023 at 1:00 p.m.

FCA PRE-CONVENTION PRESENTED BY SUNSERVE

“Fostering Resilience with LGBTQ+ Youth and Their Families in a Time of Dueling Social Narratives”

SunServe is one of Florida’s leading LGBTQ+ mental health and social services agencies where the Youth and Family Services department serves hundreds of LGBTQ+ young people in South Florida. The program includes individual counseling, intensive case management focused on life skills development, support groups, psycho-educational and social programs for youth, family sessions, and a series of therapy groups for youth in various age cohorts. Additionally, the department’s “Different Drummer” program provides opportunities for parents of gender questioning children [ages 3-11] to discover how best to engage with their children who are raising serious concerns about their gender identity. This innovative program brings parents together to support and educate each other in the best ways to address their child’s questions. There is no “one size fits all” response as each family charts its way to what is best for their child. And while the parents are sharing their stories in one room, the children are gathered in fun sessions under the guidance of skilled childcare specialists in another room.



Description: LGBTQ+ youth and families are alarmed and unsettled by the narrative emerging in community settings where they used to feel safe. Youth are uniquely challenged to discover their own internal resources while reaching outwards toward sources of support. Families are searching for assistance in the difficult task of helping their children grow and mature amid all the troubled social discourse. In this three-hour training, course participants will learn about key research-based based resiliency factors for LGBTQ+ youth and families in school, agency, and community settings. Participants will discuss strategies used to foster resilience. They will learn about a practical application of certain resiliency principles from the experience of SunServe, a leading Florida LGBTQ+ community mental health agency. That will include key approaches the agency has learned that have helped children, teens, and adults access the resources they need within themselves and from the community.

At the end of this interactive presentation, attendees will be able to:

- Understand a resilience model for LGBTQ children and adolescents.
- Apply strategies specific to fostering resilience for gender, sexual, and affectionally diverse children, adolescents, and their families.
- Facilitate the promotion of resilience of gender, sexual, and affectionally diverse youth and their families from an intersectional perspective.
- Articulate the ways one LGBTQ+ agency has assisted the parents of gender-questioning young people in helping each other navigate their children’s unique developmental challenges by shifting the intergenerational conversation from the content of disagreement to instinctual and mutual attachment bonds.

About the Presenters

James Lopresti, PhD, LMHC, is the founder of the Mental Health Services section of SunServe and is the current Clinical Network Manager for the agency. He has nearly 30 years of experience as a counselor and therapist with the LGBTQ+ community, serving as Clinical Director in agency settings in VA, DC and FL. He has held faculty positions for graduate programs in various helping professions in Boston, New York, Chicago, Washington DC, and Miami and has been a frequent workshop presenter in those cities on LGBTQ topics with a special emphasis on Transgender Care. A co-founder of the South Florida Transgender Medical Consortium, in 2008 he was named Public Citizen of the Year by the Broward Unit of the Florida Chapter of the National Association of Social Workers.

Raul Machuca, Ph.D., LMHC, is a Professor and Associate Dean of Counseling at Barry University. Dr. Machuca holds a BS in Psychology from Universidad Nacional De Colombia and a BA in Public Administration from Escuela Superior De Administracion Publica. Dr. Machuca also holds a M.Ed. in Counselor Education and a Ph.D. in Counselor Education and Supervision from the University of New Orleans. He is a Licensed Mental Health Counselor and a Qualified Supervisor for clinical mental health and marriage and family interns in the state of Florida. Dr. Machuca is a Certified Cognitive Behavioral Therapist and a Diplomate of the Academy of Cognitive Therapy. He is also a Board Certified Telemental Health Provider (BC-TMH). Dr. Machuca’s teaching, practice, and research interests include cognitive behavior therapy, resilience theory, evidenced-based practices and clinical effectiveness in counseling, technology in counseling, multicultural issues, LGBTQ issues, and supervision. Dr. Machuca is the President of the Florida Counseling Association. He was the recipient of the Barry University Innovation in Teaching Excellence Award in 2021.

CONTINUING EDUCATION INFORMATION AND PROCEDURES

The programs for the 74th Annual FCA Convention 2023, *“Resilience Amidst the Storm”* have been pre-approved for a maximum total of **16 clock hours for continuing education hours** for the licensure and/or credentialing boards identified below.

The **Pre-Convention** session on Thursday, September 28, 2023, is approved for **three (3) hours** of continuing education as follows:



This training [20-1096300] is approved for 3 CEUs by FI Bd of Psychology [exp 5/31/24], the FI Bd of SW/MFT/MHC [exp 3/31/25] and the FI Bd of Nursing [exp 10/31/24]. SunServe is Provider #50-5251

The **Convention** sessions on Friday, September 29, 2023 and Saturday, September 30, 2023 have been approved for a maximum of **13 clock hours** of continuing education hours. However, please note, the Poster presentations on Friday and Saturday afternoons are not approved for CEs.



The Florida Board of Licensed Mental Health Counselors, Licensed Marriage & Family Therapists and Licensed Clinical Social Workers (Florida Board) under continuing education provider BAP#50-15249.



The National Board of Certified Counselors (NBCC) Provider #2010 materials prepared for FCA at 2750 Taylor Avenue, A36 Orlando, Florida 32806.

Please READ the information regarding the **awarding of CEs for convention attendees both during and after the convention**. We have provided a tracking sheet for your convenience to record which sessions you attend. Please refer to the **“For Your Records”** page included herein.

ATTENDANCE VERIFICATION

Attendance Verifications will only be issued upon the conclusion of the Convention once session attendance is verified through Sign-In Records and Session Evaluation Forms. These certificates will be issued based on your convention registration form. If you require one and did not select this option on your registration form, please contact the FCA office at fcaoffice@flacounseling.org. The **“Verification of Attendance”** certificate will be sent via email, as a secured PDF file, to the email address found on your convention registration form within 30 days following the Convention.

CONTINUING EDUCATION INFORMATION AND PROCEDURES

Please read the following to familiarize yourself with the process. At each session you attend you are responsible for:

1. **Arriving on time.** At any time, if you have any questions regarding these procedures, please inform the convention student volunteer.

Note: Per the credentialing/licensing boards, an attendee is allowed ONLY 10 minutes of absentee time during each session (including arriving late) to qualify for CEs. In addition, partial credit is not awarded.

2. **Signing Into the Session:** At each education session or roundtable session, you will be greeted by a convention student volunteer with a physical sign-in sheet. **Please PRINT YOUR NAME CLEARLY** and sign and proceed to your seat.
3. **Completing the Session Presentation Evaluation Form.** A link/QR code for the evaluation form will be provided to you at the end of each block of concurrent sessions on Friday and Saturday. ***If you are seeking CEs or an attendance verification certificate, it is required to complete an evaluation for each session you attend.*** Further, your feedback is important to the presenter and the FCA Convention Committee along with being required for continuing education credit. Therefore, thank you in advance for your feedback and cooperation. Be sure to click FINISH when you are done with the survey to ensure yours is recorded.
4. **Tracking** your attendance can be done via the “**For Your Records**” form included in the program herein.



**PLEASE WEAR YOUR NAME
BADGE AT ALL TIMES**

CONTINUING EDUCATION INFORMATION AND PROCEDURES

(Continued)

Based on your Convention Registration, your licensures and/or certifications have been noted in the registration database and will be issued accordingly. Thank you for your cooperation in following the above procedures.

VERIFICATION OF ATTENDANCE:

The Verification of Attendance certificate will only be issued after your attendance is verified by both your sign-in records and completed session Presentation Evaluation Forms.

CERTIFICATE OF ATTENDANCE WILL BE SENT VIA THE EMAIL

A single **Certificate of Attendance** covering both NBCC and the Florida Board will be issued within 30 days after the close of the Convention based on your convention registration form. **This will be sent as a secured PDF file to the email address as shown in your registration information.** If you wish your Certificate to be sent to a different email address, please contact the FCA Office immediately following the Convention at: fcaoffice@flacounseling.org.

SUBMITTING YOUR CERTIFICATES OF ATTENDANCE TO YOUR LICENSURE AND/OR CERTIFICATION BOARDS

For those earning CEs, please submit your Certificate of Attendance to the appropriate certification board as their policy dictates, e.g., for those earning Florida Board CEs, please upload your CEs to the Florida CE Broker website.

KEEP A COPY!

You are encouraged to retain a copy of your Certificate(s) of Attendance, i.e., save the email in a safe location and/or print a copy. We also encourage you to keep your copy of this Convention program for your records to provide session descriptions if needed by your licensure and/or certification board(s).

QUESTIONS?

If you have any questions regarding the above information and/or procedures, please contact the FCA Office Manager, Vickie Leeming, at fcaoffice@flacounseling.org.

FLORIDA COUNSELING ASSOCIATION

2750 Taylor Avenue, A36

Orlando, FL 32806

FCA Office: fcaoffice@flacounseling.org

FCA Website: www.flacounseling.org

DAY 1 | PRE-CONVENTION

THURSDAY, SEPTEMBER 28, 2023

Session 1

PID #63

2:00 pm - 5:00 pm

Fostering Resilience of LGBTQ+ Youth and Their Families in a Time of Dueling Social Narratives

3 CEs

James Lopresti, PhD, LMHC and Raul Machuca, Ph.D., LMHC

Cypress Room

Refreshments will be provided next door in the Magnolia Room

Research provided by: Ryan Papciak, LCSW, Clinical Director at SunServe, PhD. Mario DePedro, Youth Program Director at SunServe, previously served as the lead in the department's Life Coaching Program. Rian Merrick LMHC, Intake Manager, Staff Therapist, and lead group facilitator for both the Safe-Habor men's group, and Different Drummer family group at SunServe. Corey Watford, RMHCI, Youth Program Therapist and lead facilitator for three therapy groups in the department, previously provided clinical care for young people at Miami Rescue Mission and has served as admissions counselor at Louisburg College.

LGBTQ+ youth and families are alarmed and unsettled by the narrative emerging in community settings where they used to feel safe. Youth are uniquely challenged to discover their own internal resources while reaching outwards toward sources of support. Families are searching for assistance in the difficult task of helping their children grow and mature amid all the troubled social discourse. In this three-hour training, course participants will learn about key research-based based resiliency factors for LGBTQ+ youth and families in school, agency, and community settings. Participants will discuss strategies used to foster resilience. They will learn about a practical application of certain resiliency principles from the experience of SunServe, a leading Florida LGBTQ+ community mental health agency. That will include key approaches the agency has learned have helped children, teens, and adults access the resources they need within themselves and from the community.

FCA Executive Board Meeting

FCA Executive Board Hybrid Meeting

5:30 pm - 7:00 pm

The Florida Counseling Association Executive Board will meet this evening. Members are encouraged to attend.

Magnolia Room

Join Zoom Meeting

<https://us06web.zoom.us/j/89148240407?pwd=UsSjljgZnk7D7VSstPHpsuGFOIOcPR.1>

Meeting ID: 891 4824 0407; Passcode: 158244

DAY 2 | CONVENTION

FRIDAY, SEPTEMBER 29, 2023

Welcome and Opening Remarks | 8:00 am - 8:30 am

Friday's Concurrent Educational Sessions | 8:30 am - 9:30 am

Session 1

PID #34

8:30 am - 9:30 am

Interdisciplinary Approach to Treating Chronic Pelvic Pain and PTSD

1 CE

Kristie Serrano, P.T., D.P.T. and Thomas Foster, Ph.D., LPC

Salon A

This presentation will explore the use of Eye Movement Desensitization and Reprocessing (EMDR) in combination with physical therapy to treat patients with chronic pelvic pain (CPP) and post-traumatic stress disorder (PTSD). The co-occurrence of these conditions can interact and exacerbate each other, making their treatment challenging. This presentation will provide an overview of each concept, a theoretical basis for using an interdisciplinary approach, as well as describe a case study demonstrating its effectiveness.

Session 2

PID #18

8:30 am - 9:30 am

It's Not You, It's Me: Countertransference in the Counseling Office

1 CE

Melissa Ostrander, Ph.D., LCMHC, LMHC, NCC; Eric Camden, Ph.D., LPC, NCC, ACS; and Brandon Waggoner, Ph.D., LPC-S, NCC

Salon C

Countertransference is an emotional reaction that all counselors experience and it originates from the counselor's personal story. Because of the inevitable nature of this reaction, all counselors should prepare for when it presents itself in counseling to prevent it from doing harm to the counseling relationship and therapeutic process. This presentation will be an interactive experience to help counselors identify countertransference, address it, and build resiliency to countertransference.



PLEASE TURN YOUR CELL PHONES OFF OR TO VIBRATE DURING THE PRESENTATIONS

We appreciate your cooperation in not using your cell phone during the presentations, not only out of respect for the presenter(s), but also for those in the audience. Be assured, there is a 15-minute break between all sessions to allow you time to address your calls and/or texts.

Session 3**PID #30**

8:30 am - 9:30 am

Rebuilding from Within: Strategies for Building Resilience Post-Trauma

1 CE

Patti Hinkley, Ed.D., LPC, LMFT, NCC; Jen Beres, Ph.D., LCMHC, LPC, NCC, CCTP; and Karin Dumont, Ph.D., LCMHC-S, NCC, CCMHC, LCAS, CCJS, CCMC, ACS

Salon G

Trauma-informed theory and practice is a growing need in the field of professional counseling. As a result, new models of trauma-informed care that focus on effective ways to build resilience are vital. This presentation provides techniques for creating resilience post-trauma and guides counselors through the essential clinical groundwork needed prior to building resilience. This session will blend evidence-based theory with trauma-informed interventions with a focus on developmental, social, neurological, and behavioral proficiencies.

Friday's 15 Minute Break | 9:30 am - 9:45 am**Friday's Concurrent Educational Sessions | 9:45 am - 10:45 am****Session 1****PID #41**

9:45 am - 10:45 am

Cultural Capital: Facilitating Resilience in First Generation College Students

1 CE

Sade Smith Reid, PhD., LPC, NCC, BC-TMH

Salon A

Counseling scholars and practitioners have extensively recognized the sociological and psychological factors influencing college student resilience. However, there remains a pressing need to support first-generation students who often struggle with adjusting to campus culture, understanding college requirements, and managing responsibilities (Yeh, 2010; Quinn, et al., 2019). This presentation will provide research-based examples of cultural capital that contribute to students' resilience and offer strategies for counselors to enhance their practice by embracing a cultural capital approach.

Session 2**PID #55**

9:45 am - 10:45 am

Building Resilience in Couples by Improving and Maintaining Healthy Communication

1 CE

Pavetri Doobay, MA, LMHC, LMFT, NCC

Salon B

This presentation will explore the significance of improving and maintaining healthy communication skills with couples and gaining insight about the three different types of communication. Also, the presentation will examine four communication skills and interventions that can be used with couples to foster a sense of resilience about their relationships.

Session 3**PID #01**

9:45 am - 10:45 am

Sustainable Clinical Practice: Combating Compassion Fatigue

1 CE

Natasha D'Arcangelo, QS, LMHC, NCC, CCTP, CCFP

Salon C

Maintaining sustainable clinical practice requires burnout prevention knowledge and skills. In this interactive workshop, you will be walked through the neuroscience of compassion fatigue and be provided with specific tools to curb and revert the process. Participants will gain new insight and skills to manage clinical practice in more sustainable ways. This session will address the impact of working through the pandemic, specific issues that impact BIPOC clinicians and provide evidence-based techniques clinicians can immediately implement to improve their quality of life.

Session 4**PID #07**

9:45 am - 10:45 am

Safety from the Shrapnel: Protecting Counselors From the Impact of Vicarious Trauma

1 CE

Bridget Glass, Ph.D., LMHC, ACS

Salon G

As professional counselors, we strive to be a safe place for client's to heal from their emotional wounds. However, many clinicians neglect to attend to the devastating impact which may occur as a result of secondary exposure to client trauma. This presentation will provide attendees with skills to identify risk factors of Vicarious Trauma and acquire strategies to promote long term professional longevity in the field of counseling.

15 Minute Break | 10:45 am - 11:00 am

Friday's Concurrent Educational Sessions | 11:00 am - 12:00 pm

Session 1	PID #06
11:00 am – 12:00 pm	<i>Building Resilience Using a Synthesized, Nonlinear Model of Grief</i>
1 CE	Thomas Foster, Ph.D., LPC and Kristie Serrano, P.T., D.P.T.
Salon A	We present a synthesized, nonlinear model of grief that combines the Adaptive Grieving Styles and Dual Process Model as a conceptualization and intervention for griefwork to build resilience with clients. We will explore thoughts about ways to integrate this model with attendees' counseling theories, how to differentiate between normal grief reactions and traumatic grief, and rule-out anxiety, depressive, and substance use disorders from grief reactions. All materials and references will be shared with attendees.
Session 2	PID #15
11:00 am – 12:00 pm	<i>Narrative Therapy Practices for Children/Adolescents Experiencing Trauma</i>
1 CE	Galaxina G. Wright, Ph.D., NCC, RMHCI; Inga Antrobus; and Jamal El Jilali
Salon B	Often children and adolescents are left with unheard or lost voices. Amidst a time where they are facing the aftermath of COVID-19, witnessing active shooter events via social media, and challenged with social justice and political issues in school systems, we assert that child/adolescent clients' voices must be heard now more than ever. In this presentation, we aid practitioners to assist children and adolescents with sharing and reauthoring their narratives following traumatic events.
Session 3	PID #60
11:00 am – 12:00 pm	<i>Child Therapy 101: Building Rapport, Engaging Children and Their Caregivers</i>
1 CE	Laura Rendon Finnell, LMHC-S
Salon C	While most Counseling programs are geared towards preparation for working with individual adults, the reality is that Student/Registered interns will very likely find themselves working with kids. It can be intimidating to work with kids and to engage their caregivers. This interactive presentation will cover these topics, the developmental benefits of play, and provide tools for building rapport with and engaging kids of all ages, as well as their caregivers for improved outcomes.

Session 4**PID #52**

11:00 am - 12:00 pm

"I am Tired of being Resilient" - Reframing Resilience from a Social Justice Lens

1 CE

Nia S. Page, MA, NCC and Mercedes M. Machado, PhD, LMHC

Salon G

Attendees will reflect on the phenomenon of resilience as it pertains to BIPOC individuals. Resilience theories focus on the use of individual adaptive behaviors or coping skills in the face of adversity, and measure success using dominant values (Mohapatra, 2009). Existing literature warrants a critique of how resilience is conceptualized (Kuldas & Foody, 2022). When too much onus is placed on marginalized individuals to be resilient, social inequities are left unaddressed (Park et al., 2020).

Friday's Luncheon and FCA Awards Ceremony

Auction, Raffles, and Sponsor Recognitions | 12:00 pm until 1:00 pm | Salon D

Plenary Session**PID #64**

1:00 pm - 2:30 pm

Resilience Rocks: Surviving and Thriving After Adversity

1.5 CEs

Dr. Lotes Nelson

Salon D

What is resilience, and do we all have it? Consider when you experienced your biggest life challenge/s. What were the first thoughts that came to mind for you? Perhaps it was, "How am I going to get through this?" Or "I will never survive this!" Or "I am doomed." Or maybe your reaction was, "I got this!" Resilience is one of those constructs that's easily miscalculated. In this plenary session, you will be invited to contemplate your level of resilience and assess the degree to which you have honored the authenticity and legitimacy of your adverse experiences. The paradigm of building resilience is often seen as being linear – either you are, or you are not. Science-backed strategies for building resilience do not support this notion. Therefore, we will talk about how you have, and for some, how you presently experience, receive, and confront adversity using your natural strengths and learned behaviors.

15 Minute Break | 2:30 pm - 2:45 pm

Friday's Poster and Roundtable Sessions, Past-Presidents' Meeting, and Sponsor/Exhibitor Information Tables | 2:45 pm - 3:45 pm

Friday's Poster Sessions | 2:45 pm – 2:45 pm Foyer

- Poster Session 1** **PID #43**
- 2:45 pm - 3:45 pm ***Outcomes from the Implementation of Assertive Community Treatment***
- Foyer Alisa Houseknecht, Ph.D, NCC, CRC and Nicole Ritenour
- This poster presentation will share the outcomes from an evaluation of the implementation of an Assertive Community Treatment program aimed at improving the resilience and quality of life for individuals living with severe and persistent mental health disorders.
- Poster Session 2** **PID #32**
- 2:45 pm - 3:45 pm ***Moral Injury? Pornography Use and Moral Incongruence***
- Foyer Robert Olson, D.Min., M.A., RMHCI (FL)
- This presentation addresses the benefits of play therapy applied to the military child population and highlights the need for further research. The proposed research would replicate a previous study on play therapy with military children to bridge the gap in treatment modality effectiveness for children in the military population.
- Poster Session 3** **PID #49**
- 2:45 pm - 3:45 pm ***The Mental Health Impacts: Parents of Children with Disabilities***
- Foyer Eileen Sanchez, Master's Counseling Student
- There is little literature that explores the mental health impacts on parents of children with disabilities such as Autism spectrum and Down Syndrome. This poster presentation seeks to fill that gap by examining the symptoms that parents experience, and exploring data-driven interventions used in counseling that can support them. Ultimately, this research aims to shed light on the challenges faced by parents of exceptional children and offer practical solutions to support them.
- Poster Session 4** **PID #16**
- 2:45 pm - 3:45 pm ***Helping Midlife Women Grieving Lost Opportunities Using Gestalt Therapy***
- Foyer Thomas Foster, Ph.D., LPC and Kristie Serrano, P.T., D.P.T.
- This poster board presentation will address Gestalt methods when treating common, but deeply rooted issues held by women in midlife (e.g., grieving lost opportunities) with the goal of increasing resilience for current and future losses. By utilizing the tenets of Gestalt, counselors can effectively create engaging and active resilience-focused treatment plans when working with this population.

Poster Session 5

PID #38

2:45 pm - 3:45 pm

Emotionally Focused Therapy with Individual Trauma-Informed Integration for Couples

Foyer

Monica Lamie, University of South Florida Current M.A. Student and
Kandace Luther, University of South Florida Current M.A. Student

This presentation considers the usefulness of Emotionally Focused Therapy (EFT) for couples in which Adverse Childhood Experiences (ACEs) are present. For individuals with ACEs, Emotionally Focused Individual Therapy (EFIT) has been effective at addressing unresolved trauma and promoting healing of the individual, utilizing experiential elements. This presentation focuses on an integration of individual trauma-exploration in the couple therapy setting, for individual partners and relationships to gain additional benefits in cases of childhood trauma.

The image is a business card for GentleWave. The background is a teal color with a subtle wave pattern. At the top left, the word "gentleWave" is written in a white, cursive font. Below it, the text "COUNSELING, CONSULTATION, & CLINICAL SUPERVISION" is written in a smaller, white, sans-serif font. In the center, there is a black, circular brushstroke logo. Below the logo, the name "Christina McGrath Fair, PhD, LMHC" is written in white, followed by "Qualified Supervisor" in a smaller font. At the bottom left, the website "www.GentleWaveCCC.com" and social media handles "FB & IG: @gentlewaveccc" are listed. On the right side, there are three teal-colored boxes with white text. The top box contains "Individual Counseling", "EMDR", and "Couple's Counseling". The middle box contains "Clinical Supervision", "Continuing Education", and "Workshops". The bottom box contains "Now Hiring 1099" and "Independent Contractors".

gentleWave
COUNSELING, CONSULTATION,
& CLINICAL SUPERVISION

Christina McGrath Fair, PhD, LMHC
Qualified Supervisor

www.GentleWaveCCC.com
FB & IG: @gentlewaveccc

Individual Counseling
EMDR
Couple's Counseling

Clinical Supervision
Continuing Education
Workshops

Now Hiring 1099
Independent Contractors

Friday's Roundtable Sessions (CE Procedures Apply)
2:45 pm - 3:45 pm | Salon E

**Roundtable
Session 1**

PID #04

For Fast-Acting Relief, Slow Down: An In-Depth Approach to CBT

2:45 pm - 3:45 pm

Melissa Ostrander, PhD, LCMHC, LMHC, NCC

1 CE

Salon E

Cognitive-Behavioral Therapy is one of the leading therapy modalities that is used in practice, yet most counselors have not received training past their theories class in graduate school on how to use CBT competently and practically, leading them to underuse or misuse the interventions, and leaving clients lacking progress toward change. This presentation provides attendees with practical tools and clarity on CBT interventions that they will be able to immediately apply with their clients, producing long-lasting change.

**Roundtable
Session 2**

PID #23

Getting Quality Supervision: Supervision Best Practices for Supervisees

2:45 pm - 3:45 pm

Christopher R. LaFever, PhD, LPCC-S (KY), LCADC (KY), NCC

1 CE

Salon E

Starting in professional practice, setting up supervision is a key professional support and requirement in CMHC licensure process. In this session, emerging counselors will learn about post-masters degree supervision, what to expect, what to look for, and what to do when their needs are not being met. Come join the conversation as you ensure supervision is a meaningful professional development experience.

**Roundtable
Session 3**

PID #11

Self-Care for the Healer

2:45 pm - 3:45 pm

Odalys Romero, LMHC, NCC, CCMHC, CCTP

1 CE

Salon E

Counselors tend to work with many individuals and help them in the healing process, however, forget themselves. Self-care is important for counselors not to burn out. This presentation will discuss ways to self-care and how spirituality or faith can help counselors with their own self-care making them a better counselor and healer.

**Roundtable
Session 4**

2:45 pm - 3:45 pm

1 CE

Salon E

PID #61

Diversifying Counselors' Experience: Resilience Through International Study Abroad

Jessica Yanson, LMHC; Gulnora Hundley, Ph.D., LMHC, LMFT; Amanda DiLorenzo-Garcia, Ph.D. and Dayle Jones, Ph.D.

Study abroad experiences are known to further our multicultural understanding and knowledge. This presentation will address a Counselor Education study abroad trip to Uzbekistan and the implications on the students and faculty who participated in the trip. Throughout the presentation, the presenters will address their learning curve in terms of the local culture and mental health practices in Uzbekistan based on their engagement with the community. The presentation will highlight multiculturalism, self-awareness, and resiliency.

**Roundtable
Session 5**

2:45 pm - 3:45 pm

Foyer

PID #62

Multicultural Creative Expressions and Group Work - Instruments for Healing and Well-Being

Bogusia Skudrzyk, Ph.D., LPC

The presenter will demonstrate how counselors in general and group workers specifically may weave in culturally responsive approaches conducive to healing and wellbeing. Special focus will be placed on multicultural understanding of compassion, creativity, and therapeutic modalities that strive to construct narratives that cultivate connections across life span. Special focus will be placed on offering support to individuals coping with grief and loss in general and especially loss associated with oncological counseling, medical conditions, and illnesses that impact well-being.

**Roundtable
Session 6**

2:45 pm - 3:45 pm

Foyer

PID #45

FCDA 2.0: The Future of our FCA Division

Galaxina Wright, Ph.D., NCC and FCDA President and MaryAnn Sewell, GCDF-I and FCDA Secretary

In this presentation, FCDA Officers will re-introduce the mission and vision of FCDA. Strategic plans will be discussed including future leadership opportunities. A portion of the presentation will include a town hall-type of forum for member questions or ideas on how to grow and maintain FCDA membership.

Past Presidents' Meeting

2:45 pm - 3:45 pm

Salon A

FCA Past Presidents' Meeting

Facilitated by Luisairis "Iris" Soto, LMHC, LPC, QS, NCC (She/They), Immediate Past President of the Florida Counseling Association

All Convention Attendees are welcome to participate. Open-floor meeting where Convention Attendees and Past Presidents of the Florida Counseling Association will have the opportunity to discuss topics including personal and organizational evolution, specifically, accomplishments, challenges, and aspirations during their involvement in FCA.

Join Zoom Meeting

<https://us06web.zoom.us/j/87061851431?pwd=WzwhlFv9SO3Sn1KXvOAMUVnx8GT9x.1>

Meeting ID: 870 6185 1431; Passcode: 067051

Public Policy and Legislation Action Session

2:45 pm - 3:45 pm

Salon B

Public Policy and Legislation Action Session

Facilitated by Lauren Shure, Ph.D., LMHC, BC-TMH, Public Policy and Legislation Committee Chair and Frank Gorritz, Ph.D., NCC

Through the introduction of oppressive law and policy, structural violence is increasing throughout the United States. What is especially at stake in regard to recent oppressive law and policy, includes the number of laws that impact minoritized communities, their livelihood, as well as their representation in academia and environmental settings. The Florida Counseling Association's Public Policy and Legislation Committee works with counseling professionals across the state of Florida to engage in advocacy in support of minoritized communities being impacted by oppressive law and policy. These include, but are not limited to, opposing oppressive legislation which targets LGBTQ+ communities, Black and Additional Racially Minoritized Communities, as well as Immigrant communities. Therefore, the FCA Public Policy and Legislation Committee is conducting an informational session to discuss the total impacts of these laws, as well as strategize advocacy plans to support minoritized communities as they continuously navigate structural violence. All of our voices are important in the endeavor towards social justice. Your voice is invited to the table.

**Sponsor/Exhibitor
Information Tables**

Meet our Convention Sponsors, Exhibitors, and Advertisers

2:45 pm - 3:45 pm

Foyer

Florida Virtual School (Bronze Sponsor)
Nova Southeastern University (Bronze Sponsor)
TRS Neurofeedback Education Services (Exhibitor)
Gentlewave Counseling, Consultation & Clinical Supervision (Advertiser)

15 Minute Break | 3:45 pm - 4:00 pm

Friday's Concurrent Educational Sessions | 4:00 pm - 5:00 pm

Session 1

PID #51

4:00 pm - 5:00 pm

Avoidance Versus Awareness: The Key to Unlocking Counselor Resiliency

1 CE

Christopher Ostrander, Ph.D., LCMHC, LMHC, LPC, NCC and
Brandon Waggoner, Ph.D., LPC-S, NCC

Salon A

Western culture is built upon the principle of avoiding what is painful for the purpose of performance and growth. Athletics, academics, environmental issues, and more utilize this transactional approach. Self-awareness, mindfulness, and attunement adversely tout the idea of becoming more aware of pain, stress, discomfort, and working to address such loads on the human psyche. Counselors and clients alike are tasked with learning ways to find a working balance between avoidance and awareness.

Session 2

PID #03

4:00 pm - 5:00 pm

Resilience for Future Generations: Fostering Resilience in New Parents

1 CE

Leo Balseiro, MS, LMHC, NCC, BC-TMH

Salon B

Building a family is often appreciated as a life-changing experience. At the same time, the often-conditional process of building a family can impose significant mental health challenges for the parents and other family members to adapt to. As the research consensus continues to indicate that the child mental health is linked to caregiver mental health, counselors are in a unique position to provide services with a possible impact on the future generations of families

Session 3

PID #47

4:00 pm - 5:00 pm

So You Have a Master's Degree. . . . Now What?

1 CE

Cristina M Gonzalez, LMHC, NCC, CRC

Salon C

This presentation is geared towards recent and soon-to-be graduates of master's in counseling programs who intend to pursue Florida licensure. Topics to be covered include: how to find a qualified supervisor, how to register as an intern, what you will do as an intern, and important legal and ethical considerations.

Session 4

PID #27

4:00 pm - 5:00 pm

Enhancing Individuals’ Resilience in Challenging Times: Counselors-in-Training Experiences

1 CE

George Vera, PhD, NCC, ACS., BC-CMHC., BC-TMH., LMHC-FL., LPCMHC-NM; Betzabeth Vera, MS., LMHC-FL., LMFT-FL; and Alfonso Barreto, PhD, MS.

Salon G

This presentation aims to share critical lessons learned and innovative pedagogic responses to protect and enhance counseling students’ mental health and well-being resilience amid the COVID-19 Pandemic. Therefore, it describes how attending to individuals’ mental health needs while learning clinical counseling competencies could be balanced, what pedagogical tools were crafted to foster individuals’ resilience awareness, and its practical applications beyond the training space to their everyday life and post-pandemic clinical counseling practices with diverse populations.

15 Minute Break | 5:00 pm - 5:15 pm

Friday’s Division Meetings | 5:15 pm – 6:15 pm

Ready to get involved? Join us and learn about the amazing work of FCA Divisions!

Salon F

FACAC Florida Association for Child and Adolescent Counseling

Salon B

FAMCD Florida Association for Multicultural Counseling and Development

Salon C

FACES Florida Association for Counselor Education and Supervision

Salon D

FAMEFC Florida Association of Marriage and Family Counselors

Salon D

FASC Florida Association for School Counselors

Salon A

FASERVIC Florida Association for Spiritual and Ethical Values in Counseling

Salon E

FCDA Florida Career Development Association

Salon G

SAIGE-FL Florida Society for Sexual, Affectional, Intersex, and Gender Expansive Identities



PLEASE BE SURE TO COMPLETE YOUR EVALUATION FOR EACH OF THE SESSIONS YOU ATTENDED TODAY. PLEASE SEE THE **ADDENDUM – THE FIRST 2 PAGES – FOR THE LINK AND/OR QR CODES FOR THE FRIDAY SESSION EVALUATIONS. THERE ARE 2 LINKS – ONE FOR FRIDAY MORNING’S SESSIONS AND ONE FOR FRIDAY AFTERNOON’S. **PLEASE COMPLETE YOUR EVALUATIONS BY 5:15 P.M. TODAY!****

Friday's 2023 Sunshine Social Happy Hour | 6:15 pm - 7:45 pm Salon F

Sunshine Social **2023 Sunshine Social Happy Hour!**

6:15 pm – 7:45 pm *Courtesy of Florida Association for Child and Adolescent Counseling (FACAC)*

Salon F Welcome to the FCA Social Event. We are excited to have you join us and participate in the entertainment activities planned. Our Social Happy Hour event is an excellent opportunity to connect with other FCA members and share your contribution, specialties, and interesting facts with other members.



DAY 3 | CONVENTION

SATURDAY, SEPTEMBER 30, 2023

Welcome and Opening Remarks | 8:00 am - 8:30 am

Concurrent Educational Sessions | 8:30 am - 9:30 am

Session 1

PID #17

8:30 am - 9:30 am

Counselor Self-Care: Fact or Fallacy?

1 CE

Jennifer Casani, PhD, LMHC, NCC; Jinah J. Rordam, PhD, NCC, ACS; and Fallon Calandriello, PhD, NCC

Salon A

Description of Professional Responsibility of Counselors (ACA Code of Ethics, 2014), "counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities," and 2016 CACREP Professional Counseling Orientation and Ethical Practice expectation, "self-care strategies appropriate to the counselor role." Exploration of professional/personal identities, and expectations for self-care within workplaces. Challenges provide opportunities for further development and practical implementation of self-care professionally, personally, programmatically.

Session 2

PID #37

8:30 am - 9:30 am

Nurturing Resilience: Building Teen Protective Factors Post-Trauma

1 CE

Marina Gilberti Bunch, PhD, LMHC, NCC and Kristin Page, PhD, LMHC, NCC

Salon B

Adolescents are particularly vulnerable to trauma due to the various developmental, social, and emotional changes that occur during this period. Experiencing trauma during these formative years puts adolescents at higher risk for various adverse outcomes. This presentation will provide attendees with an introduction to trauma and will review the different types of trauma and its prevalence in our society. This session will explore how trauma impacts various domains of functioning for adolescents and discuss risk factors and red flags to look out for. Attendees will also learn about resilience, protective factors, and the steps clinicians can take to support adolescents and their families to achieve healing and increase positive outcomes.



**PLEASE TURN YOUR CELL PHONES OFF OR TO VIBRATE
DURING THE PRESENTATIONS**

We appreciate your cooperation in not using your cell phone during the presentations, not only out of respect for the presenter(s), but also for those in the audience. Be assured, there is a 15-minute break between all sessions to allow you time to address your calls and/or texts.

Session 3**PID #14**

8:30 am - 9:30 am

Chronic Pain and Depression: An Interprofessional Approach to Promote Positive Health Outcomes

1 CE

Alyssa Weiss, PhD, LMFT, CCTP and Sally Weiss, EdD, APRN, FNP-C, CNE, ANEP

Salon C

Chronic pain presents a major issue in health care today and is considered a “stress state,” leading to depression and anxiety (Sheng et al, 2017). Healthcare professionals who work with individuals experiencing chronic pain need to help them build new coping strategies to adapt to the chronic pain state. This presentation addresses the importance of interprofessional collaboration in the treatment of these clients. Theories and therapeutic approaches that improve client outcomes and psychosocial functioning will be presented along with an overview of the neurobiological causes of chronic pain and depression.

Session 4**PID #46**

8:30 am - 9:30 am

Born Resilient: An Approach for Counseling College Students with Neurodivergence

1 CE

Timothy Eng, M.S.; Serene Hasan, MA, LMHC, LMFT, CRC, CEDS, QS (FL); Evandro Patricio; Viki Kelchner, Ph.D., LPCS, LPC, NCC, CSC; and WoojeLee, M.A.

Salon G

Historically, a gap in mental health services has existed for individuals with neurodivergence at post-secondary institutions. With the growing number of post-secondary options available, counselors need to be prepared to provide appropriate services. Counselors can provide much-needed services through strengths-based approaches to promote resiliency, as individuals with neurodivergence often develop this protective factor as a result of navigating divergent developmental trajectories. This presentation offers clinical interventions and strategies to build resilience for individuals with neurodivergence.

Saturday’s 15 Minute Break | 9:30 am - 9:45 am**Saturday’s Concurrent Educational Sessions | 9:45 am - 10:45 am****Session 1****PID #24**

9:45 am - 10:45 am

Wellness, a Necessity for All, a Lifeline After ACEs

1 CE

Christopher R. LaFever, PhD, LPCC-S (KY), LCADC (KY), NCC

Salon A

Adverse Childhood Experiences (ACEs) have been extensively correlated with long-term health impacts. However, intentional emphasis on wellness practices may be a support to mitigate some of the mental health tolls. Reviewing aspects of ACEs literature in conjunction with wellness can inform on how to take a trauma-informed approach to encouraging wellness. In this presentation, participants will learn about wellness practices to support students, clients, and themselves.

Session 2**PID #13**

9:45 am - 10:45 am

No Forgiveness, No Recovery: Know Forgiveness, Know Recovery

1 CE

W. Bryce Hagedorn, PhD, LMHC, NCC, MAC

Salon B

Emotional wounds are inevitable in our encounters with others. When these wounds go unaddressed, the resulting maladaptive coping mechanisms can often result in self-destructive, other-destructive, and/or self-medicating behaviors that can lead to further isolation. The active process of forgiveness of self and others is not simply a “forgive and forget” event, and in fact, many believe that sustained recovery is unattainable without engaging in the forgiveness process.

Session 3**PID #31**

9:45 am - 10:45 am

Role of Counselors in Pharmacological Treatment of Children and Adolescents

1 CE

Gulnora Hundley, Ph.D., LMHC, LMFT

Salon C

As the number of young patients being prescribed psychotropic medications grows, it becomes increasingly important for counselors to understand the positive and negative aspects of these drugs. Counselors equipped with a working knowledge of psychopharmacology of childhood disorders can provide comprehensive and collaborative therapy with their young clients who may be in need of or are currently using psychotropic medications and maximize therapeutic benefit of medications through therapy.

Session 4**PID #56**

9:45 am - 10:45 am

Support ALL Students: Advocate Beyond the New Florida School Counseling Standards

1 CE

Robert Pincus Ph.D., LSC; Judith Justice, Ph.D.; and Felicia Noil, Master's Student

Salon G

The Florida Department of Education has created new state standards, by which school counselors (SCs) must abide. Advocacy and mental health services by school counselors have been a major part of our profession but are not clearly stated in the standards. The presenters, from an intern to professors, will show and discuss how SCs can advocate beyond the new state standards, supporting students, schools, and the SC profession.

15 Minute Break | 10:45 am - 11:00 am

Saturday's Concurrent Educational Sessions | 11:00 am – 12:00 pm

Session 1	PID #05
11:00 am - 12:00 pm	<i>Resiliency of Children from Marginalized Communities: An Expressive Arts Exchange</i>
1 CE	Ann Shillingford, Ph.D.; Juliet Cahow; Giana Migliore; and Micah Massaquoi
Salon A	By 2020, 25% of Florida's youth had experienced a traumatic event. The rate of adverse childhood experiences (ACE's) is highest among Black youth. At the height of the pandemic, these multiply-marginalized children saw new and compounded trauma. This presentation briefly touches on findings from a qualitative study that captured the voices of multiply-marginalized children and will discuss expressive arts processes and activities that are beneficial to resilience building and academic, social, and emotional functioning.
Session 2	PID #09
11:00 am – 12:00 pm	<i>Stay Sexy: Maintaining Intimacy Through Stress and Upheaval</i>
1 CE	Alise Lindsey, M.A., Ed.S, LPC, LMHC, CMHC, CCTP
Salon B	Stay Sexy: Maintaining Intimacy Through Stress and Upheaval provides clinicians with practical steps to aid clients in addressing sexual concerns that may occur as a result of stressful times. As we know, stress invades all facets of life, including sexual functioning. Practitioners will be able to assess clients' symptoms, provide coping strategies that support clients' ideal sexual self and refer to a sex therapist when necessary.
Session 3	PID #58
11:00 am - 12:00 pm	<i>Grit and Gratitude: Resilience Through Imposter Syndrome</i>
1 CE	Amanda DiLorenzo-Garcia, Ph.D.; Annyssa Karran, B.S.; Christopher Campos, B.S.; Maya Reaves, B.S.; Stephan Connor, B.S.; and Aylin Leal, B.S.
Salon C	It's difficult being new and tougher experiencing imposter syndrome. It is important that helpers persevere through imposter syndrome to serve their clients and maintain their own wellbeing. This presentation will provide real-life examples and supportive tools that exemplify adaptability through the lens of young professionals working in substance use care.

Session 4**PID #57**

11:00 am - 12:00 pm

Working with "Justice Involved" Families

1 CE

William K. Presswood, Ed.D. and Alecia Rodriguez, Ph.D.

Salon G

The term "Justice Involved" refers to individuals or families that have been involved in the criminal court system including current or previous incarceration. As mental health professionals who work in the field, we have to be aware of how such issues impact the children and families we interact with. The Criminal Justice system impacts children and families at all socio-economic levels and all grade levels. Mass incarceration is a growing national issue that affects millions of people, but disproportionately impacts ethnic and racially marginalized communities. The presentation is a guide for new professionals that work in school-based environments and/or community-based settings.

**Saturday's Luncheon, Auction, Raffles and Sponsor Recognition
12:00 pm - 1:00 pm | Salon D****Keynote Session | 1:00 pm - 2:30 pm
Salon D****Keynote Session****PID #65**

1:00 pm - 2:30 pm

Healing the Counseling Profession in the Midst of Oppression

1.5 CEs

Dr. Christian D. Chan

Salon D

Healing from a series of social and political traumas can involve a complicated process for historically marginalized communities and requires a more nuanced perspective of stakeholders, community care, and larger social initiatives. Given the systemic discrimination and harmful legislation instituted across the United States, the process of healing from traumatic incidents is not mutually exclusive from larger forces of oppression, such as racism, genderism, sexism, heterosexism, ableism, and classism, that intersect with institutional histories. For several communities harmed by recent legislation and public incivilities, what emerges from the links between oppression and trauma can leave long-lasting effects on professional and public communities. With a professional identity centered in multiculturalism and social justice, professional counselors have a unique opportunity to build coalitions, employ interpersonal and systemic interventions, and play a role in a legacy of healing. Dr. Chan will discuss five applicable and practical approaches that call for professional counselors to leverage community and activist interventions, promote healing, and highlight systemic factors for long-term change.

15 Minute Break | 2:30 pm - 2:45 pm**Poster and Roundtable Sessions and Sponsor/Exhibitor Information Tables
2:45 pm - 3:45 pm**

Saturday's Poster Sessions | 2:45 pm – 3:45 pm Foyer

Poster Session 1

PID #10

2:45 pm - 3:45 pm

Foyer

Burnout: Identifying Resilience Barriers in Higher Education Faculty and Staff

Ruth Castillo M.S. Psychology; Dr. Joanna Carter PhD, MPhil, and Brandon Murray

An objective look into the barriers that are within higher education causing faculty and staff burnout. The researchers will collect data from faculty and staff at the University of St. Augustine for Health Sciences. This analysis will illustrate the need for resilience methods when faculty and staff are faced with stressors in the work environment. This study will also showcase the potential need for resilience training for employees and counseling on site in higher education institutions.

Poster Session 2

PID #50

2:45 pm - 3:45 pm

Foyer

International Students' Resilience in Higher Education Institutions in the U.S.

Jinlin Wu, Graduate Student of Mental Health Counseling at Florida State University and Rana Sedeeq, International Career Counseling MSc., Graduate Student in Career Counseling from Florida State University

American higher education institutions are significantly impacted economically and culturally by the rising number of international students in the country. When it comes to stress from adjusting to a new environment, international students face more specific challenges than domestic students. Relationships, acculturation, finances, and adaptation are all sources of stress. Individuals that are resilient often exhibit distinctive traits in reaction to difficulties, stress, and change.

Poster Session 3

PID #35

2:45 pm - 3:45 pm

Foyer

Youth Bullying: Exploring and Building Resilience for Survivors

Jessica L. Tinstman Jones, PhD, NCC and Amanda DiLorenzo-Garcia, Ph.D.

Youth bullying is a serious issue affecting at least one in five students. Affected children and adolescents may experience damaging impacts, including damaged support systems and significant mental health concerns, such as depression, anxiety, substance abuse, and suicidality. Mental health counselors play a vital role in mitigating these effects. To support counselors in these efforts, this presentation will share research findings pertaining to resilience among survivors and discuss strategies to foster resilience and positive outcomes.

Poster Session 4

2:45 pm - 3:45 pm

Foyer

PID #33

A Counseling Approach to Psilocybin-Assisted Psychotherapy (PAP): The Multidimensional Benefits

Kyle Z. LaChance

This poster examines the current research on PAP in treating various client populations and advocates for research to move toward integrating psilocybin administration with current counseling practices to improve client outcomes. Considering the benefits of psilocybin in therapeutic treatment settings, and the increasing need for counseling, there seems to be merit in integration for the sake of reaching a larger audience, reducing duration of treatment, increasing retention of positive outcomes post-termination, and reducing treatment discontinuation.

**Saturday's Roundtable Sessions | 2:45 pm - 3:45 pm (CE Procedures Apply)
Salon E**

**Roundtable
Session 1**

2:45 pm - 3:45 pm

1 CE

Salon E

PID #42

Providing Compassionate Care to Abortion Care Workers

Mandi Long, MA, Registered Mental Health Counselor Intern; Gretchen Schulthes PhD, LAC (NJ), NCC; Gideon Litherland PhD, LCPC (IL), CCMHC, ACS

Abortion care providers (ACPs) offer critical services to those seeking abortion-related care. ACPs face professional stigma, unprecedented legislative hurdles in a post-Roe world, and, at times, clinical site violence and protests. Limited research suggests that PTSD diagnoses are higher for this population than the general public and combat veterans. This workshop focuses on the mental health needs of ACPs and aims to serve as a call to action for research focused on providing compassionate counseling.

**Roundtable
Session 2**

2:45 pm - 3:45 pm

1 CE

Salon E

PID #28

Trauma Informed Care for LGBTQ+ Youth

Noelle DeLaCruz, Psy.D., M.A., NCSP

This training will use a social-ecological lens to examine the intersection of trauma and identity for LGBTQ+ youth. We will use a model of trauma informed care to explore best practices for prevention and intervention programming and will discuss strength-based strategies that help foster accepting behaviors in caregivers and families.

**Roundtable
Session 3**

2:45 pm - 3:45 pm

1 CE

Salon E

PID #26

Implementing the Parental Rights Act Through a School Counselors' Lens

Eric S. Davis, PhD, NCC, SB-RPT; Bonnie Gómez Torres; and Sarah Putnam

School counselors bear the responsibility of enhancing educational opportunities and social justice for all students (Leibowitz-Nelson et al., 2020). The recently passed Florida Parental Rights in Education Act, has placed elementary school counselors in a precarious position related to navigating state legislation and providing services to LGBTQ+ students and stakeholders. This presentation pertains to share school counselors' perceptions of the challenges, needs for training, and supervision implementing the Parental Rights Act in Education.

**Roundtable
Session 4**

2:45 pm - 3:45 pm

1 CE

Salon E

PID#21

Super in Superman: Fathers Foster Resilience in Their Children's Lives

Johnece Smith, MS, Eds, LPC, NCC, IMH-E®

Resilience is an opportunity for fathers and children to establish healthy connections, while learning strategies to understand challenges that may occur in life. Fathers can help children with increasing resilience in children's lives. By fathers modeling and coaching healthy communication skills, exploring healthy ways to cultivate healthy esteem, motivation and connections.

**Roundtable
Session 5**

2:45 pm - 3:45 pm

1 CE

Salon E

PID #25

Using Creativity to Help Clients Gain New Perspectives

Dr. Lisa Burton, LPC, ALPS and NCC

Being able to get clients to change their perspective of any situation can be challenging. With the use of creativity, counselors can provide clients with alternative and refreshing skills. My session will specifically focus on a variety of engaging and unique strategies for addressing anxiety, anger, and depression with your clients. Parts of a car, household items and nature are just a few of the unconventional ideas that will be discussed.

**Roundtable
Session 6**

2:45 pm - 3:45 pm

1 CE

Salon E

PID#48

When Worlds Collide:" Helping Culturally Diverse Couples Build Relational Resilience

Patrice Leopold, Ph.D., LMHC, NCC; Galaxina G. Wright, Ph.D., NCC; and Ashlei Petion, Ph.D., LPC, NCC

Couples often struggle with navigating stressors when faced with an impasse or rut, especially couples with differing cultural backgrounds (i.e., race, religion, SES, etc). This often leads to gridlocked perpetual problems leading to "feeling stuck". The presenters will discuss how implications for couples building relational resilience can establish growth-fostering connections when faced with adversity, trauma, and social-cultural issues.

**Sponsor/Exhibitor
Information Tables**

2:45 pm - 3:45 pm

Foyer

Meet our Convention Sponsors, Exhibitors, and Advertisers

Florida Virtual School (Bronze Sponsor)
Nova Southeastern University (Bronze Sponsor)
TRS Neurofeedback Education Services (Exhibitor)
Gentlewave Counseling, Consultation & Clinical Supervision (Advertiser)

15 Minute Break | 3:45 pm - 4:00 pm

Saturday's Concurrent Educational Sessions | 4:00 pm - 5:00 pm

Session 1

PID #54

4:00 pm - 5:00 pm

Advocating for the LGBTQIA+ Community in the Times of Political Upheaval

1 CE

Christina McGrath Fair, PhD, LMHC; Frank Gorritz, Ph.D.; and
Mariana Chacon, MS

Salon A

The Anti-LGBTQIA+ legislation has seen a significant increase, specifically within the state of Florida. Most recently, Equality Florida issued a travel ban for individuals in the community, deeming Florida an "unsafe" location to visit (eqfl.org, 2023). Those in the counseling profession likely find it difficult to keep track of new bills, let alone advocate against them. This session will present current legislative concerns, identify current laws and ethical issues, and advocacy strategies.

Session 2

PID #36

4:00 pm - 5:00 pm

Body and Mind "Trauma Resilience" No Matter What Happens

1 CE

Lourdes Araujo, Ed.D., LMHC and Nicole Kratimenos, Ed.D., LMHC

Salon B

An innovative trauma resilience skill-building presentation that demonstrates collaborative intention between mental health professionals and clients, students, and supervisees affected by trauma. Participants will learn multipurpose techniques and processes, including a sensory-based approach focusing on sensations associated with inner resiliency to immediately reduce stress and trauma effects. This presentation intends to offer participants a way forward, learning and healing from the past and embracing the present moment with resilience.

Session 3

PID #59

4:00 pm - 5:00 pm

Prepare and Respond: Crisis Counselors' Resilience and Support

1 CE

Amanda DiLorenzo-Garcia, Ph.D. and Jessica Tintzman Jones, Ph.D.

Salon C

Crisis Counseling requires resilience. This poster will demonstrate how a mental health setting can support the wellness of crisis counselors to further their tolerance for the difficult clinical work they experience. Furthermore, enhanced training and mobile response methods for crisis counselors will be explored as they relate to preventing burnout.

EVALUATION



PLEASE BE SURE TO COMPLETE YOUR EVALUATION FOR EACH OF THE SESSIONS YOU ATTENDED TODAY. PLEASE SEE THE **ADDENDUM** – PAGES 3 AND 4 – FOR THE LINK AND/OR QR CODES FOR THE SATURDAY SESSION EVALUATIONS. THERE ARE 2 LINKS – ONE FOR SATURDAY MORNING'S SESSIONS AND ONE FOR SATURDAY AFTERNOON'S. **PLEASE COMPLETE YOUR EVALUATIONS BY 5:15 P.M. TODAY!**

Thank you for attending
FCA's 74th Annual Convention!

Please complete our FCA Overall
Convention Evaluation which will be sent to
your email address at the conclusion of the
Convention.

Thank you in advance for your cooperation
and feedback!

FCA T-SHIRTS FOR SALE

This year we are pleased to offer a limited number of T-shirts for sale. We have small, medium, large, and extra-large sizes in blue.

The price is just \$20/each.

Cash, check or Zelle® accepted
All sales are final



THANK YOU TO OUR BRONZE SPONSORS!



NSU Department of Counseling
proudly supports the
Florida Counseling Association
2023 Conference

Visit our website at
www.nova.edu



Florida Virtual School (FLVS) works with school counselors and administrators to implement effective online learning programs. With 25+ years of experience in online education and curriculum development, FLVS has what every student needs to succeed.



Fully accredited
public school district



Engaging and interactive content
for Florida students



Award-winning curriculum
that allows students to get ahead, stay on target, or get back on track



Unparalleled flexibility and support
for schools, districts, families, and students

Explore online learning solutions for your school or district at flvs.net



Copyright © by Florida Virtual School. All rights reserved. Florida Virtual School and FLVS are registered trademarks of Florida Virtual School, a public school district of the State of Florida. 220720

THANK YOU TO....
ALL WHO MADE THIS
CONVENTION
POSSIBLE!



The Florida Counseling Association and the Convention Committee thank the following sponsors, exhibitors, and advertisers for their support of this year's Annual Convention!

Florida Virtual School (Bronze)
Nova Southeastern University (Bronze)

TRS Neurofeedback Education Services (Exhibitor)



<https://www.trsneurofeedback.com/>

Gentlewave Counseling, Consultation and
Clinical Supervision, LLC (Advertiser)

We also wish to thank those who donated our LCD projectors, conference donation bag items, and various supplies!

We also wish to thank Dr. Christina McGrath Fair for her time and efforts as our Convention Committee Chair.

**THANK YOU TO OUR
CONVENTION
STUDENT VOLUNTEERS!**



AND THANKS TO OUR VOLUNTEER COORDINATOR

Dr. Mercedes Machado

Inga Antrobus, Barry University

Maria del Rosario Alayza Arca, Florida Atlantic University

Emily Berndt, University of Central Florida

Tom Clark, Stetson University

Amber Elswick, Liberty University

Daniela Galvez, Florida International University

Joshua Lederle, University of Central Florida

Alexandria Morrison, Stetson University

Sydney Oswald, University of Central Florida

Nia Page, University of Florida

Shania Rajcoomar, University of Central Florida

Austin Smithson, Colorado Christian University

Julie Uribe, Walden University

THE FCA FOUNDATION

The **Florida Counseling Association Foundation** enhances counselors and counselors-in-training ability to be culturally competent service providers through the provision of professional development opportunities, leadership training, and social justice advocacy.

The Florida Counseling Association Foundation's vision is to provide professional counselors with evidenced-based educational opportunities and financial resources to promote the well-being of the Florida Counseling Association and our constituents throughout the State of Florida.

The Florida Counseling Association Foundation's Goals:

- To increase awareness of the Foundation and its goals throughout FCA, with other organizations on state, regional, and national levels.
- Support students in graduate counseling programs through the underwriting of scholarships that enable attendance at FCA Annual Conventions, Graduate Student Symposiums, and other venues that encourage involvement and excellence.
- Develop Emerging Leaders and Advocates in the counseling profession by providing scholarships that support their participation in the FCA Leadership Development Institute (LDI).
- Enter into partnership with other organizations.

If you would like to donate to the FCA Foundation, you can do so through Zelle using the following email: info@fcafoundation.org



FCA Foundation has open positions
for the Board of Directors.

If you are interested in joining the Board,
please contact
FCA President, Dr. Raul Machuca
info@fcafoundation.org

ADDENDUM

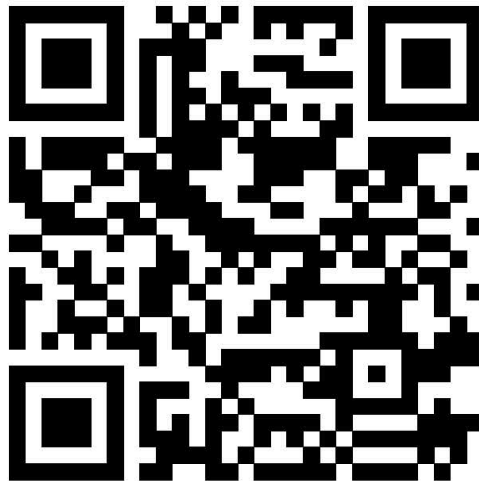
SESSION EVALUATION LINKS/QR CODES

FOR YOUR RECORDS

Friday Morning, September 29, 2023

This link will be used for your session evaluations held at 8:30 a.m., 9:45 a.m. and 11:00 a.m.

<https://forms.office.com/r/NN2JHi9P2H>



SESSION EVALUATION LINKS/QR CODES

Friday Afternoon, September 29, 2023

This link will be used for your session evaluations held at 1:00 (Plenary session), roundtable sessions at 2:45 p.m. and concluding with sessions at 4:00 p.m.

<https://forms.office.com/r/AtGhDH2VCi>



SESSION EVALUATION LINKS/QR CODES

Saturday Morning, September 30, 2023

This link will be used for your session evaluations held at 8:30 a.m., 9:45 a.m. and 11:00 a.m.

<https://forms.office.com/r/emQwn4YWJk>

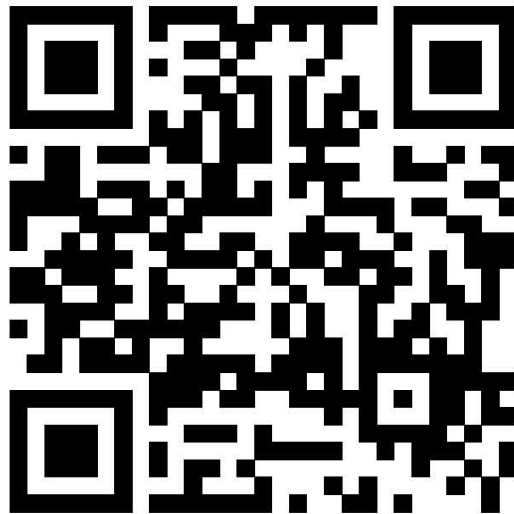


SESSION EVALUATION LINKS/QR CODES

Saturday Afternoon, September 30, 2023

This link will be used for your session evaluations held at 1:00 (Keynote session), roundtable sessions at 2:45 p.m. and concluding with sessions at 4:00 p.m.

<https://forms.office.com/r/eP3mLpMtMR>



FLORIDA COUNSELING ASSOCIATION

74TH ANNUAL CONVENTION



Resilience Amidst the Storm



SAVE THE DATE | SEPTEMBER 28-30, 2023 | TAMPA, FL

FOR YOUR RECORDS

(a record of sessions attended and CEs earned)

(Please take note Session PID#s)

THURSDAY, SEPTEMBER 28, 2023

DESCRIPTION AND TIME

CEs
ATTENDED? EARNED

#63 Fostering Resilience with LGBTQ+ Youth and Their Families: Stories and Practical Hints (*CEs provided by SunServe*)

YES 3.0

FLORIDA COUNSELING ASSOCIATION

74th ANNUAL CONVENTION IN TAMPA, FLORIDA
SEPTEMBER 28-30, 2023

Pre-Convention Hours Earned: _____ (*CEs approved by SunServe*)

Friday/Saturday Hours Earned: _____

CE GRAND TOTAL _____

Please be sure to review the certification information and procedures regarding the approval of the presentations as indicated in this program book. You are also encouraged to retain this program book with your records.

FCA 74th CONVENTION, TAMPA, FL | SEPTEMBER 28-30, 2023

FOR YOUR RECORDS

FRIDAY, SEPTEMBER 29, 2023

DESCRIPTION AND TIME	ATTENDED?	CEs
#34 Interdisciplinary Approach to Treating Chronic Pelvic Pain and PTSD	<input type="checkbox"/> YES	1.0
#18 It's Not You, It's Me: Countertransference in the Counseling Office	<input type="checkbox"/> YES	1.0
#30 Rebuilding from Within: Strategies for Building Resilience Post Trauma	<input type="checkbox"/> YES	1.0
#41 Cultural Capital: Facilitating Resilience in First Generation College Students	<input type="checkbox"/> YES	1.0
#55 Building Resilience in Couples by Improving and Maintaining Healthy Communication	<input type="checkbox"/> YES	1.0
#01 Sustainable Clinical Practice: Combating Compassion Fatigue	<input type="checkbox"/> YES	1.0
#07 Safety from the Shrapnel: Protecting Counselors from the Impact of Vicarious Trauma	<input type="checkbox"/> YES	1.0
#06 Building Resilience Using a Synthesized, Nonlinear Model of Grief	<input type="checkbox"/> YES	1.0
#15 Narrative Therapy Practices for Children/Adolescents Experiencing Trauma	<input type="checkbox"/> YES	1.0
#60 Child Therapy 101: Building Rapport, Engaging Children and Their Caregivers	<input type="checkbox"/> YES	1.0
#52 "I am Tired of Being Resilient" – Reframing Resilience from a Social Justice Lens	<input type="checkbox"/> YES	1.0
#64 Resilience Rocks: Surviving and Thriving After Adversity (<i>Plenary</i>)	<input type="checkbox"/> YES	1.5
#04 For Fast Acting Relief, Slow Down: An In-Depth Approach to CBT	<input type="checkbox"/> YES	1.0
#23 Getting Quality Supervision: Supervision Best Practices for Supervisees	<input type="checkbox"/> YES	1.0
#11 Self-Care for the Healer	<input type="checkbox"/> YES	1.0
#61 Diversifying Counselors' Experience: Resilience Through International Study Abroad	<input type="checkbox"/> YES	1.0
#62 Multicultural Creative Expressions and Group Work – Instruments for Healing and Well-Being	<input type="checkbox"/> YES	1.0
#45 FCDA 2.0: The Future of our FCA Division	<input type="checkbox"/> YES	1.0
#51 Avoidance Versus Awareness: The Key to Unlocking Counselor Resiliency	<input type="checkbox"/> YES	1.0
#03 Resilience for Future Generations: Fostering Resilience in New Parents	<input type="checkbox"/> YES	1.0
#47 So You Have a Master's Degree. . . . Now What?	<input type="checkbox"/> YES	1.0
#27 Enhancing Individuals' Resilience in Challenging Times: Counselors-in-Training Experiences	<input type="checkbox"/> YES	1.0

TOTAL FOR THE DAY (*Maximum is 6.5 Hours*)

FCA 74th CONVENTION, TAMPA, FL | SEPTEMBER 28-30, 2023

FOR YOUR RECORDS

SATURDAY, SEPTEMBER 30, 2023

DESCRIPTION AND TIME	ATTENDED?	CEs
#17 Counselor Self-Care: Fact or Fallacy?	<input type="checkbox"/> YES	1.0
#37 Nurturing Resilience: Building Teen Protective Factors Post-Trauma	<input type="checkbox"/> YES	1.0
#14 Chronic Pain and Depression: An Interprofessional Approach to Promote Positive Health Outcomes	<input type="checkbox"/> YES	1.0
#46 Born Resilient: An Approach for Counseling College Students with Neurodivergence	<input type="checkbox"/> YES	1.0
#24 Wellness, a Necessity for All, a Lifeline After ACES	<input type="checkbox"/> YES	1.0
#31 Role of Counselors in Pharmacological Treatment of Children and Adolescents	<input type="checkbox"/> YES	1.0
#13 No Forgiveness, No Recovery: Know Forgiveness, Know Recovery	<input type="checkbox"/> YES	1.0
#56 Support ALL Students: Advocate Beyond the New Florida School Counseling Standards	<input type="checkbox"/> YES	1.0
#05 Resiliency of Children from Marginalized Communities: An Expressive Arts Exchange	<input type="checkbox"/> YES	1.0
#09 Stay Sexy: Maintaining Intimacy Through Stress and Upheaval	<input type="checkbox"/> YES	1.0
#57 Working with "Justice Involved" Families	<input type="checkbox"/> YES	1.0
#58 Grit and Gratitude: Resilience Through Imposter Syndrome	<input type="checkbox"/> YES	1.0
#65 Healing the Counseling Profession in the Midst of Oppression (<i>Keynote</i>)	<input type="checkbox"/> YES	1.5
#42 Providing Compassionate Care to Abortion Care Workers	<input type="checkbox"/> YES	1.0
#28 Trauma Informed Care for LGBTQ+ Youth	<input type="checkbox"/> YES	1.0
#26 Implementing the Parental Rights Act through a School Counselors' Lens	<input type="checkbox"/> YES	1.0
#21 Super in Superman: Fathers Foster Resilience in Their Children's Lives!	<input type="checkbox"/> YES	1.0
#25 Using Creativity to Help Clients Gain New Perspectives	<input type="checkbox"/> YES	1.0
#48 When Worlds Collide:" Helping Culturally Diverse Couples Build Relational Resilience	<input type="checkbox"/> YES	1.0
#54 Advocating for the LGBTQIA+ Community in the Times of Political Upheaval	<input type="checkbox"/> YES	1.0
#36 Body and Mind "Trauma Resilience" No Matter What Happens	<input type="checkbox"/> YES	1.0
#59 Prepare and Respond: Crisis Counselors' Resilience and Support	<input type="checkbox"/> YES	1.0

TOTAL FOR THE DAY (*Maximum is 6.5 Hours*)

Join us next year for
FCA's 75th Annual
Convention



www.flacounseling.org