

Maine Counseling Association Annual Conference  
Monday, March 26, 2018

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| <b>Early Bird Session I</b>   |   |   |
| <b>Owls Head</b>  | <b>Professional Identity and Leadership: Carrying Forth the Torch</b> | <b>John Yasenchak, Ed.D</b><br><b>Jade Letourneau, Ph.D</b> |
| <p>This workshop will focus on our shared professional identity as counselors and emerging leaders. Panel and attendee conversation will focus on our vision as well as issues that both define and challenge our profession. Graduate students, MeCA board members, mentors, and anyone interested in professional development and leadership are welcome to attend. A special invitation to graduate students who are interested in professional association and leadership.</p> <p>Target Group = All</p>  |   |   |
| <b>Spruce Head</b>  | <b>The Art of Existential Psychotherapy</b>                           | <b>Dr. Samuel Abbott, Ph.D</b>                              |
| <p>Learn the highly effective tools and skills to using existential psychotherapy in your next session.</p> <p>Target Group = All</p>   |   |   |
| <b>Pen Bay</b>  | <b>Ethics Session I</b>   | <b>Deb Drew, Ed.D</b><br><b>Jeri Stevens, Ph.D</b>          |
| <p>Target Group = All</p>   |   |   |
| <b>Schooner</b>   | <b>Tools and Activities to Support the Anxious Child</b>              | <b>Amber Gross</b>  |
| <p>Feeling stale with some of your go to strategies for supporting children with anxiety at school or in the office setting? Let me share some of the wonderful tools and resources out there that I have used (games, books, ipad apps, articles) with you! We will also focus on some great CBT techniques that help children manage their anxious symptoms!</p> <p>Target Group = Clinical/Mental Health Counselors, Elementary School Counselors</p>  |   |   |
| <b>Early Bird Session II</b>  |   |   |
| <b>Owls Head</b>  | <b>Gender Identity Disorder</b>                                       | <b>Mary Warren, M.Ed</b>                                    |
| <p>This presentation/discussion will present an overview of Gender Identity Disorder (GID). A brief history of GID, GID and the DSM, Diagnostic criteria, coding, assessment, associated features, GID in young children, associated disorder in adolescents, scientific findings, prevalence, and course/treatments will also be reviewed. Discussions will focus on the two most common treatment paths: Conversion, and Reparative. Therapeutic controversies as well as international issues will be discussed, including suggestions, and legal questions.</p> <p>Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors</p> |   |   |
| <b>Spruce Head</b>  | <b>Update from the World of Financial Aid</b>                         | <b>Mila Tappan, B.A.</b>                                    |
| <p>In this session we'll share what is going on in the world of financial aid. There will be an emphasis on current and/or emerging issues, as well as a focus on standing issues, like FAFSA completion. There will be time for questions, so please bring yours with you!</p> <p>Target Group = Secondary School Counselors</p>   |   |   |

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| <b>Pen Bay</b>  | <b>Ethics Session II</b>   | <b>Deb Drew, Ed.D<br/>Jeri Stevens, Ph.D</b> |
| Target Group = All  |  |  |
| <b>Schooner</b>   | <b>DSM V: Feeding and Eating Disorders</b>   | <b>Dr. Don Lynch, Ed.D</b>                   |
| <p>This presentation will provide an examination of the DSM 5's category of Feeding and Eating Disorders and will include the American Psychiatric Association's addition of several new disorders. Participants will be invited to discuss the most efficacious treatment strategies for these disorders and research on best practice models will be provided.</p>  |  |  |
| Target Group = All  |  |  |
| <b>Bay Point Room</b>   | <b>Keynote: Lead with Compassion: Managing Difficult Conversations about Race, Poverty, and Oppression</b> |  |
|   | <b>Dr. Michael Mascolo, Ph.D</b>   |  |
| <p>As a society, we are current confronting difficult questions oppression that span issues of race, class, gender, sexual identity and so forth. Many organizations are working toward ways to promote awareness, equality, inclusion and opportunity for traditionally disenfranchised groups. However, we are also living in an increasingly polarized society – one that makes it difficult to raise and discuss questions about these difficult issues. How can we launch discussions about politically and emotionally sensitive issues in ways that are constructive rather than polarizing? The task of promoting social transformation is not something that can occur through mere persuasion and debate. Instead, it involves the transformation of relationships. The key to transforming relationships is to lead with compassion and concern for the dignity of the Other. In this talk, I will discuss ways to raise awareness about the conditions of oppression in ways that hold out a promise for promoting meaningful change within our local spheres of influence.</p> |  |  |
| Target Group = All  |  |  |
| <b>Session IV:</b>  |  |  |
| <b>Owls Head</b>  | <b>Preparing Your Creative Students for College</b>  | <b>Liam Sullivan, MFA</b>                    |
| <p>This presentation will provide helpful hints to prepare your creative students for art and or design school. We will cover what materials are needed for their college application and what courses the students should take while in school to help prepare them for college. We will also discuss what careers are available for these students after and/or during college, with some real and current examples</p>   |  |  |
| Target Group = Admissions, Career Counselors, Middle School Counselors, Secondary School Counselors   |  |  |
| <b>Spruce Head</b>  | <b>What Really Motivates Change? Inner Conflict as an Opportunity for Development</b>                      |  |
|   | <b>Dr. Michael Mascolo, Ph.D</b>   |  |
| <p>We tend to think of conflict -- whether within or between people -- as “bad” that should be avoided. However, properly handled, personal conflict provides a powerful way to motivate psychological development. In counseling, students and clients typically reveal conflicting values and commitments that interfere with their development. Procrastination may result when a desire to avoid difficulty competes with a motive to complete one’s work; a wish to avoid shame may conflict with the goal of seeking fulfilling relationships; fear of failure interferes with a desire to seek novel challenges. In such circumstances, we erroneously tend to think of one competing motive (e.g., “completing one’s work”) as good and the other as bad (e.g., “avoiding difficulty”). However, because the client is simultaneously committed to both motives, attempts to eliminate the “bad” not only fail but also lead to shame. A powerful alternative is to acknowledge the constructive presence of competing</p>  |  |  |

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motives without shame. By honoring both sets of motives, the counselor frees the client from shame. The counselor can then help the client develop higher-order strategies that resolve the conflict between motives. In this way, guiding clients through inner conflict is a powerful way to motivate psychological development.

Target Group = All

**Pen Bay**

**Ethics Session III**

**Deb Drew, Ed.D  
Jeri Stevens, Ph.D**

Target Group = All

**Schooner**

**CRAZYWISE - A Film About Reenvisioning Psychosis**

**Laren Corrin**

What if a psychological crisis was seen as having the potential to be a positive transformative experience, instead of a "broken brain"? Human-rights photographer Phil Borges witnessed how indigenous cultures around the world often identify "psychotic" symptoms as an indicator of shamanic potential. CRAZYWISE introduces mental health professionals and psychiatric survivors who see a psychological crisis as a potential growth experience, not a disease.

Crazywise is a film that explores different cultures and how they view psychosis. There will be a viewing of the film followed by a discussion.

Target Group = All

**Note: Double Session Movie/Discussion**

**Camden**

**College Knowledge Bowl**

**Kitty Mitchell, M.Ed, CAS**

This is a student designed program aimed at early college awareness. We have developed into a statewide competition in conjunction with Bob Stuart from Maine College Circle and several college campuses. It can fit into any school schedule and is very flexible.

Target Group = Elementary School Counselors, Middle School Counselors

**Session V:**

**Owls Head**

**Trends in College Admissions**

**Sam Pelletier, B.A**

This presentation will highlight current issues in admissions related to access and affordability, presenting case studies of innovative practices that support underrepresented students across different types of institutions. I will share insights into how some colleges have been able to make significant progress in enrolling and supporting underrepresented students, and also talk about the challenges that colleges face as they seek to reduce historic barriers to higher education.

Target Group = Secondary School Counselors, Admissions Counselors, Career Counselors

**Spruce Head**

**Admissions/School Counselor Roundtable** **Ben Milster, M.S.  
Eileen Reading,**

The focus of this discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face?

Target Group = Admissions, Secondary School Counselors

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| <b>Pen Bay</b>   | <b>Ethics Session IV</b>                                      | <b>Deb Drew, Ed.D</b><br><b>Jeri Stevens, Ph.D</b> |
| Target Group = All<br>Category 1 Presenters  | Content 8 Counselor Professional Identity and Practice Issues |  |
| <b>Schooner</b>  | <b>CRAZYWISE - A Film About Reenvisioning Psychosis</b>       | <b>Laren Corrin</b>                                |
| <p>What if a psychological crisis was seen as having the potential to be a positive transformative experience, instead of a "broken brain"? Human-rights photographer Phil Borges witnessed how indigenous cultures around the world often identify "psychotic" symptoms as an indicator of shamanic potential. CRAZYWISE introduces mental health professionals and psychiatric survivors who see a psychological crisis as a potential growth experience, not a disease.</p> <p>Crazywise is a film that explores different cultures and how they view psychosis. There will be a viewing of the film followed by a discussion.</p> <p>Target Group = All<br/><b>Note: Double Session Movie/Discussion</b></p> |   |  |
| <b>Camden</b>  | <b>Trauma-Informed Addictions Treatment</b>                   | <b>Haley Beem</b>                                  |
| <p>Although estimates vary, there is a consensus that high percentages of substance involved individuals have experienced various forms of trauma throughout their lifetimes. The effects of traumatic experiences can pose significant barriers to accessing services, engaging in services, and maintaining recovery progress. Becoming trauma-informed can help to promote and support recovery efforts of substance involved individuals by increasing a sense of safety through practice.</p> <p>Target Group = All</p>   |   |  |