

Early Bird Session II

Owls Head

Gender Identity Disorder

Mary Warren, M.Ed

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.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1

Content 8: Counselor professional identity and practice issues

Spruce Head

Update from the World of Financial Aid

Mila Tappan, B.A.

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!

Target Group = Secondary School Counselors

Category 3 Presenter

Content Area 5 Career Development and Counseling

Pen Bay

Ethics Session II

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

Participants will explore core counseling values working with oppression and poverty.

Target Group = All

Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

Schooner
Ed.D

DSM V: Feeding and Eating Disorders

Dr. Don Lynch,

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.

Target Group = All

Category 1

Content 1 Counseling Theory and Practice

Bay Point Room

**Keynote: Lead with Compassion: Managing Difficult
Conversations about Race, Poverty, and Oppression**

Dr. Michael Mascolo, Ph.D

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.

Target Group = All

Category 1

Content 3 Social and Cultural Foundations

Session IV:

Owls Head
MFA

Preparing Your Creative Students for College

Liam Sullivan,

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

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

Category 2

Content 5 Career Development and Counseling

Spruce Head

What Really Motivates Change? Inner Conflict as an Opportunity for Development

Dr. Michael Mascolo, Ph.D

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 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
Category 1

Content 8 Counselor Professional Identity and Practice Issues

Pen Bay

Ethics Session III

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

Participants will explore how our own values, related to oppression and poverty, guide the counseling process (and get in the way).

Target Group = All
Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

Schooner

CRAZYWISE - A Film About Reenvisioning Psychosis

Laren Corrin, B.A.

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
Category 3

Content 8: Counselor professional identity and practice issues

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
Category 1

Content Area 5 Career Development and Counseling

Session V:

***Owls Head
B.A***

Trends in College Admissions

Sam Pelletier,

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

Category 3 Presenter

Content Area 5 Career Development and Counseling

Spruce Head

Support Groups for International Students in American Colleges and High Schools.

**Zhuldyz Alimbayeva, B.J.
Alexis Jones, B.S.**

This presentation by Husson graduate students will review research on adjustment issues of international students in college and high school settings. Proposed curriculum, group process, and evaluation will be discussed. The unique needs of international students will be presented. Participants will be encouraged to share their experiences serving the international population.

Target Group = All

Category 3

Content 8: Counselor professional identity and practice issues

Pen Bay

Ethics Session IV

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

Participants will discuss responsibilities with reference to poverty and oppression, and develop a plan for professional advocacy.

Target Group = All

Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

Schooner

CRAZYWISE - A Film About Reenvisioning Psychosis

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Target Group = All
Category 3

Content 8: Counselor professional identity and practice issues

Note: Double Session Movie/Discussion

**Camden
B.S.**

Trauma-Informed Addictions Treatment

Haley Beem,

John Yasenchak, Ed. D., LCPC, LADC

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.

Target Group = All
Category 3

Content 1 Counseling Theory/Practice and the Counseling Relationship