



## Session VI - continued

### **Ebb Tide**

#### **Advising The Advisors**

Hillary Bush, M.Ed

Advisory, or Roundtable as we call it, has always been part of the culture at Poland Regional High School. We will share what we have learned over these 17 years and where our program is at today. It is unquestionably at the heart of our school, connecting with curriculum, RTI, schedules, and leadership; it is our fall back for crisis, where we celebrate students, and a daily reminder to connect with each other. It continues to be our priority and what other schools often ask us about.

Category 1 Presenter      Content Area 1 Counseling Theory and Practice

Target Group = Middle School Counselors, Secondary School Counselors

### **Camden**

#### **Take Off The Cape**

Mary Gagnon, M.A.

Are we helping our clients, or are we rescuing them? The line can be blurry and difficult to discern. In this workshop, participants will explore the differences between helpers and rescuers, reasons therapists may be in a rescuing dynamic, and alternatives to rescuing that are healthier for clients and clinicians.

Category 1 Presenter      Content Area 1 Counseling Theory and Practice

Target Group = Clinical/Mental Health Counselors, Middle School Counselors, Secondary School Counselors

9:15 - 10:15 am

## Session VII:

### **Owls Head**

#### **An Open Roundtable About Suicide Prevention - Communities That Band Together to Support our Youth**

Deb Thibodeau, M.Ed

Suicide Prevention is a topic that many want to engage in. Brainstorming ideas, sharing resources, and creating new initiatives to reach out to youth at all ages - Let's get together and share our resources on a statewide and local level!

Category 1 Presenter      Content Area 1 Counseling Theory and Practice

Target Group = Secondary School Counselors, Middle School Counselors, Elementary School Counselors, Clinical/Mental Health Counselors

### **Spruce Head**

#### **Navigating the Opportunities and Challenges Of Dual Enrollment**

Mercedes Pour, M.A.

Maine students have access to more dual enrollment opportunities than ever before. Colleges are scrambling to provide concurrent, online, and in-person courses that will allow more students access to higher education. While the benefits of early credit are wonderful, we also must acknowledge and be ready for the challenges these students may face before and after they leave high school. Since often, it is the school counselor who must solicit, evaluate, fill, and administer these programs, in this session we will look at recent trends in dual enrollment both nationally and in Maine, identify key aspects of quality experiences for our students, and discuss ways to make dual enrollment choices that match your school culture.

Category 2 Presenter      Content Area 5 Career Development and Counseling

Target Group = Secondary School Counselors

### **Pen Bay**

#### **Don't Worry I'm Not Laughing with You: Using Humor To Manage Burnout and Motivate Students**

Teresa Smith, M.Ed

In 1994, my student teaching supervisor wrote, "Teresa's humor allows her to develop a rapport with even the most turned off students." Those words inspired me, over the course of my career, to always look for the fun (and funny) in life.

Sometimes in our work with students we get so focused on the content that we forget to think about the process of how we do things. I hope to make you laugh, and think about how to put more fun in your work. I recommended a visit to the loo before coming to the workshop.

Category 1 Presenter      Content Area 9 Wellness and Prevention

Target Group = All

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The Maine Counseling Association is solely responsible for all aspects of the programs.

Session VII - continued

**Schooner**                      **Introduction to Acceptance and Commitment Therapy**                      Sarah Alexander, B.S.  
Deb Drew, Ed.D

Acceptance and Commitment Therapy (ACT) is a CBT and behaviorally based theoretical approach, with a twist. Though it is relatively new to the field, some ACT concepts are well known, (think mindfulness). ACT can be an exceptional intervention for clients battling anxiety and depression, with a focus on learning to tolerate distress, while identifying values that fuel their progression towards reaching their therapeutic goals. Come check it out, we'll go over some interventions and practice some useful techniques.

Category 1 Presenter                      Content Area 1 Counseling Theory and Practice

Target Group = All

**Ebb Tide**                      **Intimate Partner Violence: Counseling from a Feminist Theoretical Orientation**                      Pamela Gagnon da Silva, M.S.

From a historical perspective domestic violence has been noted as primarily a “women’s issue”. We now recognize the misuse of power and control as a complex and prevalent social issue that profoundly impacts our society as a whole. To address the complexity of domestic violence we must strive toward changing the belief systems that allow this problem to exist. Together we will explore these belief systems and the aspects of culture that shape and support domestic violence on individual, community, institutional, and global levels as applied through a feminist theoretical approach to counseling.

Presenter Category 1                      Content area 1 Counseling Theory and Practice

Target Group = Clinical/Mental Health Counselors

**Camden**                      **The Bhagavadgita and the Spirituality of Counseling**                      John Yasenchak, Ed.D

Western counselors have learned much from a focus on yoga practices , breathing techniques and meditation practices. This knowledge can be enhanced by a study of classical yoga as presented in India’s sacred literature. The purpose of this workshop will be to explore the “therapeutic” relationship between Sri Krishna and Arjuna as described in the Bhagavad-Gita and as discussed by mental health practitioners in India. Literature will be reviewed. Practice will be explored.

Category 1 Presenter                      Content Area 9 Wellness and Prevention

Target Group = All

10:15 - 10:30 am                      *State of Maine Room – Break*

10:30 - 11:30 am                      **Session VIII:**

**Regional/Divisional Meetings**

**Owls Head** - Northern Maine Counseling Association

**Spruce Head** – Admissions

**Pen Bay** - Southern Maine Counseling Association

**Schooner** - Central Maine Counseling

**Ebb Tide** - Eastern Maine Counseling Association

**Camden** – Downeast Maine Counseling Association

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11:30 am - 12:00 pm                      **Checkout**

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12:00 pm                      *Rockland/Rockport/Camden—Lunch, Business meeting and giveaways*  
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**Contact hours will be awarded for attendance at this conference at the rate of one contact hour for each hour of workshop/keynote attended. 8 contact hours are possible.**

*MeCA is an approved provider for NBCC and for State Licensure.*

*Workshop offerings are subject to change.*

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