

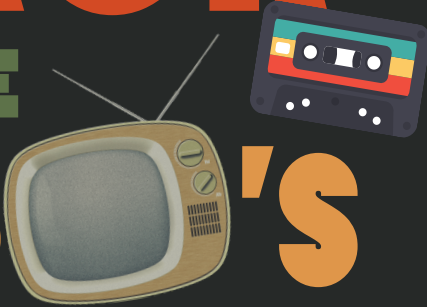
Please Join us for Monday Night's Live Band

"The Totally Rad"

MAINE COUNSELING ASSOCIATION
ANNUAL CONFERENCE
APRIL 8 - 9, 2024

MONDAY NIGHT ENTERTAINMENT
4/8/24 - 8:00PM - 10:00PM

BACK TO THE 80'S



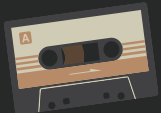
COME ENJOY LIVE 80'S
MUSIC ALONG WITH PRIZES
FOR THE FOLLOWING:

- BEST 80'S ROCKER HAIR
- BEST 80'S MOVIE CHARACTER
(EH. FERRIS BUELLER, PRETTY IN PINK, ETC.)
- BEST 80'S MUSICAL ARTIST
(EH. MADONNA, BOY GEORGE, ETC.)
- BEST USE OF NEON
- BEST ORIGINAL 80'S COSTUME

Featuring



THE TOTALLY RAD!



Contests and Prizes!!

Maine Counseling Association Annual Conference



Celebrating 60 years
April 8-9, 2024 - Samoset Resort

Notes:

Notes:

MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

Welcome! We are thrilled to see all our Maine Counseling Association friends at this two-day, Annual Conference hosted by the Samoset Resort! Let's enjoy every opportunity to relax, rejuvenate and network with colleagues in such a beautiful setting. This year marks our 60th Anniversary as an organization, so let's celebrate together! We have experienced many changes over the years, but one constant remains: your commitment to the counseling profession. We celebrate YOU!

We are delighted to welcome our MeCA 2024 Keynote Speaker, Stefanie Sherman! Stefanie is the current president of the Idaho Counseling Association. She is a therapist, leader and entrepreneur. Stefanie owns Venture Wellness and her areas of expertise include: narcissism, narcissistic abuse, burnout, stress and anxiety management, communication and boundaries.

The American Counseling Association will be holding its annual conference April 11-14 in New Orleans, Louisiana. Maine is consistently recognized as a leader in advocacy, and several of our board members will be making the trip to the sunny south. A huge "Thank You" to the members of our Conference Committee, who have been meeting, planning and working on the conference since July to serve the needs of all our members. The work that you do every day matters!

The Conference Committee would like to say "Thank You" for making the time in your busy schedule to attend our Annual Conference. We have a full agenda and we are confident that you will find many valuable takeaways from the breakout sessions. We appreciate the value of networking with colleagues both in work and in play. Join us for "80's Theme Night" with the band "The Totally Rad." Dig out your best 80's attire and come ready to celebrate!

Please make note of our sponsors and exhibitors who have generously donated to support our work. Please take a moment to stop by our MeCA Historical Timeline Table to see all of our growth throughout the years. We would also like to welcome our graduate students to the conference this year. Counselors, take a moment to introduce yourself to a graduate student and share your professional journey and welcome them to our field. We look forward to celebrating this 60th Anniversary Annual Conference together!

Regards,

Rena Lolar,
Past President

Jessica Greene,
President

Sarah Fucillo,
President-Elect

Keynote Speaker – Stefanie Sherman



Stefanie Sherman is a speaker, therapist, leader and entrepreneur. Her areas of focus include narcissism and narcissistic abuse, burnout, managing stress and anxiety, communication and boundaries. She is the owner of Venture Wellness, a telehealth private practice opened in 2018.

Stefanie is the President of the Idaho Counseling Association, Past President of the ICA Division IDASERVIC, has served as the Secretary for Chi Sigma Iota, Beta Sigma Upsilon Chapter at Boise State University, and is an Idaho Army National Guard Veteran. She spends her free time practicing her own self-care through traveling, kayaking, reading and spending time with her tribe.

Title of Keynote: The Rise of Narcissism in America

ABSTRACT: Counselors are under prepared to work with Narcissism and the research is limited in this field. However, narcissism is on the rise and counselors need to be prepared to address the most difficult of clients. Join me to learn more about narcissistic, manipulative and controlling behavior and how to identify narcissism and narcissistic abuse in your clients. We will talk about the cultural norms in regard to family systems, communication and generational shifts. Finally, we will review case studies to further demonstrate key tactics counselors might encounter.

SUMMARY OF PROGRAM: Google trends indicate a serious increase of search terms such as Narcissistic Personality Disorder (NPD), Narcissist and Gaslighting in the last decade, but most people struggle to find information, treatment and understanding about these issues. Most counselors receive very little training on personality disorders before leaving grad school and rarely follow up with self-driven training opportunities, on Narcissism (if they can find any) when there are so many things to learn within counseling. However, more and more clients are coming into session and self-diagnosing themselves and others in their lives with mental health disorders, including NPD.

This presentation aims to help educate counselors on key factors, terms and new research on Narcissism, the differences between the personality disorder and narcissistic behaviors, gender differences, and how to identify narcissism and narcissistic abuse when it is presented in session. The presentation will review cultural norms on everything from parenting, work ethic and communication and intergenerational trauma cycles that impact narcissism. Counselors will receive clear examples of tactics used in these situations by perpetrators, and how counselors might hear this described by clients.

Year	President	Work Place/Residency
1985-86	Beverly Homich	Ellsworth
1986-87	Deborah Drew	Bucksport
1987-88	Tim Crowley	Presque Isle
1988-89	Dan Hart	Bethel
1989-90	Don LaCount	Winslow
1990-91	Betty Ann Burns	Skowhegan
1991-92	Susan Anzivino	Farmington
1993-94	Gene Bradbury	Washburn
1994-95	Fran Bethume	Fort Kent
1995-96	Izzy Cross	Belfast
1996-97	Dave White	Sabattus
1997-98	Deborah Drew	Millinocket
1998-99	Colleen Reynolds	Farmington
1999-2000	John Parkman	Waldoboro
2000-01	Carlena Bean	Bangor
2001-02	Phyllis Worthley	Brunswick
2002-03	Mike Halmo	Brunswick
2003-04	Karen Lechner	Orono
2004-05	Terry Mitchell	Corinth
2005-06	Ben Milster	Farmington
2006-07	Kay Richmond	East Machias
2007-08	Kevin O'Reilly	Bethel
2008-09	Beth Doane	Yarmouth
2009-10	Bernadette Willette	Hodgdon
2010-11	James Davis	Belfast
2011-12	Traci Small	Camden
2012-13	John Yasenachak	Bangor
2013-14	Jill Cairns	Fort Kent
2014-15	Dean Collins	Temple
2015-16	Tracy Boaz	Caribou
2016-17	Stan Pelletier	Bucksport
2017-18	Andrea Hallett	Mapleton
2018-19	Ruth Ann Cowger	East Grand
2019-20	Wendy Bradstreet	Presque Isle
2020-21	Jeremy Bouford	Augusta
2021-22	Leslie Smith	Hermon
2022-23	Rena Lolar	Old Town
2023-24	Jessica Greene	Southern Aroostook

Please join us during our Monday luncheon to celebrate our 60th anniversary!

Past and Current Presidents of the Maine Counseling Association

*(Formerly called the Maine Personnel and Guidance Association,
and the Maine Association of Counseling and Development)*

Year	President	Work Place/Residency
1945-46	George Brewer	Unknown
1946-47	Dorothy Babcock	Bangor
1947-49	Fred Dingley	Lee
1949-50	Helen Robinson	South Portland
1950-51	Nathan Watson	Bath
1951-52	Merle Finley	Unknown
1952-54	Ruth Pennell	East Winthrop
1954-55	Charles Crosby	Unknown
1955-56	Arvard Webster	Unknown
1956-57	John Corrithers	Unknown
1957-58	Florence Tash	Bath
1958-59	Calvin Jordan	Westbrook
1959-60	John Farrar	Gorham
1960-61	Andrew Swan	Unknown
1961-62	Philip Dugal	Gorham
1962-63	Lee Joy	Unknown
1963-64	Lawrence Lewis	Bangor
1964-65	George Lawrence	Unknown
1965-66	Eben Thomas	Winthrop
1966-67	Bert Pratt	Bangor
1967-68	Marvin Rosenblum	Boothbay
1968-69	Raymond Crowley	Yarmouth
1969-70	Wayne Libby	Brunswick
1970-71	Burt Payson	Brewer
1971-72	Ronald Willette	Caribou
1972-73	Lyle Cramer	Westbrook
1973-74	Frank Antonucci	Monmouth
1974-75	Roger Martin	Madawaska
1975-76	Ray Humphreys	Cumberland Center
1976-77	Paul Luttrell	Rockland
1977-78	Frances Mecteaux	Westbrook
1978-79	James McNamara	Orono
1979-80	William Stone	North Anson
1980-81	Nancy Perry	Cumberland Foreside
1981-82	Daniel Richards	Scarborough
1982-83	Dorothy Moore	Yarmouth
1983-84	William Miller	Lincolnville
1984-85	Michael Donahue	Falmouth

Conference Guidelines & Expectations

“Participant” refers to anyone present at the MECA Annual Conference; including staff, presenters, vendors, exhibitors, venue staff, members and all attendees.

Conference Name Tags

Participants shall wear their Conference Name Tags at all times. Participant name tags serve as a pass to all educational sessions, sponsored events/activities, and meals. If a participant’s name tag is not readily visible, a Conference Committee Member may ask to see it.

Conference Expectations

All individuals deserve optimal learning environments. MECA is committed to ensuring participants have the right to:

- Be respected and treated with dignity.
- A physically and emotionally safe, inclusive and healthy learning environment, both in-person and on digital platforms, free from abuse, bullying, harassment, discrimination and any other forms of violence.
- Information and support needed to enhance self-development and affirmation within one’s group identities.
- Privacy that is honored to the greatest extent possible.

MECA will respond by removing participants who engage in any form of harassment or inappropriate behavior in violation of our standards. If there is a question of immediate danger, action will be taken to ensure the immediate safety of all participants. Individuals asked to leave the event will not receive a refund and may be prevented from registering for future MECA events.

Reporting Unacceptable Behavior

If you are being harassed, notice that someone else is being treated poorly, or have additional concerns, please say something and report your concerns promptly to a MECA conference committee member. MECA Conference Committee Members can be found on site at all sponsored live events and sessions. MECA Conference Committee Members can be identified by their name badge.

Intellectual Property Rights

All content delivered and/or materials distributed during our sessions are subject to the intellectual property rights of our sponsors and speakers presenting at the conference. **You may not record sessions, or use or reproduce any materials distributed at or in connection with the event for any reason without the prior written permission of MECA and the presenting speaker.**

Continuing Educational Credits

Total CECs Available at full conference is 7

Earn 1 clock hour for each hour of attendance at:

- Keynote Sessions
- Educational Sessions



Maine Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2020. Programs that do not qualify for NBCC credit are clearly identified. Maine Counseling Association is solely responsible for all aspects of the programs. NBCC #2020

ACEP instructors and authors must demonstrate propriety qualifications and knowledge concerning the topic presented and the program authored, consistent with the following standards:

- Category 1 instructors/authors presenting information concerning the counseling or treatment of clients in the counseling setting must hold an advance degree (masters or higher) in a mental health field.
- Category 2 instructors/authors presenting information must hold an advance degree (masters or higher) from a regionally accredited educational institution directly related to the subject matter presented, and must be qualified by appropriate education, and/or training to the subject matter.
- Category 3 instructors/authors presenting information that relates directly to one of the nine continuing Ed topic areas, but not concerning counseling practice or treatment of clients are not required to hold advanced degrees in a mental health field, but must demonstrate the completion of appropriate education and training with regard to the topic presented.

The 9 topic areas are:

1. Counseling Theory/Practice and the Counseling Relationship (category 1)
2. Human Growth and Development (category 1, 2 or 3)
3. Social and Cultural Foundations (category 1, 2 or 3)
4. Group Dynamics and Counseling (category 1)
5. Career Development and Counseling (category 1 for counseling and/or treatment; category 1, 2 or 3 for other topics)
6. Assessment (category 1 for counseling, treatment, and/or diagnosis; category 1 or 2 for other topics)
7. Research and Program Evaluation (category 1 or 2)
8. Counselor Professional Identity and Practice Issues (category 1, 2, or 3)
9. Wellness and Prevention (category 1, 2 or 3)

At least one objective for each presenter must focus on presenter's use of knowledge to aid clients in a professional mental health setting. Programs designed to assist the general public with their own personal difficulties and challenges do not qualify for NBCC credit. It is the responsibility of the attendee to determine if his or her licensing board will accept these CEs.

More detailed information can be found in the NBCC Continuing Education Provider Policy, Section F and G, pp 5-10

www.nbcc.org/assets/ceprovider/nbcc_continuing_education_provider_policy.pdf



MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

Conference Committee 2023-2024

Conference Co-Chair <i>Rena Lolar</i>	Conference Co-Chair <i>Sarah Fucillo</i>	President <i>Jessica Greene</i>
Hospitality/Website <i>Dean Collins</i>	Call to Program <i>Kevin O'Reilly</i>	Registration/Membership <i>Beth Doane</i>
Treasurer <i>Pamela Gagnon de Silva</i>	Exhibitors <i>Rani Mehta</i>	Brochure <i>Tracy Boaz</i>
PR/Newsletter <i>Regan Vancil</i>	Secretary <i>Jeannine Reece</i>	

Executive Board 2023-2024

President <i>Jessica Greene</i>	President Elect <i>Sarah Fucillo</i>	Past President <i>Rena Lolar</i>
Secretary <i>Jeannine Reece</i>	Treasurer <i>Pamela Gagnon da Silva</i>	Registration/Membership <i>Beth Doane</i>
Prof Standards/Ethics <i>Deborah Drew</i>	Historian <i>Kevin O'Reilly</i>	Public Policy <i>Stan Pelletier</i>
PR/Website <i>Dean Collins</i>	PR/Social Media <i>Regan Vancil</i>	ACA/NAR Rep <i>Leslie Smith</i>
CMeCA President <i>OPEN</i>	DMeCA President <i>Cara Cirillo</i>	EMeCA President <i>Nicholas Umphrey</i>
NMeCA President <i>Sarah Stackhouse</i>	SMeCA President <i>Melissa Fowler</i>	ME Career Dev Rep <i>Marianne Cowan</i>
ME College Admissions Counselor Rep <i>Jeremy Bouford</i>	ME Mental Health Counselor Assoc Rep <i>Tonya Duggan</i>	ME School Counseling Association Reps <i>Scott Harris & Rebecca Edelman</i>
Grad Student Rep: Husson University <i>Beth Sharp</i>	Grad Student Rep: Univ of Southern ME <i>Vacant</i>	No. New England Assoc for Counseling & Educ <i>VACANT</i>

Please visit maineca.org for further contact information



The Birthplace of Public Higher Education in Maine

UMF offers top-quality programs in the arts and sciences, teacher preparation and pre-professional studies at an exceptional value while consistently earning a national reputation for excellence.

Our 13-to-1 student-to-faculty ratio means invested professors work side-by-side with students. Through hands-on learning, the sharing of ideas, debating of issues, and presenting research, our professors become an active part of their students' lives giving them a deeply personal and rigorous education that weds knowledge and learning with experience and skills.

Located in the foothills of the mountains in western Maine, UMF is at the heart of world-class outdoor recreation. The Farmington area combines the perfect mix of the active outdoor lifestyle with the quintessential, New England college town. With an active community of artists and entrepreneurs, and a walking-distance downtown — there's adventure beyond the classroom.



Session Descriptions for Monday, April 8th

Registration 7:00 a.m. - 4:00 p.m. State of Maine Room

Breakfast 7:00 a.m. - 9:00 a.m. Rockland/Rockport/Camden Room

Session I, 8:00 - 9:00 a.m.

Owls Head Room

A Tiered Approach for Supporting School Attendance Jess Anderson, M.Ed

Educators and clinicians often find themselves playing whack-a-mole and address each school attendance challenge as a unique problem. Learn more about universal and targeted supports that promote school attendance. Gather resources and tools to build a systematic approach that supports all students.

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

Category 2 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Spruce Head Room

Hypnotherapy in Integrated Primary Care: A Rural FQHC Experience Dr. David A. Arena, MEd, MA, MBA, JD, PsyD, LPC, NBFCCH

Hypnotherapy is a healthcare procedure that has been around since the 1800's. It is both an efficient and effective technique for the treatment of a variety of behavioral health and medical issues such as: smoking cessation, anxiety, panic, drug cravings, headaches, sexual dysfunction, trauma, and chronic pain. This workshop will detail this author's experience providing hypnotherapy for the past 30+ years as well as its application to a rural FQHC population in central Maine. Research on the effectiveness of hypnotherapy will be summarized. The workshop will include some experiential components to assist the audience in experiencing the immediate impact that hypnotherapy can have.

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

Content Areas 1. Counseling Theory/Practice and the Counseling Relationship

Pen Bay Room

All I Ever Needed to Know About Leadership I Learned from Mr. Rogers Jordan G Shaw, M.Div., MS, LCPC, NCC

Fred Rogers' legacy as Mr. Rogers has impacted many immensely. While his work was primarily focused on child development and children's media, the lessons Mr. Rogers taught traverse settings. This session focuses on several core ways in which the work of Fred Rogers can be utilized as leadership principles, no matter what the setting.

Target Group = All

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Schooner Room

Professional Boundaries (Ethics)
Heather Washburn, MSW, LCSW, CADC, CCS

Professional boundaries are important, but often hard to identify. This workshop defines good boundaries across all areas of work life, examines common vulnerabilities and “warning signs” for boundary violations, and discusses what we can do to avoid or address boundary problems at work. Through discussion of case examples, participants will practice identifying boundary violations and strategizing how to resolve them. The workshop also explores how leaders can maintain good boundaries with and among reports.

Target Group = All
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice issues

Camden Room

Early College Coursework Opportunities for Maine High School Students
Jason C. Libby, Ph.D.

Presentation will focus on the early college opportunities supported by the Department of Education in partnership with the Maine Community College and the University of Maine systems. The Department administers two early college programs. The Aspirations program provides funding for up to 12 credits annually for eligible secondary school students and the Early College Grant program provides opportunities for CTE students to receive college credit while they complete their program of study requirements. The discussion will include eligibility, counseling and advising, and pathways intended to improve student success for potential postsecondary enrollment opportunities. Participants should keep in mind how they might use this information to encourage students who might not otherwise consider postsecondary education, to take part in these free or low-cost college-credit bearing opportunities.

Target Group = Career Counselors, Secondary School Counselors
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues

North Haven Room

Kind Mind
Lee Sowles, MA

Kind Mind's Founder, Lee Sowles, hopes to share her vision of cultivating and nurturing seeds of compassion one person at a time, starting with school communities. With a background in trauma-informed practice, public health, and early childhood development, Lee built Kind Mind with evidence-based practices that we know build a healthy foundation of social-emotional wellness. This interactive workshop will leave you feeling inspired and more connected to your heart and one another.

Target Group = Elementary School Counselors
Category 2 Presenter
Content Area 9. Wellness and Prevention

BE THE ONE TO



MOVE THE WORLD

MAINE MARITIME ACADEMY

mainemaritime.edu | admissions@mma.edu | 207.326.2207



The WhyTry Program

WhyTry is a flexible toolkit and curriculum for K-12 teachers and counselors. It provides simple, hands-on strategies and resources to help motivate the unmotivated student, support students with trauma, improve engagement, and increase academic success. The idea is straightforward: teach social and emotional education to youth in a way they can understand and remember.

Want to learn more?

Book a demo with Mike



Or

Check out
whytry.org

Questions about becoming an independent provider?



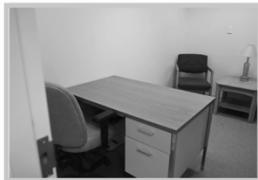
"I feel best about myself when I'm helping other people."

- Ellen Gluckman, LCPC, LADC; Sweetser Affiliate

Scan to learn
about joining our
Affiliate Network.



[www.sweetser.org/
affiliatenetwork](http://www.sweetser.org/affiliatenetwork)



Office space
available at
Sweetser's
Brunswick
location!



A Solution to Help Young Children Shine

Help Me Grow is a central access point designed to connect families to information and services about child development and community resources.

In partnership with 211 Maine, caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to services, and provide follow-up to both caregivers and referral sources.



Contact HMG Maine Today!
Tel: 207-624-7969
Toll-Free: 1-833-714-7969
Fax: 207-624-7994
E-Mail: HelpMeGrow@maine.gov



The Department of Health and Human Services does not discriminate.

@HelpMeGrowME

Session II, 9:15 - 10:15 a.m.

Owls Head Room

**Counseling Considerations When Working
with Children and Families with Disabilities**
Dr. Owen (OJ) Logue, Ed.D

This session will sharpen your skills as a counselor in effectively working with children and families with disabilities. This fast-paced presentation will address the following: appropriate use of language, avoid sensationalizing of disability, creation of opportunities not barriers, building self-esteem among many other topics.

Target Group = All
Category 2 Presenter
Content Area 8. Counselor Professional identity and Practice Issues

Spruce Head Room

Disaster Response-Best Practice and Ethical Considerations
Karin Congleton, MS & Donna Hastings, Psy.D.

During this session ethical considerations unique to disaster response will be identified. Best practice standards for providing mental health support in the immediate aftermath of a natural disaster or mass casualty event will be presented. The challenges of providing mental health services in rapidly evolving conditions will be reviewed.

Target Group = All
Category 2 Presenter
Content Areas 8. Counselor Professional Identity and Practice Issues

Pen Bay Room

Let's Talk About the FAFSA!
Mila Tappan, BA

The 2024-2025 FAFSA was significantly overhauled. The new, Better FAFSA was supposed to be simplified and much easier to complete. Has it lived up to that promise? During this session I'll provide an overview of what we've learned and share tips on ways to make the FAFSA filing process easier. There will be time to share what you've experienced and heard and we'll use your feedback to help us develop resources and plan for the upcoming year.

Target Group = Admissions, Secondary School Counselors
Category 3 Presenter
Content Area 5. Career Development and Counseling

Schooner Room

Moral Injury & Moral Courage
Heather Washburn, MSW LCSW, CADC, CCS

Many healthcare workers and leaders are being asked to do more with less, creating often unavoidable circumstances that require many of us to make choices we never thought we would have to. This workshop defines the concepts of moral distress and moral injury as we are seeing it in workplaces today, as well as explores the skill of moral courage and how this can be practiced by both leaders and healthcare staff. Tips and best practices for moral recovery are included in this interactive training.

Target Group = All
Category 1 Presenter
Content Area 9. Wellness and Prevention

Camden Room

You Belong Here: Exploring Professional Confidence, Authentic Identity, and Resilience
Sarah J. Fucillo, Ph.D., NCC and
Graduate Students: Beth M. Sharp, Regan Vancil, Jenna Norton, & Amory Verroulx

Counseling students and new practitioners undergo a unique journey of professional identity development, often confronting “imposter syndrome” multiple times along the way. By presenting this topic in real-time, vulnerable conversation among peers, we aim to normalize the experience and bring it out into the open. Through guided prompts we will explore content geared around academic and professional transitions, tapping into resilience, and the role of authenticity in the counseling relationship.

Target Group = All
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues

North Haven Room

Keeping It Real:
Embracing Authenticity, Supporting Client Transformation
Julia Maslen, MA, LCPC & LMHC

The therapeutic relationship is the heart of meaningful therapy, yet how many of us have actually learned how to embrace authenticity, the basis for meaningful relationships, in our work as therapists? During this presentation we will explore steps you can take to share the greatest gift you can give your clients – your true, fully human, authentic presence. Clinical tools and techniques are crucial to our work and by also shining a light on the importance of the relational foundation of our work, and by modeling vulnerability and self-acceptance, we can offer a truly transformational experience for our clients.

Target Group = Clinical/Mental Health Counselors
Category 1 Presenter
Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Coffee Break and Exhibitor Reception, 10:15 - 10:45 a.m. State of Maine Hall

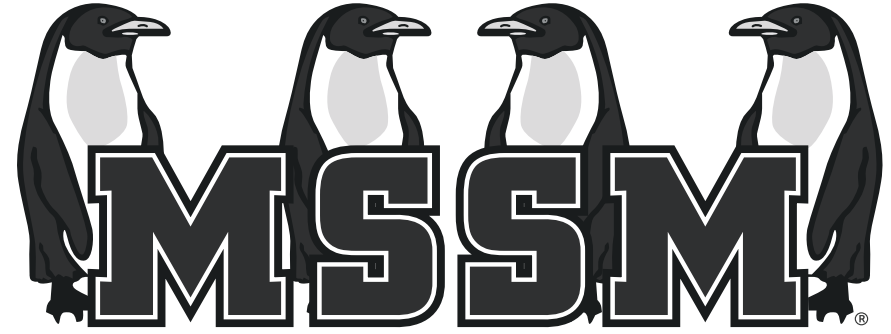
Session III Business Meeting Part 1 & Keynote, 10:45 a.m. – 12:30 p.m. – Bay Point Room

The Rise of Narcissism in America
Stefanie Sherman, MA, LCPC, NCC

Counselors are under prepared to work with Narcissism and the research is limited in this field. However, narcissism is on the rise and counselors need to be prepared to address the most difficult of clients. Join me to learn more about narcissistic, manipulative and controlling behavior and how to identify narcissism and narcissistic abuse in your clients. We will talk about the cultural norms in regard to family systems, communication and generational shifts. Finally, we will review case studies to further demonstrate key tactics counselors might encounter.

Target Group = All
Category 1 Presenter
Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Lunch, 12:30 - 1:30 p.m. Rockland/Rockport/Camden Room



Maine School of Science and Mathematics

MSSM seeks highly motivated
students eager to
challenge
academic boundaries.

Ideal candidates
are those who
demonstrate a passion
for advancing their knowledge
and skills in a dynamic, fast-paced
educational environment.

Find Your Place
Go Beyond

www.MSSM.org

Up to
\$20,000
per recipient

Available to Maine High School Seniors!



The Worthington Scholarship Foundation awards hundreds of scholarships annually to Maine public high school students planning to attend one of our 20 partner Maine colleges.

WORTHINGTONSCHOLARS.ORG



WORTHINGTON
Scholarship Foundation

APPLICATION DEADLINE 4/15

Congratulations to Maine's School Counselors

recipients of FAME's 2023 Education at Work for Maine Award

in recognition of your unwavering commitment to and extraordinary support of Maine students; for building their confidence, helping them achieve their goals, always being there to lift them up, and for the countless other ways you contribute to their success in both the classroom and in life.

PRESENTED TO

**Maine Counseling Association &
Maine School Counselor Association**

NOVEMBER 16, 2023

FAME
Works for ME

Session IV, 1:45 p.m. - 2:45 p.m.

Owls Head Room

Treatment Planning and Considerations for Narcissistic Abuse
Stefanie Sherman, MA, LCPC, NCC

Learn more about narcissistic, manipulative and controlling behavior and how to treat those client's dealing with emotional, psychological and narcissistic abuse from partners, spouses, siblings and parents. Explore helpful practice policies to protect yourself, employees and clients. Discuss countertransference and self-care to manage burnout and review treatment planning options and techniques for both Narcissism and Narcissistic Abuse.

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Spruce Head Room

Strategies to Provide Quality Mental Health Services to LGBTQ+ Youth
Maura Oakes, MS LCPC

Are you seeing increased mental health challenges with the LGBTQ+ youth you support? Do you have youth who identify as transgender, gender-expansive, or are questioning their gender identity? If so, this workshop is for you! Join us as we explore the additional layers of mental health challenges when working with this at-risk population including the often-challenging family dynamics and the need for informed strategies to provide quality mental health services and support to these youth.

Target Group = All

Category 1 Presenter

Content Area 3. Social and Cultural Foundations

Pen Bay Room

Artificial Intelligence (AI) for School and Admissions Counselors: Ethical considerations when working with High school and college students
Dr. Rebecca Edelman, M.ED., MA, PPC; Scott Harris, Ed.S.

This session explores ethical considerations when working with high school and college students using the ACA and ASCA Codes of Ethics. We will explore ways that it can ethically be integrated into your work, academic dishonesty, and policy statements to consider as you work with high school and college students.

Target = Admissions, Secondary School Counselors

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Schooner Room

Uncomfortable & Difficult Conversations
Heather Washburn, MSW, LCSW

While there are many reasons we try to avoid difficult conversations, often times by doing so we are actually creating more discomfort for both ourselves as well as others. Consider how many workplace conflicts could be solved by a conversation, or series of conversations, to name the issue, talk about expectations, and brainstorm solutions. This training outlines what a "difficult

or uncomfortable conversation” is, when to have one, and explores best practices to navigate an uncomfortable conversation including listening and communications tips and tricks. We also review some common pitfalls that show up in difficult conversations and how to address them.

Target = All
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues

Camden Room

Inspire, Engage, Connect, and Build Community: Experiential, Brain-Based Approaches to Cultivating Meaningful Groupwork and Social and Emotional Learning Jen Stanchfield, MS

Join this interactive workshop and fill your counseling and group facilitation toolbox with experiential, brain-based techniques to promote engagement, social and emotional learning and meaningful reflection. Empower participants of all ages to take ownership of learning and group work. Build a connected and supportive community, cultivate SEL, enliven group facilitation, circles, morning meetings, advisory and counseling lessons with active, learner-centered participation methods to enhance involvement and create lasting, meaningful lessons.

Target Group = Clinical/Mental Health Counselors, Elementary School Counselors, Middle School Counselors, Secondary School Counselors
Category 2 Presenter
Content Area 4. Group Dynamics and Counseling

North Haven Room

Threat Assessment in Schools: Using an Evidence-Based Approach Stan Pelletier, M.Ed. and Josh Tripp, Ed.D.

Using a multi-disciplinary team and an evidence-based approach to school threat assessment is critical in achieving positive outcomes which are non-discriminatory and value both school safety and the wellness of individuals behaving in ways which are unsafe or threatening. A school counselor and principal share some experiences with using the CSTAG (Comprehensive School Threat Assessment Guidelines) model to achieve fair and safe outcomes for a school community.

Target = Elementary School Counselors, Middle School Counselors, Secondary School Counselors
Category 1 Presenters
Content Area 6. Assessment

Free Time, 2:45 – 3:45 p.m. – The Eclipse will occur around 3:20 p.m.

Session V, 3:45 - 4:45 p.m.

Owls Head Room

Youth Education at NAMI Maine Libby Wright, BS

This presentation will consist of who NAMI Maine is, resources our agency can offer, Youth Mental Health resources, and programming available to youth directly, youth-serving adults, and families.

EXPECT the unexpected

FREE TUITION

for eligible
Maine families*

An education that defies expectation.

UMPL.EDU UNIVERSITY of MAINE at PRESQUE ISLE ★ (207) 768-9532 ★ umpl-admissions@maine.edu

*A limited number of awards are available for first-time, full-time college students who are full-time, full-time college students who complete 30 or more credits per year and maintain a 2.0 or higher GPA. Priority will be given to students who apply by the March 31 application deadline. If applying after March 31st, please contact an admissions counselor for details and availability. Selected recipients will receive a combination of both grant and scholarship funds to cover the annual cost of standard tuition and fees. The Free for Four program for full-eligible students has been expanded to apply to Maine Resident transfer students. Eligible students will transfer from a 4-year school and have no gap in attendance. Maine students, with an expected family contribution of \$20,000 or less, who are not full-eligible and meet the same requirements will receive an annual tuition discount package which will reduce their net tuition to \$4,800 per year (30 credits plus standard fees). University of Maine at Presque Isle is an equal opportunity/affirmative action institution.

University of Maine at
**PRESQUE
ISLE**
North of Ordinary

One of Maine's Public Universities



Did you recently graduate from high school or will be graduating in 2024 or 2025?
Then you may qualify for the Maine Free College Scholarship at EMCC!

Registration for summer courses opens March 4!

30+ programs to choose from including EMS, Fire Science and Criminal Justice!



emcc.edu/apply • admissions@emcc.edu
207-974-4680 • Bangor, Maine



COUNSELING & FELLOWSHIP

HELP, HEALING & HOPE

A small, faith-friendly, rural agency in North Blue Hill serving individuals, families, and couples through private sessions and small groups



TAKING NEW PATIENTS
207.374-2007

71 Ackley Farm Road, Blue Hill, ME 04614

In-Person Sessions &
TELEHEALTH

Target Group = All
 Category 3 Presenter
 Content Area 9. Wellness and Prevention

Spruce Head Room

Trade Union Apprenticeships- a gateway to a great career path!
Grant Provost, Adam Wilson, BA, Jason Shedlock, MA, John Leavitt, Erin Benson BA

Not every high school graduate wants or is ready for a post-secondary experience. With a diploma in hand, where does their journey begin to find meaningful employment and a career path? Union apprenticeships provide a path to an in-demand occupation with good pay, substantial benefits, and upward mobility. With the Infrastructure Investment and Jobs Act, the Inflation Reduction Act, the need for additional housing and broadband expansion, Maine is in a building growth spurt. The need for carpenters, laborers, ironworkers, electricians, and plumbers is growing. Learn from a panel of union representatives how they can help youth and adults figure out their next steps to feeling valued, becoming self-sufficient, and finding their place in the world.

Target Group = Middle School Counselors, Secondary School Counselors
 Category 3 Presenter
 Content Area 5. Career Development and Counseling

Pen Bay Room

Beyond Pandemic Telehealth – A modern ethical approach to telemental health counseling (Ethics)
Rebecca Edelman, Ph.D., NCC and Sarah Fucillo, Ph.D., NCC

In this presentation participants will discuss how our professional ethics intersect with telemental health as a tool to serve clients. There will be interactive opportunities to apply ethical decision making models to navigate ethical challenges of telemental health. The 2014 ACA Code of Ethics will be reviewed and applied to case studies related to the telemental health shift in our profession.

Target Group = All
 Category 1 Presenter
 Content Area 8. Counselor Professional Identity and Practice Issues

Schooner Room

The Culture of Counseling: Celebrating Our Vocation
John Yasechak, Ed.D.

As we honor diversity and celebrate 60 years of MeCA, let's reflect together on our personal culture of counseling. What attracted you to this profession? Why do you stay? How do you envision your future as a counselor? As the world calls out for sensitive healers and as astonishing changes from floppy disks to AI challenge us, Deeping our sense of communal identity can also deepen our commitment to our profession (as the research shows). Together, let's honor our histories!

Target Group = All
 Category 1 Presenter
 Content Area 8. Counselor Professional Identity and Practice Issues

Camden Room

**Guiding Reflection: Bring Learning to Life with
Meaningful and Engaging Reflection Tools and Techniques**
Jen Stanchfield, MS

Join this interactive workshop and explore tangible ways to take advantage of teachable moments and bring learning to life with engaging participant-centered reflection techniques for all ages. Enliven the traditional sharing circle with active, brain-based methods including movement, metaphor, art, and interactive dialogue to increase emotional connection, relevancy, and depth of understanding. Facilitate strong beginnings and optimistic endings that reach beyond the experience. Take away inspiration, new perspectives, and practical tools for weaving meaningful reflection, connection, and ownership throughout lessons and experiences. Create lasting lessons and help participants become lifelong reflective learners.

Target Group = All
Category 2 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues

North Haven Room

Self-care or Self-sacrifice
Julia Colpitts, MSW

Counselors routinely face more demands than can reasonably be met. They often report being over-extended by both the demands of the job and the frequent exposure to traumatic stress. Are there some core drivers that predispose us to over extending ourselves that are linked to neurobiological responses to stress, to our personal and professional sense of self and our cultural reinforcers? Our goal together today is to identify common factors in human experience, review trauma-responsive strategies for arousal management and refine our cognitive patterns of self-talk, so that our pathways forward are freely chosen and nurture our fullest selves rather than embedded, reactive responses to the stress around us.

Target Group = All
Category 1 Presenter
Content Areas 9. Wellness and Prevention

Free Time, 4:45 p.m. - 5:45 p.m.

**Fireside Chat with Graduate Students and Keynote Speaker, Stephanie Sherman,
5:00 - 5:30 p.m., Schooner Room**

President's Reception 5:45 p.m. - 6:15 p.m.

Dinner - Rockland/Rockport/Camden 6:15 p.m. - 7:15 p.m.

Entertainment – 8:00 p.m. - 10:00 p.m.

“The Totally Rad” – Please join us for a fun evening with a live 80’s band and 80’s themed contest!

Check out the back cover for more information



The future is yours
to grasp.

**For more than a century, we’ve been providing
lifelong careers to thousands of Mainers.**

From manufacturing, engineering and design to
business support, General Dynamics Bath Iron Works
has hundreds of career paths to choose from. Join us
in a mission that matters.

GENERAL DYNAMICS
Bath Iron Works

BIWCAREERS.COM



SMALL COHORTS
2 OR 4 YEARS

**Specialize in the
Creative Arts.**

CALL 207-778-7502 OR EMAIL
GRADSTUDIES@MAINE.EDU
KEEP LEARNING.

FARMINGTON.EDU/GRAD-STUDIES

Features of our programs:

- Learn and develop with a group of future colleagues
- Support finding placement in practicum and internships
- Preparation for State of Maine licensure as an LCPC
- Full & Part-Time schedules vary and are set to meet your needs



Session Descriptions for Tuesday, April 9th

Registration 7:00 a.m. - 10:00 a.m. State of Maine

Breakfast 7:00 - 8:30 a.m. Rockland/Rockport

Session VI, 8:00 a.m. - 9:00 a.m.

Owls Head Room

Improving Access to Care: The Impact of Digital Delivery on Mental Health Services in Rural Communities
Logan McCarthy, PhD, LCPC, NCC, ACS &
Jeffrey McCarthy, PhD, LCPC, NCC, CCATP, CTMH

There are a variety of methods for digital delivery of mental health services to rural communities. There are asynchronous methods, such as smartphone apps, text, or email; and synchronous online programs allowing video interaction between counselor and client. There has been a continued increase in the use of digital delivery of mental health services and particularly during the past five years. This increased use of digital delivery of mental health services is one reason why the current American Counseling Association code of ethics includes a section on distant counseling, and the use of social media and technology. However, the delivery of mental health services for rural communities continues to trail other communities. The primary reasons for increased challenges with the digital delivery of mental health services are the lack of accessibility to online services, limited online mental health professionals, lack of affordability, and less acceptance of online services. Yet there is a significant need for increased digital delivery of mental health services to rural communities as there is a much higher rate of suicide and significant substance use. Providing digital services to more rural communities will also help vulnerable populations that include children, the elderly, veterans, and indigenous populations such as American Indian or Alaska Native. Increased digital delivery of mental health services to rural communities can reduce health problems and use of hospitals, eliminate transportation concerns, save money and time off work, and digital delivery of services at home provides more comfort and acceptance of these services.

Target Group = All

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Spruce Head Room

The Ethics of Counselor Wellness: An exploration of preventing impairment while serving a high-risk caseload (Ethics)
Sarah Fucillo, Ph.D., NCC & Rebecca Edelman, Ph.D., NCC

Recent research estimates that 50% of counselors are experiencing some degree of vicarious trauma (Lanier & Carney, 2019). Practicing counselors have an ethical obligation to monitor their own effectiveness and impairment to prevent harm to clients. Additionally, supervisors and counselor educators have an ethical responsibility to attend to vicarious trauma with counselors and counselors-in-training they are supervising to prevent harm to clients (Sommer, 2008). Educational content on identifying, attending to, and preventing vicarious trauma symptomology will be provided. Recommendations for preventing vicarious traumatization, promoting protective factors, and reducing risk factors will be reviewed to enhance wellness.

Target Group = All
Category 1 Presenter
Content Areas 8. Counselor Professional Identity and Practice Issues

Pen Bay Room

**Turning the Tides of Male Violence in Maine
Danny Mejia, BA, Austin Winchester, MA**

Build your understanding of the root causes of male violence and self-harm in this introductory workshop. This workshop is for anyone who wants to learn more about the programs Maine Boys to Men facilitates across Maine, and how they help to create environments that promote safety, gender equity, and respect. Together we will consider our own understandings of gender stereotypes; learn how stereotypes can lead to violence; and acquire skills to help prevent violence.

Target Group = All
Category 1 Presenter; Category 3 Presenter
Content Area 3. Social and Cultural Foundations

Schooner Room

**Self-Care and Mindfulness through the Works of Adventure Therapy
Ebonie Baker, BA and Michelle Carr**

Self-care and mindfulness through adventure therapy involve engaging individuals in outdoor and experiential activities to promote holistic well-being. Adventure therapy combines traditional therapeutic approaches with adventure activities like hiking, rock climbing, and team-building exercises. This therapy emphasizes the mind-body connection and encourages participants to step out of their comfort zones, fostering personal growth and self-discovery. Through challenging natural experiences, individuals develop resilience, build confidence, and learn to be present in the moment. The combination of physical activity, natural environments, and therapeutic interventions helps cultivate mindfulness, reduce stress, and enhance overall mental health. Adventure therapy provides a unique and dynamic approach to self-care, emphasizing the transformative power of outdoor experiences for personal development and well-being.

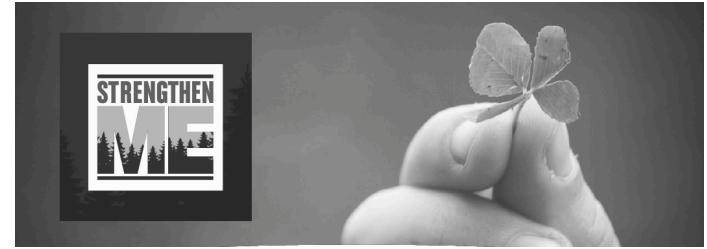
Target Group = All
Category 3 Presenter
Content Area 9. Wellness and Prevention

Camden Room

**Life After Hate: The Path to Redemption and Healing
Patrick Riccards, BA**

Join Patrick Riccards, CEO of Life After Hate, in an inspiring and thought-provoking journey that unveils the potential for redemption and transformation within even the darkest corners of society. With his expertise in leading the nation's premier nonprofit dedicated to helping individuals disengage from violent extremism and hateful online spaces, Patrick's message is a beacon of hope. In this poignant talk, he challenges us to see beyond initial judgments and recognize the potential for growth and change in every individual. Sharing stories of those who have successfully turned their lives around, Patrick demonstrates that even those labeled as the "problem" can contribute positively to our civil society.

Target Group = All



YOU HELP OTHERS, WE HELP YOU!

Explore our free and confidential services.

Individual Work/Life Coaching

Access 1:1 *confidential* coaching with a licensed mental health counselor to assist with stress and to explore coping skills, wellness options and resilience strategies. Up to six 50-minute sessions, conducted via Zoom or telephone.

Wellness Workshops and Trainings

Join one of the many workshops offered weekly on a range of topics, from Sustaining Compassion to Professional Boundaries. Visit our website for more information or to join one of our statewide virtual trainings.

Call or email us at 1.800.769.9819 or strengthenME@northernlight.org

Visit our website at <https://healthylifeeap.com/Solutions/Strengthen-ME>

Brought to you by a partnership through the State of Maine and Northern Light Healthy Life EAP

UNIVERSAL TECHNICAL INSTITUTE

“ If you feel like this is something that you might want to do and you have a passion for it, go for it. ”
- Angela Barbosa, UTI Diesel Grad

CAREERS THAT KEEP OUR WORLD IN MOTION

Employers everywhere are looking for trained professionals in the skilled trades. We can help prepare your students for careers in demand.

Schedule a workshop today at **UTI.edu/WORKSHOP** to help your students discover a hands-on path toward their future!

*UTI and MIAT graduates' achievements may vary. Individual circumstances and wages depend on personal credentials and economic factors. Work experience, industry certifications, the location of the employer and their compensation programs affect wages. UTI and MIAT are educational institutions and cannot guarantee employment or salary. For program outcome information and other disclosures, visit www.uti.edu/disclosures and www.miat.edu/disclosures.



THERE HAS NEVER BEEN A BETTER TIME!

FLEXIBLE OPTIONS INCLUDING IN-PERSON, ZOOM, ONLINE AND 8-WEEK COURSES

FREE COLLEGE AVAILABLE FOR RECENT HIGH SCHOOL GRADUATES

wccc.me.edu | 207-454-1000



Category 3 Presenter
Content Area 9. Wellness and Prevention

North Haven Room

Practical strategies to engage and motivate even the most difficult students
Mike Yantes, LSW

10 Strategies to engage and motivate even the most difficult students - In this session you will receive an introduction to the WhyTry program. Attendees will walk away with the resources to help them work with students in developing important skills and knowledge related to problem solving, improved ability to deal with adversity and fostering resilience, seeing the relevance of school, and increased motivation towards academic success. These skills are taught with practical tools that engage students in a way they can understand and remember.

Target Group = All
Category 3 Presenter
Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Session VII, 9:05 a.m. - 10:05 a.m.

Owls Head Room

Multicultural Supervision in Maine (Ethics)
Rena M. Lolar, M.Ed, LCPC

Counselor supervision is a significant component in the development of counselors' clinical skills, including one's therapeutic skills and modalities, and establishing ethical guidelines. Therefore, it is important for supervisors to be aware of a supervisee's historical and current cultural experiences and worldviews in order to facilitate the utmost professional growth and development for multicultural supervisees. This program will identify strategies, ethical considerations and provide research driven recommendations for improving counselor supervision with multicultural supervisees.

Target Group = All
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues; 3. Social and Cultural Foundations

Spruce Head Room

Expanding Your Toolbox: Fostering Creative Interventions
Sarah J. Fucillo, Ph.D., NCC
Jenna Norton, Graduate Student
Amory Verroulx, BCBA
Regan Vancil, Graduate Student, MHRT/C

Explore a variety of creative interventions to add to your counseling toolbox. A variety of counseling techniques and interventions will be presented and participants will have the opportunity to try them out in this interactive session. Interventions presented may be adapted to be developmentally appropriate for clients across the lifespan.

Target Group = All
Category 1 Presenter

TOGETHER, WE ARE POSSIBILITY MAKERS



LEVEL ALL HAS EVERYTHING EDUCATORS NEED TO SET STUDENTS UP FOR SUCCESS

- One-stop hub for lesson plans, presentation materials, and curricula
- Over 12,000 expert-curated articles, videos, and resources
- Access to our college, scholarship, and career databases



Maine educators, create your FREE account today!

LevelAll.com
 Level All
 @LevelAllinc
 LevelAllOfficial

Pen Bay Room

**Reducing Chronic Absenteeism through the Power of Relationships and Data
Rachel Olinger Steeves, Ph.D**

Chronic absenteeism rates have skyrocketed in the past few years, leading to a decline in student success, staff morale, and increased demands on school counselors. Research has proven that supportive relationships and connections with trusted adults can get students back into the classroom and more engaged in learning. Attendees of this session will hear about the benefits of BARR (Building Assets, Reducing Risks), a coordinated system that addresses attendance concerns, and the successes that have been achieved by schools in Maine that have implemented this system.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors
Category 1 Presenter
Content Areas 8. Counselor Professional Identity and Practice Issues

Schooner Room

**The Artists that we are...
Weaving Social Emotional Learning into Horticulture
Deb Thibodeau, M.Ed**

This is an interactive roundtable workshop to share ideas among school counseling programs the integration of teaching social emotional learning skills within horticulture concepts. Based on the ASCA standards, it is easy than you think to teach and connect to standards and students in this hands-on learning environment with gardens and bees. Come to learn about ideas, resources and financial streams to make this concept a reality.

Target Group = All
Category 1 Presenter
Content Areas 8. Counselor Professional Identity and Practice Issues


Camden Room

**Supporting client and self-care needs after a mass casualty event
Greg Marley, MSW, LCSW**

Following the deaths and injuries of October 25, Maine people experienced shock, horror and a deepening sense that our world is unsafe. Nobody, whether professional or community member, is ever prepared for such a traumatic event, and the deep and lasting impact it has on everyone touched by the losses. Maine is a small town, and the impacts are felt across the region. This session will focus on immediate response to significant trauma as well as on the lasting sequela in our clients and community. Though initial focus will be on Lewiston, it will also address preparedness and effective supports for the aftermath of any traumatic loss.

Target Group = All
Category 1 Presenter


Content Area 8. Counselor Professional Identity and Practice Issues



kindmind

We cultivate and nurture seeds
of compassion one person at a time.

Pre-K — K-2nd — 3rd-5th — School Counselors/Social Workers



SEL CURRICULUM **PROFESSIONAL DEVELOPMENT**


OUR IMPACT

★★★★★


Teachers LOVE Kind Mind!
"My students are taking care of their own emotional regulation, using the tools Kind Mind has taught us."

...and students too!
"My heart was beating, my body was wiggling, I took a deep breath."
"Kind Mind taught me how to love and believe in myself."

"Peers are showing more empathy and care for one another when they are having a hard time."



Scan me to visit our MESCA Conference webpage and gain access to free resources!



Transform your community with social-emotional learning.

www.kindmindeducation.com | info@kindmindeducation.com

SAMOSSET RESORT

ON THE OCEAN
CAMDEN-ROCKPORT-ROCKLAND, MAINE

HOUSEKEEPING & AMENITIES

- Daily housekeeping service
- Water bottle refill stations located next to ice machines - all four floors of hotel building
- Vending Machines are located in ice machine room: 2nd floor (beverages); 3rd floor (snacks)

FITNESS CENTER & POOL/HOT TUB

Fitness Center – located in the main hotel building, with access through the hotel lobby-Open daily: 7am-11pm

- Featuring heated indoor pool, hot tub, locker rooms (with steam saunas), cardio theater, strength center (with free weights & single station machines) and game room
- Spa, located on the 1st floor: Friday 12p-5pm, Saturday & Sunday, 9am-5pm



Join Our Team
We are looking for a new
THERAPIST (LCSW, LCPC, LMFT)

Recruitment@PCHC.com



North Haven Room

Advocacy for the School Counseling Professional Identity and Its Ever-Changing Place in the Building
Dr. Rebecca Edelman, Ph.D and Brooke Gariepy

This presentation will explore the role of the school counselor and what it looks like in Maine. It will be an open conversation related to advocacy for school counselors' role in the building and how that impacts their greater work with students and the community.

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

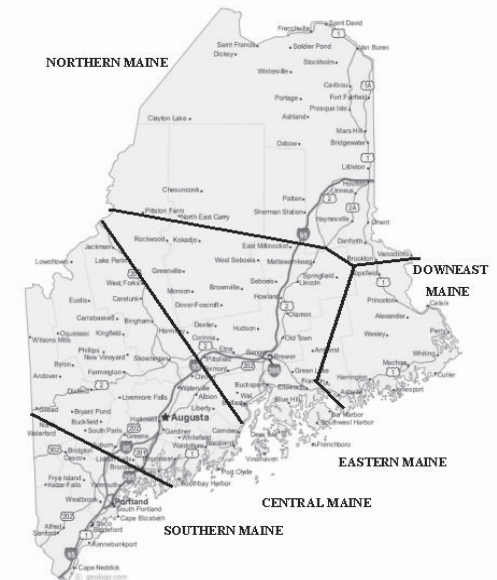
Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Session VIII, 10:10 a.m. - 11:00 a.m. Division Meetings

Brunch & Business Meeting Part 2, 11:00 a.m. - 12:00 p.m. Rockland/Rockport/Camden

Maine Counseling Association Regions



Spruce Head Room – Admissions

Owls Head Room – NMeCA

North Haven Room – DeCA

Camden Room – EMeCA

Schooner Room – CMeCA

Pen Bay Room – SMeCA

Earn CEU's from the Maine Counseling Association conference by filling out our evaluation!

Scan the QR code and find our evaluation through a google form – your certificate will be emailed to you through the email you provide

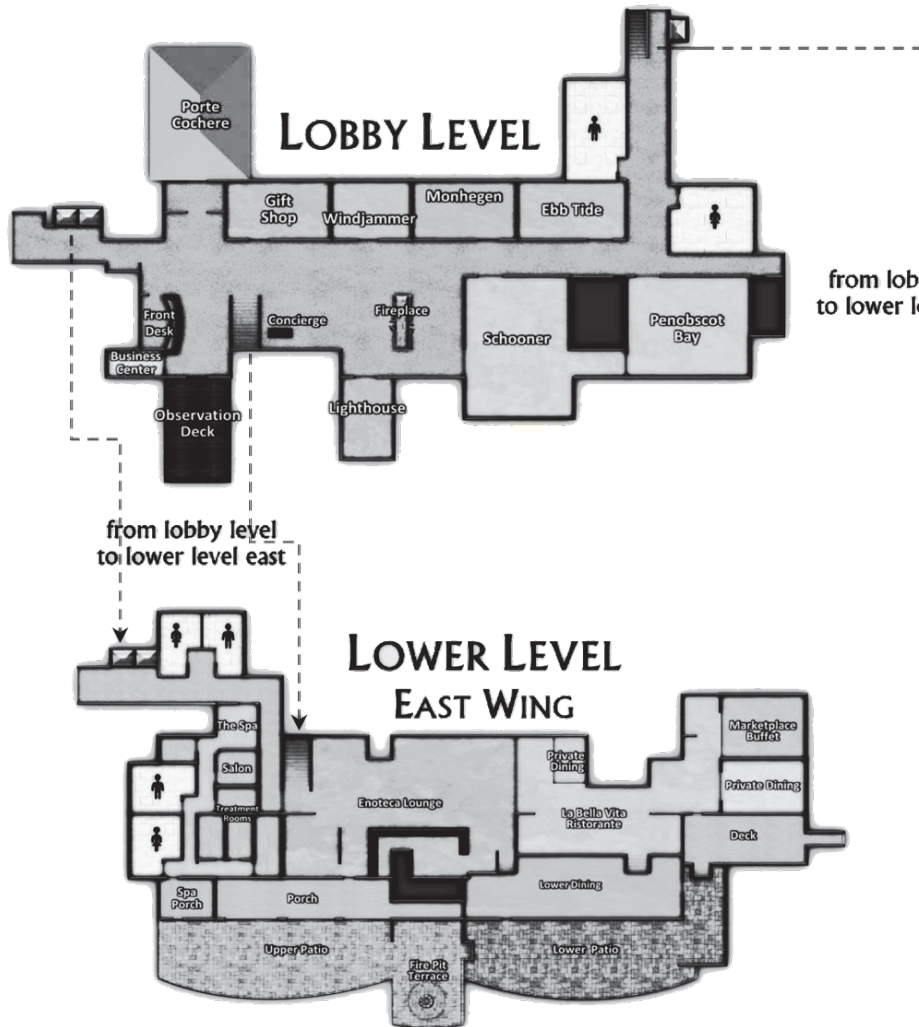
Deadline to submit evaluation and receive CEU's is April 30, 2024



SAMOSET

RESORT

ON THE OCEAN
CAMDEN-ROCKPORT-ROCKLAND, MAINE



Conference Sponsors

PLATINUM

Finance Authority of Maine
General Dynamics Bath Iron Works
Husson University
Maine Association of Student Financial Aid Administrators
University of Maine System

GOLD

Maine School of Science and Math

SILVER

University of Maine Presque Isle

Conference Exhibitors

Abundant Sun Counseling
Eastern Maine Community College
Finance Authority of Maine
General Dynamics – Bath Iron Works
Help Me Grow – Maine DHHS
Husson University
Kind Mind
Level All
Maine Association of Student Financial Aid Officers
Maine Maritime Academy
Maine School of Science and Math
Northern Light Healthy Life EAP
Northern Maine Community College
Penobscot Community Health Care
State of Maine DHHS – Early Care and Education
Sweetser
Universal Technical Institute
University of Maine at Farmington
University of Maine at Presque Isle
Washington County Community College
Why Try
Worthington Scholarship Foundation

Artists & Crafters

A variety of Wabanaki Artists and Crafters will be onsite

SPECIAL RECOGNITION 2024 CONFERENCE SPONSORS

**FINANCE AUTHORITY OF
MAINE: SPONSOR OF
CONFERENCE T-SHIRTS**



**UNIVERSITY OF MAINE
SYSTEM: SPONSOR OF
CONFERENCE BAGS AND
UNDERWRITING OF
CONFERENCE BROCHURES**

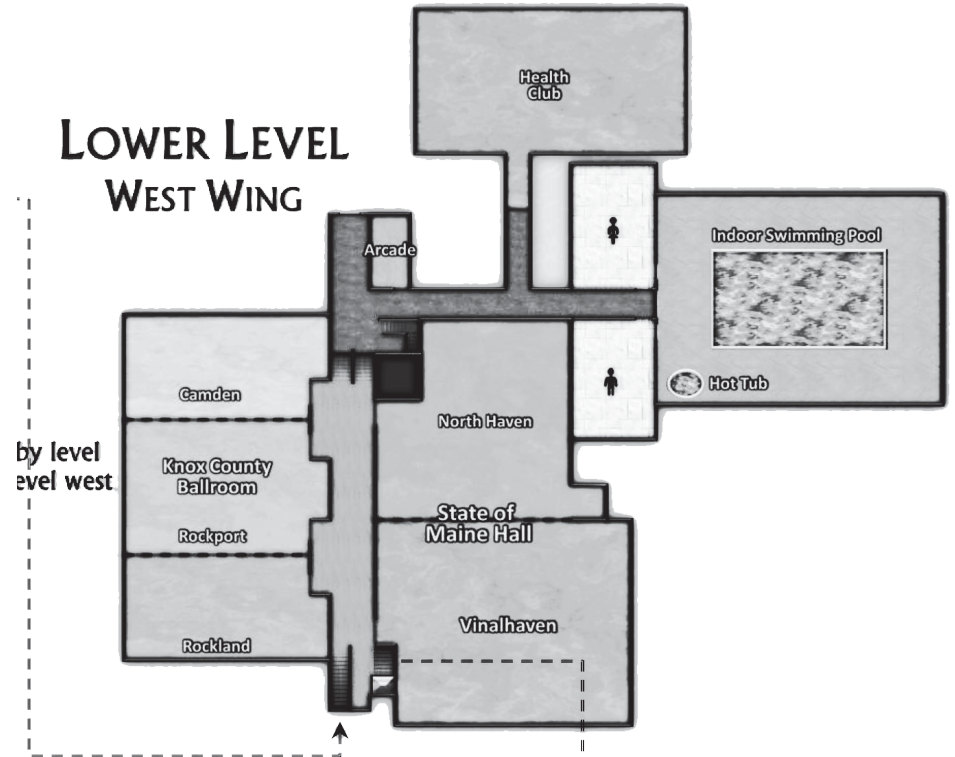
**HUSSON UNIVERSITY:
SPONSOR OF PRODUCTION
AND PRINTING OF THE 2024
COUNSELOR DIRECTORIES**



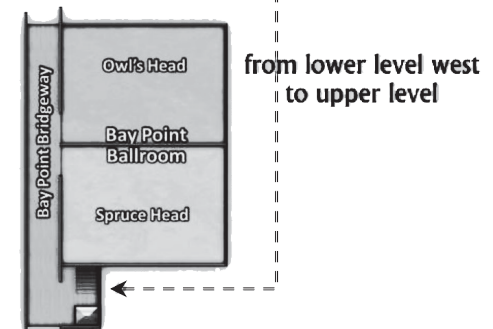
**MAINE ASSOCIATION OF
STUDENT FINANCIAL AID
ADMINISTRATORS: SPONSOR
OF PAST PRESIDENTS
RECOGNITION DINNER**

Thank you for your generous support of our conference!

HOTEL LAYOUTS



UPPER LEVEL



MeCA – Monday Schedule & Room Assignments

MONDAY	Topic/Location	Owls Head	Spruce Head	Pen Bay	Schooner	Camden	North Haven
7:00 am - 4:00 pm	Registration - State of Maine						
7:00 - 9:00 am	Breakfast - Rockland/Rockport						
8:00 - 9:00 am	Early Bird I - Session I	A Tiered Approach for Supporting School Attendance	Hypnotherapy in Integrated Primary Care: A Rural FQHC Experience	All I Ever Needed to Know About Leadership I Learned From Mr.	Professional Boundaries (Ethics)	Early College Coursework Opportunities for Maine High School Students	Kind Mind
9:15 - 10:15 am	Early Bird II - Session II	Counseling considerations when working with children and families with disabilities	Disaster Response- Best Practice and Ethical Considerations	Lets Talk About the FAFSA!	Moral Injury & Moral Courage	You Belong Here; exploring professional confidence, authentic identity, and resilience	Keeping it Real: Embracing Authenticity, Supporting Client Transformation
10:15-10:45 am	Coffee Break - State of Maine - Visit Our Exhibitors!						
10:45 am - 12:30 pm	Session III - Bay Point Room Business Meeting & Keynote	KEYNOTE PRESENTATION: The Rise of Narcissism in America					
12:30 - 1:30 pm	Lunch - Rockland/Rockport/Camden						
1:45 - 2:45 pm	Session IV	Treatment Planning and Considerations for Narcissistic Abuse	Strategies to Provide Quality Mental Health Services to LGBTQ+ Youth	Artificial Intelligence (AI) for School and Admissions Counselors: Ethical considerations	Uncomfortable & Difficult Conversations	Inspire, Engage, Connect, and Build Community: Experiential, Brain-Based Approaches...	Threat Assessment in Schools: Using an Evidence - Based Approach
2:45 - 3:45 pm	Free Time - the Eclipse happens at 3:20 p.m.ish						
3:45 - 4:45 pm	Session V	Youth Education at NAMI Maine	Trade Union Apprenticeships-a gateway to a great career path!	Beyond Pandemic Telehealth - A modern ethical approach to telemental health counseling (Ethics)	The Culture of Counseling: Celebrating Our Vocation	Guiding Reflection: Bring Learning to Life with Meaningful and Engaging Reflection Tools and Techniques	Self-care or Self-sacrifice
12:30 - 6:00 pm	Wabanaki Vendors in the State of Maine Room						
4:45 - 5:45 pm	Free Time						
5:00 - 5:30 pm	Fireside Chat with Grad Students and Keynote Speaker, Stefanie Sherman - Schooner Room						
5:45 - 6:15 pm	President's Reception - State of Maine Graduate students please come! A beverage voucher will be provided.						
6:15 - 7:15 pm	Dinner - Rockland/Rockport/Camden						
8:00 - 10:00 pm	Entertainment! The Totally Rad (80's Music!)						

MeCA – Tuesday Schedule & Room Assignments

TUESDAY	Topic/Location	Owls Head	Spruce Head	Pen Bay	Schooner	Camden	North Haven
7:00 - 10:00 am	Registration - State of Maine						
7:00 - 8:30 am	Continental Breakfast - State of Maine						
8:00 - 9:00 am	Session VI	Improving Access to Care: The Impact of Digital Delivery on Mental Health Services in Rural Communities	The Ethics of Counselor Wellness: An exploration of preventing impairment while serving a high risk caseload (Ethics)	Turning the Tides of Male Violence in Maine	Self-Care and Mindfulness through the Works of Adventure Therapy	Life After Hate: The Path to Redemption and Healing	Practical strategies to engage and motivate even the most difficult students
9:05 - 10:05am	Session VII	Multicultural Supervision in Maine (Ethics)	Expanding Your Toolbox: Fostering Creative Interventions	Reducing Chronic Absenteeism through the Power of Relationships and Data	The Artists that we are... Weaving Social Emotional Learning into Horticulture	Supporting client and self-care needs after a mass casualty event	Advocacy for the school counseling professional identity and its ever-changing place in the building
10:10 - 11:00am	Session VIII - Division Meetings	NMeCA	Admissions	SMeCA	OMeCA	EMeCA	DMeCA
11:00am - 12:00 pm	Brunch/Business Meeting (Part 2) - Rockland/Rockport/Camden						

Maine Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2020. Programs that do not qualify for NBCC credit are clearly identified. Maine Counseling Association is solely responsible for all aspects of the programs.