

Your MCA: The Future of Our Profession

72nd Annual MCA Conference

Cadence Bank Arena and Conference Center
formerly BanCorpSouth Arena and Conference Center



Welcome to MCA's 72nd Annual
Conference:

Your MCA: The Future of **Our**
Profession.

Your conference planning committee has worked hard to create an event that provides great programming and information about opportunities to work together for those we serve and our profession. Please enjoy your time in Tupelo with us for professional development, great fellowship, making new friends, and renewing relationships. **MCA belongs to YOU!**

Wednesday, November 9th - Friday, November 11th

Mississippi Counseling Association Administrative Council 2022-23

Juawice McCormick
President

Karla Weir
President-Elect

Mary Bess Pannel
Past President

Heather Norton
Secretary

Cleveland Phinisee
Treasurer

Lynn Ethridge
Parliamentarian

Paulette Edwards and Lori Parker
Executive Directors

Mississippi Counseling Association Strategic Planning Committee 2022-23

Mary Bess Pannel,
Chair

Jan Lemon
Carolyn Anderson
Doug Copeland
Jayme Sullivan

Mississippi Counseling Association Conference Committee 2022-23

Brittany Power and Maegan Tatum
Conference Co-Chairs

Juawice McCormick, Karla Weir, Brittany Power,
and Maegan Tatum
Call for Programs and Conference Booklet

Heather Burleson
Awards

Christopher Pickreign
Vendors and Exhibitors

Barry Pickreign, Dylan Wren, George Beals
Technology

Khaliyah Mitchell
Conference Volunteers

Mississippi Counseling Association

Committee Chairs

2022-23

Carolyn Anderson, By-Laws

Monica Coleman, Emerging Leaders

Rosanne Nunnery, Ethics

Jayme Sullivan and Karla Weir, Government Relations

Melissa Windham, Interprofessional Relations

Gloria Dansby-Giles, Journal/Research

Richard Strebeck, LPC Board Liason

Angel Golson, MCA Compass Newsletter

Chancey Fort, MDE Liaison

Jan Lemon, Nominations and Elections

Lynn Ethridge, Parliamentarian

T.J. Hendrix, Media

Mary Bess Pannel, Strategic Planning

Mississippi Counseling Association

Region Presidents

2022-23

Leona Bishop, Capitol

Helen Jones, Delta

Christopher Pickreign, Gulf Coast

Nancy McFarland, Magnolia

Teresa Nicole Worthy, Mid-Eastern

Tracy Risher, Mid-Mississippi

Tracy Gardner, Northeast

Franc Hudspeth, Northwest

Chelsey Holden, Pinebelt

Katie Schaefer, Tombigbee

Mississippi Counseling Association

Division Presidents

2022-23

Rick Balkin, MACES
Michael Gordon, MAMCD
Tilda Neal, MASERVIC
Eric Burton, MCJCCA
Holly Reeves, MLPCA
Amanda Winburn, MSCA

Mississippi Counseling Association

Emerging Leaders

2022-23

Dorothy Bell-Hamilton
Shelbi Bradley
Sarah Judon Campbell
Jennifer Main
Kensley May
Christopher Pickreign
Leigh Stanford
Candace Strong
Haley Vassar
Lynnsey Worrell

Mississippi Counseling Association

Past Presidents

1950-22

The following outstanding individuals have served as president of the Mississippi Counseling Association over the past 69 years. They have each played a major leadership role in building MCA into the strong professional organization it is today. The Mississippi Counseling Association expresses thanks and appreciation to these dedicated individuals who have served as guiding lights to our organization.

1950-1951 D. W. Aiken	1976-1977 Larry Little	2001-2003 Jayme Sullivan
1951-1952 Katherine Rea	1977-1978 Joe Ray Underwood	2003-2004 Glinda Eashmond
1952-1953 Troy Hill	1978-1980 Al Jean Young	2004-2005 Stephanie Wilson
1953-1955 Hubert Gilmore	1980-1981 F. J. Eicke	2005-2006 Amy Harvison/Debra Carr
1955-1957 Dorothy Rice	1981-1982 Dalton Anthony	2006-2007 Debra Carr
1957-1958 Vernal Mann	1982-1984 Donnie Sweeny	2007-2008 Christy Broome
1958-1960 Mildred Coleman	1984-1985 Janie Rugg	2008-2009 Julia Porter
1960-1962 Charles Scott	1985-1986 Dudley Sykes	2009-2010 Gwen Hitt
1962-1963 Harley Garrett	1986-1987 Mary Alice Cates	2010-2011 Aretha Hargrove-Edwards
1963-1964 Elanor Cammack	1987-1988 Phil Cooker	2011-2012 Deidra Byas
1964-1965 J. H. Chrestman	1988-1989 Warren Housley	2012-2013 Sonya Sumrall
1965-1966 Peggy Williams	1989-1990 Betty Wong	2013-2014 Dawn Buckley
1966-1967 Harold Easterwood	1990-1991 Ross Story	2014-2015 Lynn Etheridge
1967-1968 Mildred Crider	1991-1992 Becky Pugh	2015-2017 Jayme Sullivan
1968-1969 John Weems	1992-1993 Larry Simpson	2017-2018 Kimberly Hall
1969-1970 John Alcorn	1993-1994 Kay Dawson	2018-2019 Doug Copeland
1970-1971 Sidney Pitts	1994-1995 Sharon Leggett	2019-2020 Melissa Windham
1971-1972 John Ashley	1995-1996 Janice Richardson	2020-2021 Jan Lemon
1972-1973 Vernal Mann	1996-1997 Bill Wheeler	2021-2022 Mary Bess Pannel
1973-1974 Genevieve Burris	1997-1998 Carolyn Anderson	
1974-1975 Bessie R. Johnson	1998-1999 Dianne Speed	
1975-1976 Jack Daniels	1999-2000 Helen Price	
	2000-2001 Pam Truhett Hemphill	
	2001-2002 Jane Dykes	

Mississippi Counseling Association

Awards Recipients

2022-23

College Counseling Program - Delta State University

Outstanding New Counselor - Brian Harrington

Clinical Mental Health Counselor of the Year - Leona Bishop

School Counselor of the Year - Angela Rushing

College Counselor of the Year - Holly Reeves

Outstanding Region - Capital

Community Service Program (member) - GEER Grant-Oxford School District, Rick Balkin

Community Service Program (nonmember) - Victoria Hawkins

Special Recognition (member) - Carolyn Anderson

Special Recognition (nonmember) - Victoria Hawkins

Meritorious Service - Natasha Barnes

Research (professional) - Stephanie Bell

Research (student) - Monica Coleman

Janie G. Rugg Career Contributor - Juawice McCormick

Thank You!

Conference Exhibitors and Vendors

Distinguished Young Women of Mississippi
Dove Self-Esteem Project
Get2College
Grace Christian Counseling Center
Gulfport Behavioral Health System
Mississippi Association for Play Therapy (MSAPT)
Mississippi College - Graduate Admission
Mississippi Office of Financial Aid
Mississippi Public Health Institute
Mississippi School for the Arts
MSU College of Agriculture and Life Sciences
Mississippi Youth Challenge
MS National Guard
Pyscamore Psychiatric Programs
Southeastern Baptist College
The Excellence Group
The Wellness Group
Thrivent
ThriveWay
University of MS School of Education

Thank You!

Conference Sponsors

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Bronze Sponsors

The Excellence Group

Geek Therapeutics

MSCA

MLPCA

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**Tuesday, November 8th
Pre-Conference Workshop
9:00am-3:00pm**

**"Youth Mental Health First Aid"
Presented by Dr. Mandy Perryman
University of Mississippi**

Wednesday, November 9th



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults live with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - » A video conference.
 - » An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- R**eassure and provide information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

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Wednesday, November 9th Schedule at a Glance

**1:00pm-2:00pm Opening Ceremony with
Dr. Kent Butler**

2:15pm-3:15pm - Session A

3:15pm-3:30pm - Coffee Break

3:30pm-4:30pm - Session B

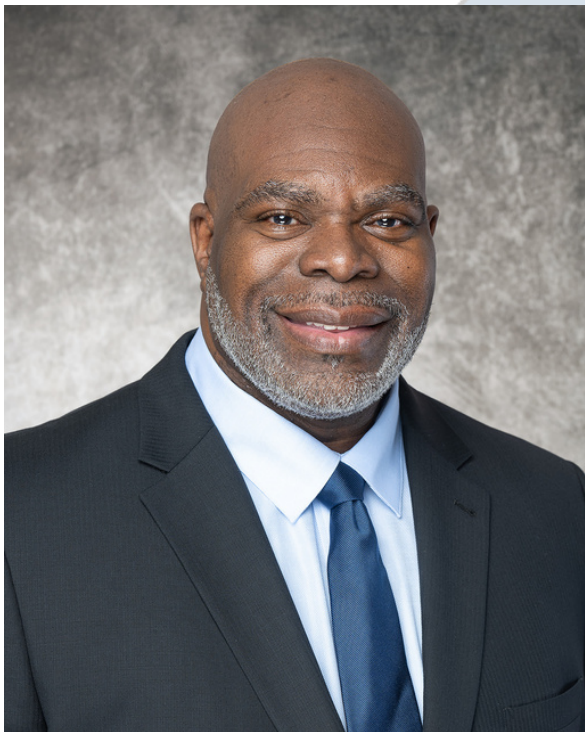
**4:30pm-5:15pm - President's Reception
Meet and Greet Social**

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**"Taking the World by Storm: Intentionally
Advocating and Impacting the Future of
Counseling!" - S. Kent Butler, Jr., Ph.D.,
ACA Past President**

S. Kent Butler uses his personal story to speak truth about the effects of privilege on his own mental wellness and resolve, while sharing best practices for removing culturally biased barriers. Presentation provides counselors with insights, wisdom and encouragement on how to intentionally get into "good trouble" as Anti-Racist co-conspirators fighting against injustices and working proactively on behalf of clients.

General - Relevant for all

West Hall

Wednesday, November 9th

S. Kent Butler, Jr. holds a Ph.D. in Educational Psychology, with a concentration in Counseling Psychology, from the University of Connecticut. He is a Nationally Certified Counselor (NCC), and Nationally Certified School Counselor (NCSC). Dr. Butler is a Past President of the American Counseling Association (2021-2022), is an ACA Fellow, and hosted an ACA's weekly podcast, "The Voice of Counseling". Dr. Butler formerly served the University of Central Florida as the Chief Equity, Inclusion and Diversity Officer and is a National Association of Chief Diversity Officer in Higher Education Fellow (2020-2021). In March of 2020, he was selected as a Fellow within the National Association of Chief Diversity Officers in Higher Education's Chief Diversity Officer Fellows Program (NADOHE-CDOFP). He is a 2020 - 2021 cohort (C-7) member. The professional leadership program mentors new and early career Chief Diversity Officers. Dr. Butler is a Professor of Counselor Education at the University of Central Florida and has served as a Faculty Fellow for Inclusive Excellence within the Office of the Provost.

Dr. Butler presently serves as faculty advisor to CHI SIGMA IOTA International Honor Society (CSI), the Counselor Education Doctoral Student Organization (CEDSO), Project for Haiti Knights, and the National Association for the Advancement of Colored People (NAACP). He served as the Principal Investigator, for The High-Risk Delinquent and Dependent Child Educational Research Project: Situational Environmental Circumstances Mentoring Program (SEC), which was a partnership between the University of Central Florida and several Florida universities. This grant opportunity has transitioned into the UCF Young Knights Mentoring Project a program that supports students at Hungerford Elementary School in Eatonville, FL.

Also on the national level, Dr. Butler has served the Association for Multicultural Counseling and Development (AMCD) as the 2011 - 2012 President and ACA Governing Council Representative (2015 - 2018). He is a proud member of AMCD's Multicultural Counseling Competencies Revisions Committee which produced the Multicultural Social Justice Counseling Competencies (MSJCC). His research and academic interests lie in the areas of Multicultural and International Counseling, Social Justice, Mentoring, Counseling work as it relates specifically to African American males, Group Counseling, School Counseling, and Multicultural Supervision.

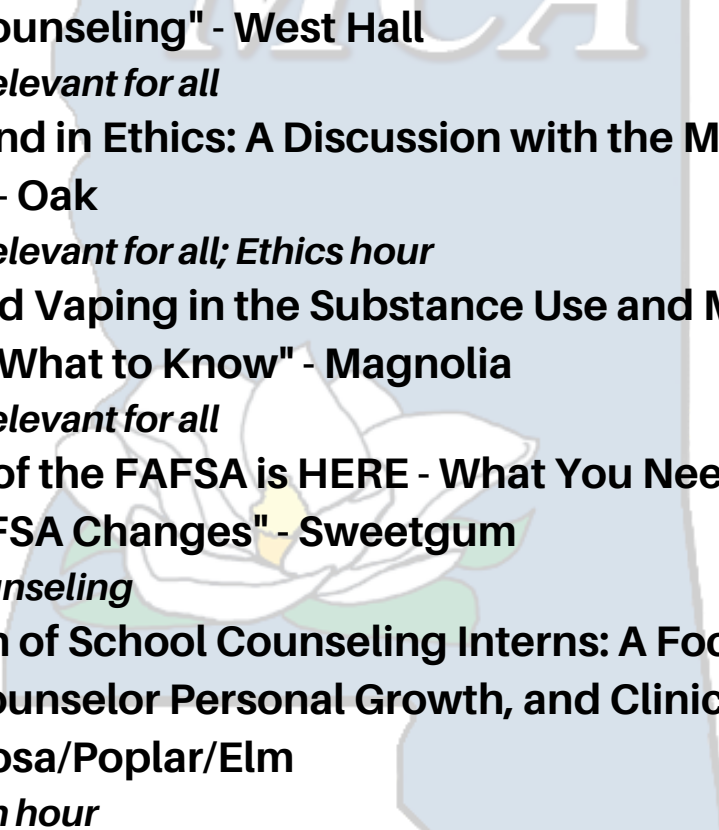
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Session A

2:15pm-3:15pm

- 
- The background features a large, light blue outline of the state of Mississippi. Overlaid on this is the MCA logo, which consists of the letters 'MCA' in a large, white, serif font. Below the letters is a stylized white flower with yellow and green accents. The text of the sessions is overlaid on the left side of the graphic.
- **"Humor in Counseling" - West Hall**
 - *General - Relevant for all*
 - **"Current Trend in Ethics: A Discussion with the MCA Ethics Committee" - Oak**
 - *General - Relevant for all; Ethics hour*
 - **"Tobacco and Vaping in the Substance Use and Mental Health Population - What to Know" - Magnolia**
 - *General - Relevant for all*
 - **"The Future of the FAFSA is HERE - What You Need to Know About the NEW FAFSA Changes" - Sweetgum**
 - *School Counseling*
 - **"Supervision of School Counseling Interns: A Focus on Best Practices, Counselor Personal Growth, and Clinical Counseling Skills" - Mimosa/Poplar/Elm**
 - *Supervision hour*

Wednesday, November 9th

Session A

2:15pm-3:15pm

"Humor in Counseling" - Nick Serefelis, M.S., NCC, LCPC

In this program we will explore the counselor's use of humor in counseling. Humor can be a valuable skill to have in our counseling skill bag. Attendees will be shown they don't have to be a comedian to use humor in counseling sessions. Also, some resources to assist your humor journey will be shared.

General - Relevant for all

West Hall

"Current Trends in Ethics: A Discussion with the MCA Ethics Committee" - Rosanne Nunnery PhD, LPC-S, NCC, BC-TMH; MCA Ethics Chair; Mississippi State University; MCA Ethics Committee Members: Jan Lemon, Jayme Sullivan, Julia Porter, George Beals, Michael Gordon

This session with the MCA ethics committee will provide an overview of the current trends in ethics. We will facilitate discussion between the audience and panel. Please come with questions for the MCA ethics committee and ready to discuss ethical concerns and ethical decision making.

General - Relevant for all; Ethics hour

Oak

"Tobacco and Vaping in the Substance Use and Mental Health Population - What to Know" - Pamela Graef Luckett, PGL Consulting LLC

A positive step in the treatment of a disparate population with substance use and mental health conditions, is to inform clinicians on the latest research on the interaction of vaping and tobacco. The integration of the influence these have on each other is often overlooked and not addressed in treatment. Over 40% of the tobacco use happens in this population.

General - Relevant for all

Magnolia

"The Future of the FAFSA is HERE- What You Need to Know About the NEW FAFSA Changes" - Kierstan Dufour, M.S., Get2College

MAJOR Changes are coming to the FAFSA in October 2023. You cannot miss this session if you work with high school students! Learn how the application is going from 108 questions to around 40 and what you need to know about language changes, form alternations, and federal financial aid rule updates.

School Counseling

Sweet Gum

"Supervision of School Counseling Interns: A Focus on Best Practices, Counselor Personal Growth, and Clinical Counseling Skills" - Jan Lemon, Ph.D., LPC-S, NCC, NCSC, Mississippi College; Mary Bess Pannel, Ph.D., LPC, NCC, Delta State University; Melissa Windham, Ph.D., LPC, Mississippi State University

School counseling-specific supervision remains a neglected issue in counselor training despite empirical evidence that supervision results in school counselors' job performance increasing in all areas of effectiveness and accountability. The presenters will describe the purpose and specific areas of best practices in supervision, explore the experience and process of personal growth and wellness of school counseling students, and demonstrate areas of expertise in supervising clinical counseling skills.

Supervision hour

Mimosa/Poplar/Elm

Wednesday, November 9th

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Coffee Break

3:15pm - 3:30pm

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the
excellencegroup
LLC

Wednesday, November 9th

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Session B

3:30-4:30pm

- **"How to Write a Book for Yourself and Your Clients (in 30 days)" - West Hall**
 - *General - Relevant for all*
- **"Telemental Health Counseling: Where We Have Been and Where are We Now" - Oak**
 - *Telemental Health Counseling*
- **"Self Care: Making It a Priority" - Magnolia**
 - *General - Relevant for all*
- **"Understanding State Financial Aid to HELP Students Plan Their Futures" - Sweetgum**
 - *School Counseling*
- **"The Intersection of Trauma and Education: The Impact of Adverse Child Experiences on the Academic Performance of School-Age Learners" - Mimosa/Poplar/Elm**
 - *General - Relevant for all*

Wednesday, November 9th

Session B

3:30pm-4:30pm

"How to Write a Book for Yourself and Your Clients (in 30 days)" - Nick Serefelis, M.S., NCC, LCPC

In this presentation we will explore how to write a book quickly. Learn some of the techniques to get your materials written fast. We will discuss how to write, even if you are not a writer. Drawing on Nick's experience of creating and writing 2 books, you will learn the basics of what you have to do and resources he found helpful.

General - Relevant for all

West Hall

"Telemental health counseling: Where we have been and where we are now." - Rosanne Nunnery PhD, LPC-S, NCC, BC-TMH, Mississippi State University; Lisa McKenna PhD, LPC, BC-TMH

The presenters are counselor educators, licensed professional counselors/supervisors, and hold the board certified telemental health credential. In this presentation, they will describe the practice of telemental health counseling including the history, common terms, and benefits and challenges. The audience will engage in an interactive case study that highlights foundational skills and clinical interventions within a telemental health setting.

Telemental Health Counseling

Oak

"Self Care: Making It a Priority" - Curt Langley

An important topic will be discussed, and participants will have an opportunity to learn from colleagues. Self-care will be put into action!

General - Relevant for all

Magnolia

"Understand State Financial Aid to HELP Students Plan their Futures" - Jennifer Rogers, Ed.D., Mississippi Office of Student Financial Aid

College access advising is a critical aspect of the high school counselor's role. The Mississippi Office of Student Financial Aid will share all the resources counselors need to help students access state student financial aid to pay for college. Counselors will receive updates on HELP, MTAG, and MESG and learn about a new scholarship for students in foster care.

School Counseling

Sweet Gum

"The Intersection of Trauma and Education: The Impact of Adverse Child Experiences on the Academic Performance of School-Age Learners" - Dr. Damien J. Thomas, NCC, LPC-S, ICAADC, ACS, BC-TMH; Dr. Jamilliah Longino, Mississippi College

The purpose of this presentation is to identify the impact of ACEs, with school-age populations and identify protective factors and interventions to build resiliency, promote social and emotional growth and improve academic performance.

General - Relevant for all

Mimosa/Poplar/Elm

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**President's Reception
Meet and Greet Social**

4:30pm - 5:15pm

Lounge

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Thursday, November 10th Schedule at a Glance

9:00am-10:00am - Session A

10:00am-10:15am - Coffee Break

10:15am-11:15am - Session B

**11:30am-12:20pm - Lunch provided by
MCA**

12:30pm-2:00pm - Keynote

2:00pm-2:15pm - Coffee Break

2:15pm-3:15pm - Session C

3:15pm-3:30pm - Coffee Break

3:30pm-4:30pm - Session D

4:30pm-5:00pm - Region/Division

Business Meetings

Thursday, November 10th

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Thursday, November 10th Virtual Schedule at a Glance

9:00am-10:00am - Session A

- "Legal and Ethical Issues in Counseling" Part 1
 - *Ethics hour*

10:15am-11:15am - Session B

- "Legal and Ethical Issues in Counseling" Part 2
 - *Ethics hour*

12:30pm-2:00pm - Keynote

- "Building Community, Recruitment, and Retention within the Profession and Membership"
 - *General - Relevant for all*

2:15pm-3:15pm - Session C

- "Processing Through Conflict and Forgiveness in Group Counseling" - West Hall
 - *General - Relevant for all*

3:30pm-4:30pm - Session D

- "Let's Get 'Back to Basics' of Counseling" - West Hall
 - *Clinical Counseling*

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Special Guest

Mary Herman, J.D., Ph.D.

Dr. Mary A. Hermann has worked as a counselor educator since 2001. For 16 years, she was a professor in the Counselor Education Program at Virginia Commonwealth University. Prior to that, she was a professor in the Counselor Education and Women's Studies programs at Mississippi State University. She earned her Ph.D. at the University of New Orleans and her law degree at Loyola University. She is a licensed attorney, a licensed professional counselor, a national certified counselor, a certified school counselor, and a Gallup trained strengths-based coach.

Dr. Hermann's research has focused on women's experiences and on legal and ethical issues in counseling. She has authored over 75 publications and 180 presentations and is the founding director of the Women's Lifespan Development Research Lab. Dr. Hermann is past president of the Southern Association for Counselor Education and Supervision (SACES). She co-chaired the American Counseling Association (ACA) Gender Equity Task Force, the ACA Diversity in Leadership Task Force, and the SACES Women's Interest Network. She also served on the 2014 ACA Ethics Revision Task Force. She has earned numerous awards for her teaching, scholarship, and leadership, including being named a Fellow in the American Counseling Association.

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Session A 9:00am-10:00am

- **"Legal and Ethical Issues in Counseling" Part 1 - West Hall**
 - *Ethics hour*
- **"Infertility 101: Supporting Women During Their Darkest Hour" - Oak**
 - *Clinical Counseling*
- **"School Counselors Can Do VIRTUALLY Anything" - Magnolia**
 - *School Counseling*
- **"Harm Reduction on College Campuses" - Sweetgum**
 - *Clinical Counseling*
- **"Utilizing Art Therapy with Trauma-Focused Cognitive Behavioral Therapy for Addressing Racial Trauma in Youth" - Mimosa/Poplar/Elm**
 - *General - Relevant for all*

Thursday, November 10th

Session A

9:00am-10:00am

"Legal and Ethical Issues in Counseling" Part 1 - Mary Hermann, J.D., Ph.D., Institution/Organization: Visiting Professor, Loyola University New Orleans

In this session, recent revisions to codes of ethics for the counseling profession will be reviewed (e.g., ACA Code of Ethics, AAMFT Code of Ethics, NBCC Code of Ethics, ASCA Ethical Standards for School Counselors). Ethical decision-making models will be discussed. Current case law will be provided.

Ethics hour

West Hall

"Infertility 101: Supporting Women During Their Darkest Hour"- Capri Brooks, PhD, LPC-S, NCC, NCSC; Angel Golson, PhD, LPC-S, NCC, Liberty University, Mark Williams, MDiv.

For many women, things don't go as planned when they are ready to start a family. This presentation will explore the impact of infertility on women. Some common difficulties and conflicts mothers face related to infertility will be explored, as well as evidence based practices to assist counselors in more effectively meeting the unique needs of this population.

Clinical Counseling

Oak

"School Counselors can do VIRTUALLY anything" - Kimberly Ray, NCC, NCSC; Treenecia Garraway, NCC, NCSC, P-LPC Ladonna Townsend, NCC, Oak Grove Middle School, Lamar County School District

This presentation will show how to incorporate technology into day-to-day counseling activities. Primary emphasis will be placed on using the Google Suite to engage and provide resources to students/teachers and collect data to ensure a data-driven counseling program. We also use QR codes to document student-counselor interactions, generate feedback from students and staff, and collect information from teachers/students.

School Counseling

Magnolia

"Harm Reduction on College Campuses"- Lauren Gallagher, University of Mississippi: William Magee Center for AOD and Student Wellbeing; Dr. Alexandria Kerwin, Ph.D., LPC-S, BC-TMH, ACS

We accept, for better or worse, that drug and alcohol use is part of college campuses and we choose to work to minimize its harmful effects rather than simply ignore or condemn them. Our goal is to educate students about the impact of alcohol and drug use and get them to learn more about how their thoughts, feelings, and beliefs affect their drinking and using.

Clinical Counseling

Sweet Gum

"Utilizing Art Therapy with Trauma-Focused Cognitive Behavioral Therapy for Addressing Racial Trauma in Youth" - Kimberly Tillman Gray, MS, Lindsey Donald, MS, P-LPC, NCC; Mississippi State University

This presentation focuses on utilizing art therapy and trauma-focused cognitive behavioral therapy (TF-CBT) for youth who have experienced racial trauma. Techniques from art therapy provide a creative, safe space to process trauma. When combined with TF-CBT, youth will have more strategies to combat the effects of racial trauma. Both strategies have been deemed effective in treating trauma in youth.

General - Relevant for all

Mimosa/Poplar/Elm

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Coffee Break

10:00am - 10:15am

Sponsored by:

Geek Therapeutics



Thursday, November 10th

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Session B

10:15am-11:15am

- **"Legal and Ethical Issues in Counseling" Part 2 - West Hall**
 - *Ethics hour*
- **"Self-Care: Supervisors Guiding Supervisees" - Oak**
 - *Supervision hour, Ethics hour*
- **"The Lived Experiences of Licensed Professional Counselors during the Coronavirus Pandemic" - Magnolia**
 - *General - Relevant for all*
- **"Understanding the effects of mindfulness-based cognitive therapy and breathwork on shame, self-compassion, and psychological stress." - Sweetgum**
 - *General - Relevant for all*
- **"Utilizing Art Therapy and Cinematherapy to Address Bullying in Elementary School Children" - Mimosa/Poplar/Elm**
 - *General - Relevant for all*

Thursday, November 10th

Session B

10:15am-11:15am

"Legal and Ethical Issues in Counseling" Part 2 - Mary Hermann, J.D., Ph.D., Institution/Organization: Visiting Professor, Loyola University New Orleans

In this session, recent revisions to codes of ethics for the counseling profession will be reviewed (e.g., ACA Code of Ethics, AAMFT Code of Ethics, NBCC Code of Ethics, ASCA Ethical Standards for School Counselors). Ethical decision-making models will be discussed. Current case law will be provided.

Ethics hour

West Hall

"Self-Care: Supervisors Guiding Supervisees" - Capri Brooks, PhD, LPC-S, NCC, NCSC; Angel Golson, PhD, LPC-S, NCC; Liberty University

Training supervisees can be an overwhelming task. How do we get them ready for all that lies ahead? In this session participants will review research about self-care and the ACA Code of Ethics. This session will help counselors gain a better understanding about utilizing self-care, as well as educating supervisees about self-care.

Supervision hour, Ethics hour

Oak

"The Lived Experiences of Licensed Professional Counselors during the Coronavirus Pandemic" - Dr. Gloria Dansby-Giles, Jackson State University

The purpose of this presentation is to share the results of a qualitative study that explored the experiences of LPCs during the coronavirus pandemic while complying with changes in licensure regulations, state proclamations, federal laws, CDC guidelines and other regulations. Using a qualitative approach with a semi-structured interview, the results will be shared.

General - Relevant for all

Magnolia

"Understanding the effects of mindfulness-based cognitive therapy and breathwork on shame, self-compassion, and psychological stress." Jan Lemon, Ph.D., LPC-S, NCC, NCSC, George Beals, Ph.D., LPC-S, NCC

Tina Turner sang, "What's Love Got to Do with it?" Science now tells us that loving others and loving oneself is vital to emotional health. Self-compassion is an approach-oriented emotion regulation strategy, which is linked to positive indicators of well-being and reduced psychological distress and is associated with greater optimism, life satisfaction, social connectedness, and emotional intelligence. This session will share mindfulness and breathwork techniques that will open up the heart, heal past trauma, and allow clients to disconnect from the mind and be guided by their body and heart.

General - Relevant for all

Sweet Gum

"Utilizing Art Therapy and Cinematherapy to Address Bullying in Elementary School Children" - Tin Muk Li, MA; Dr. Eugenie Joan Looby, Ph.D., LPC, LPC-S, NCC, ACS; Lindsey Donald, MS, P-LPC, NCC; Shayna Carter, MS, P-LPC, NCC; Abdullah Almutairi, MS; Mississippi State University

This presentation focuses on utilizing expressive arts such as art therapy and cinematherapy to address bullying in elementary school children. Participants will engage in activities that focus on applying art and film to enhance communication, heal trauma, and express feelings, among elementary school children who are bullied.

General - Relevant for all

Mimosa/Poplar/Elm

Thursday, November 10th

Your MCA: The Future of Our Profession

72nd Annual MCA Conference

Cadence Bank Arena and Conference Center
formerly BanCorpSouth Arena and Conference Center

Lunch

11:30am-12:20pm

MCA

Cadence Bank Arena

**Sponsored by the Mississippi
Counseling Association**

Thursday, November 10th

Your MCA: The Future of Our Profession

72nd Annual MCA Conference

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Keynote

12:30pm-2:00pm

**"Building Community, Recruitment,
and Retention within the Profession
and Membership"**

2022-23 Emerging Leaders

Dorothy Bell-Hamilton

Shelbi Renae Bradley

Sarah Campbell

Jennifer Main

Kensley May

Candace McKey Strong

Christopher Pickreign

Leigh Ann Stanford

Haley Vassar

Lynnsey Worrell

Thursday, November 10th

Your MCA: The Future of Our Profession

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Coffee Break

2:00pm-2:15pm

Sponsored by:



Thursday, November 10th

Your MCA: The Future of Our Profession

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Session C

2:15pm-3:15pm

- **"Processing Through Conflict and Forgiveness in Group Counseling" - West Hall**
 - *General - Relevant for all*
- **"LPC Board Updates" Part 1 - Oak**
 - *Ethics hour, Supervision hour*
- **"Dealing with Trauma" - Magnolia**
 - *Clinical Counseling*
- **"Healing from Childhood: The Importance of Assessing and Treating Childhood Trauma in Adults" - Sweetgum**
 - *General - Relevant for all*
- **"To Technology and Beyond: The Future of Counseling Services" - Mimosa/Poplar/Elm**
 - *General - Relevant for all*

Thursday, November 10th

Session C

2:15pm-3:15pm

"Processing Through Conflict and Forgiveness in Group Counseling" - Rick Balkin, Ph.D., LPC, NCC; The University of Mississippi
Issues of conflict and forgiveness impact our relationships. How we recognize and work through conflict may impact well-being and life-satisfaction. In this presentation we will introduce essential components to understanding forgiveness and how conflicts may be addressed, and perhaps alleviated or at least worked through, in the group counseling process.

General - Relevant for all

West Hall

"LPC Board Updates" Part 1 - Richard Strebeck, PhD, LPC-S, NCC, CSAT, BC-TMH /MS LPC Board Chair; Kimberly Elam Sallis, PhD, LPC-S (Vice-chair); S. Lynn Etheridge, JD, PhD, LPC-S, RPTS, NCC; Issac Boose, PhD, LPC-S; Melissa Windhan, PhD, LPC-S, NCC, NCSC

This program will review the changes in the revised rules and regulations.

Ethics hour, Supervision hour

Oak

"Dealing with Trauma" - Ursula Whitehead, Ph.D., NCC, NCSC, LPC-S; Retired Counselor and Owner Insightful Solutions, LLC
Many of us have known or know someone who has experienced trauma in their lives. These traumatic experiences can show up in individuals' lives and cause a disruption. Let's explore trauma, its impact, and recommendations for support. Learn healing and support strategies to assist those in need to be the best version of themselves.

Clinical Counseling

Magnolia

"Healing from Childhood: The Importance of Assessing and Treating Childhood Trauma in Adults" - Megan M. Hamm, Ed.S, LPC-S, Registered Play Therapist; Mary Beth Fair, MA, P-LPC; Time For A Change Counseling, LLC
Participants will explore childhood traumatic experiences and use the ACE study as a foundation for its impact on the physical, mental, and emotional well-being of adults. Participants will be able to describe tools and evaluations that can be used to assess for childhood trauma in the adults. Participants will discuss 3 treatment techniques used in treating adults with childhood trauma.

General - Relevant for all

Sweet Gum

"To Technology and Beyond: The Future of Counseling Services" - Shayna Carter, Kimberly Tillman Gray, Abdullah Almutairi, Tinmuk Li, and Dr. E. Joan Looby; Mississippi State University

There has been an increase in the use of technology in counseling in the past few years. Since COVID-19, individuals have seen a substantial increase in mental health services being moved online (Knechtel & Erickson, 2021). As technology continues to increase in the profession, there should be further examination of how it will be used in the future.

General - Relevant for all

Mimosa/Poplar/Elm

Thursday, November 10th

Your MCA: The Future of Our Profession

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**Coffee Break
3:15pm-3:30pm**

Sponsored by:



Thursday, November 10th

Your MCA: The Future of Our Profession

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Session D 3:30pm-4:30pm

- **"Let's Get 'Back to Basics' of Counseling" - West Hall**
 - *General - Relevant for all*
- **"LPC Board Updates" Part 2 - Oak**
 - *Ethics hour, Supervision hour*
- **"How to Become Nationally Board Certified, A Step by Step Guide" - Magnolia**
 - *School Counseling*
- **"MDE Updates" - Sweetgum**
 - *School Counseling*
- **"Paws-4-Play: Canines in Animal Assisted Play Therapy" - Mimosa/Poplar/Elm**
 - *Play Therapy*

Thursday, November 10th

Session D

3:30pm-4:30pm

"Let's get 'Back to Basics' of counseling." - Kathy Dickerson, Ed.S. LPC-S; Belinda Tutor, Ed.S., P-LPC, SB-RPT; WildFlower Counseling Center

Join us for an interactive, motivating, and energizing session. You will leave with concrete tools/skills/ and ideas to implement immediately in your individual/ group sessions. Counseling has certainly "looked" different the past couple of years. Let's "get back to basics". Let's talk about relationships, ways to start sessions, increase client disclosure and engagement and appropriate terminations for our clients.

General - Relevant for all

West Hall

"LPC Board Updates" Part 1 - Richard Strebeck, PhD, LPC-S, NCC, CSAT, BC-TMH /MS LPC Board Chair; Kimberly Elam Sallis, PhD, LPC-S (Vice-chair); S. Lynn Etheridge, JD, PhD, LPC-S, RPTS, NCC; Issac Boose, PhD, LPC-S; Melissa Windhan, PhD, LPC-S, NCC, NCSC

This program will review the changes in the revised rules and regulations.

Ethics hour, Supervision hour

Oak

"How to become Nationally Board Certified, A Step By Step Guide" - Kimberly Ray, NCC, NCSC, Treenecia Garraway, NCC, NCSC, P-LPC; LaDonna Townsend, NCC; Oak Grove Middle School, Lamar County School District

Counselors choose not to become National Board Certified because the process can be lengthy and overwhelming. Our goal is to show counselors that National Board Certification is a reachable goal. With a step-by-step process, we are confident that we can encourage and motivate counselors to initiate and complete the process for National Board Certification.

School Counseling

Magnolia

"MDE Updates" - Dr. Chancey Fort; Mississippi Department of Education

This session will provide school counselors with information, best practices, and current trends relevant to their professional counseling practice from the Mississippi Department of Education. The latest developments in graduation options, counselor evaluation, college and career readiness, and Mississippi Comprehensive School Counseling Framework will be presented and discussed.

School Counseling

Sweet Gum

"Paws-4-Play: Canines in Animal Assisted Play Therapy" - Dr. Jennifer Main

This workshop is designed for mental health professionals who wish to learn about the field of Animal Assisted Play Therapy (AAPT), in particular Canine Assisted Play Therapy (CAPT). While the integration of canines into play therapy provides significant therapeutic benefits, it has the equal potential to cause harm if the therapist or canine are not properly trained. Participants will be introduced to the foundation and best practices of AAPT, the skills needed to effectively and appropriately offer AAPT, and the process to become certified as an Animal Assisted Play Therapist.

Play Therapy

Mimosa/Poplar/Elm

Thursday, November 10th

Your MCA: The Future of Our Profession

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Region and Division Meetings 4:30pm-5:00pm

- **Oak - MSCA**
- **Magnolia - MLPCA**

If any Regions or Divisions would like to have a business meeting, please contact Brittany Power or Maegan Tatum, Conference Co-Chairs.

Thursday, November 10th

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Friday, November 11th Schedule at a Glance

9:00am-10:00am - Session A

10:00am-10:15am - Coffee Break

10:15am-11:15am - Session B

**11:30am-12:30pm - Closing Ceremony
and Business Meeting**

Friday, November 11th

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Session A

9:00am-10:00am

- **"LGBTQIA+: Dissecting the Rainbow" - West Hall**
 - *General - Relevant for all*
- **"How Can I Be Married and Lonely? Addressing Attachment and Communication Issues in Marriage Counseling" - Oak**
 - *Clinical Counseling*
- **"What is Geek Therapy? - Part 1" - Magnolia**
 - *General - Relevant for all*
- **"Internal Family Systems Therapy (IFS): Core Concepts and Range of Application" - Sweetgum**
 - *General - Relevant for all*
- **"Unforgiveness: A Factor for Symptoms of Anxiety and Interpersonal Trauma" - Mimosa/Poplar/Elm**
 - *Clinical Counseling*

Friday, November 11th

Session A

9:00am-10:00am

"LGBTQIA+: Dissecting the Rainbow" - Chris Pickreign, MS, P-LPC, NCC, CCTS-I

The program is designed to enhance understanding of individuals who identify as LGBTQ, common stereotypes about them, and some of the challenges and obstacles they face. It will also focus on how to interact with individuals who identify as LGBTQ in ways that are both courteous and supportive.

General - Relevant for all

West Hall

"How Can I Be Married and Lonely? Addressing Attachment and Communication Issues in Marriage Counseling" - Keith

Hudson, PhD, LPC-S; Hudson Counseling & Consulting Services, LLC

This session will focus on marital issues including loneliness, lack of attachment, and communication challenges that hinder healthy levels of intimacy. Four protective factors will be explored along with techniques from CBT, attachment theory, the Gottman Method Principles, and Touch Point techniques to enhance intimacy.

Clinical Counseling

Oak

"What is Geek Therapy? - Part 1" - Barry Pickreign, MS, P-LPC, NCC, PCHMT, PCAT; Pine Belt Mental Healthcare Resources;

Doctoral Student at Walden University

In part one we will cover the basic tenets of geek culture and geek therapy. Examples of how to use each of the tenets will be provided during the presentation, including a discussion of online/gaming communication.

General - Relevant for all

Magnolia

"Internal Family Systems Therapy (IFS): Core Concepts and Range of Application." - James Hurley, Ph.D.; William Richardson,

Ph.D.; Reformed Theological Seminary, Master of Arts Counseling Program, CACREP Accredited

In the past 25 years Internal Family Systems Therapy (IFS) has evolved into a comprehensive counseling approach useful for individuals and couples. IFS has been added to the Substance Abuse and Mental Health Services Administration (SAMSHA) National Registry of Evidence-based Programs and Practices. This workshop will provide general orientation, video demonstration, and consideration of the range of IFS applicability.

General - Relevant for all

Sweet Gum

"Unforgiveness: A Factor for Symptoms of Anxiety in Interpersonal Trauma" - Dr. Vincent Tompkins, Colorado Christian

University;

Dr. Walter Frazier, Walden University

This program provides information about the relationship between unforgiveness related to interpersonal trauma and symptoms of anxiety and other mental health issues. The presenters will demonstrate the importance of assessing and exploring unforgiveness associated with interpersonal trauma and provide strategies to support those with these experiences.

Clinical Counseling

Mimosa/Poplar/Elm

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Session B

10:15am-11:15am

- **"Advocacy: Past Present and Future" - West Hall**
 - *General- Relevant for All*
- **"What is Geek Therapy? - Part 2" - Magnolia**
 - *General - Relevant for all*
- **"On the Front Lines: Promoting Wellness for Familial Caregivers of Those with Major Neurocognitive Disorders" - Sweetgum**
 - *General - Relevant for all*
- **"Exploring Immigration and the Impacts of Counseling" - Mimosa/Poplar/Elm**
 - *General - Relevant for all*

Friday, November 11th

Session B

10:15am-11:15am

"Advocacy: Past Present and Future" - Jayme Sullivan, Ed.S, LPC, NCC, NCSC; Karla Weir, Ph.D., LPC, NCC, NSCC, Erin Nail, Capitol Resources

As we advocate for the counseling profession and those receiving services, it is important to be aware of the history and purpose of advocacy. This presentation provides information on the process of advocacy and navigating counseling legislative concerns.

General- Relevant for All

West Hall

"What is Geek Therapy? - Part 2" - Barry Pickreign, MS, P-LPC, NCC, PCHMT, PCAT; Pine Belt Mental Healthcare Resources; Doctoral Student at Walden University

In part two we will continue discussions on the basic tenets of geek culture and geek therapy. Examples of how to use each of the tenets will be provided during the presentation, including a discussion of online/gaming communication.

General - Relevant for all

Magnolia

"On the Front Lines: Promoting Wellness for Familial Caregivers of Those with Major Neurocognitive Disorders" - Lynnsey Worrell, B.S.; James Strickland, Ph.D., LPC-S, RPT; Mississippi College

As the population of those diagnosed with Major Neurocognitive Disorder is expected to rise in the coming years (Prince et al., 2013), the wellness of familial caregivers will become a major area of care addressed by those within the counseling profession. This presentation will equip counselors with strategies and resources to support familial caregivers of individuals with Major Neurocognitive Disorder.

General - Relevant for all

Sweet Gum

"Exploring Immigration and the Impacts on Counseling" - Jessie Davis, P-LPC, NCC, MS; Cheryl Justice, PhD, LPC-S, NCC; Mississippi State University

Throughout this interactive presentation, we will define immigration along with its subgroups while also exploring the needs of those who immigrate. We will discuss the concerns of this population along with the implications of counseling this population. Lastly, we will identify resources, interventions, and activities through discussion and experiential participation. Join us in expanding our practice to the world.

General - Relevant for all

Mimosa/Poplar/Elm

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MCA

**Closing Ceremony/General
Business Meeting
11:30am-12:30pm**

West Hall

Friday, November 11th

Save the Date!



Thank you for your support of MCA. We are pleased that you joined us for the annual conference. I would like to invite you to attend the 2023 MCA conference located on the Mississippi Gulf Coast .

**"Navigating New Horizons: Unity
through Diversity"**

11/08/23 -11/10/23

I hope to see you there!

Karla Weir. PhD., LPC, NCC, NCSC
MCA President-Elect

**73rd Annual Conference
at the Mississippi Gulf Coast Coliseum and
Convention Center**

November 8-10, 2023

