

CAPITOL AREA COUNSELING ASSOCIATION

**Building Counselors' Competence in a Diverse and
Emotionally Charged World – Part 2 –**

It's All About YOU!



Friday, February 18, 2022

8:30 am– 3:30 pm (Doors open at 8:15 am)

Hinds Behavior Health Services Conference Room

3450 Highway 80; Jackson, Mississippi

MASKS REQUIRED and LIMITED TO 40 members



Supervision, Ethics and
Tele-Mental Health, as it
relates to

SELF-CARE

Dr. Fred Hall

Dr. Gloria Dansby Giles

Dr. Richard Strebeck

Sherry Bouldin

(pictured l-r)

5 Contact Hours



In 2021, we un-MASKed Trauma and built our competence in diversity and emotional wellness. Let's continue in Twenty '22 with a focus on YOU! REGISTER by FEBRUARY 11th. Free for MCA Members; \$125 for non-members.



Part 1: Supervision and Self-Care

Dr. Gloria Dansby-Giles LPC-S, NCC, NCSC, NCCC, ACS, BC-TMH

OBJECTIVES	SUMMARY
<ul style="list-style-type: none">• To define the term supervision• To identify the types of supervision with examples• To identify the need for self-care in supervision• To highlight the importance of self-care in supervision as a result of the COVID-19 pandemic.	Supervision is a key part of professional training for counselors in that it enables us to acquire competence and skills as well as to improve counseling practice. This presentation will define the term supervision, distinguish between administrative supervision and clinical supervision with examples, identify the need for self-care in supervision and highlight the importance of self-care in supervision because of the COVID-19 pandemic.

Part 2: Ethical Practice and Self-Care for Counselors and Supervisors

Fred Hall PhD, NCC, ACS, BC-TMH, LPC-S

OBJECTIVES	SUMMARY
<ol style="list-style-type: none">1. Participants will assess and clarify their current stress indicators and implement clinical skills to manage them.2. Participants will utilize a Holistic Wellness model to assess and intervene in personal and professional areas of deficit.3. Participants will create a Wellness Action Plan to address personal, professional, and work level stress and health concerns.	In today's fast paced world, stress has become commonplace. It is a by-product of the loud and overcrowded world we live in. As a result, many people, including counselors, are making it a priority to slow down and focus on their health and wellness. A big part of that is managing stress. As counselor educators and supervisors, providing a framework and platform for training novice clinicians about ethical self-care is needed. This presentation focuses on stress reducing habits and highlights the negative physical, emotional, and psychological impact of stress. It also gives hope and work/life balance to those clinicians who find themselves in overwhelming circumstances.

Part 3: An Ounce of Prevention – Self-Care Through a Tele-mental Health, Ethical and Supervisory Lens

Richard Strebeck, PhD

Dr. Strebeck currently is under the weather and plans to submit his portion as soon as he feels well. This is a brief outline based on our conversation.

OBJECTIVES	SUMMARY
To address tele-mental health best practices and self-care for the supervisor...	An ounce of prevention is worth a pound of cure. Self-Care can begin with having the right information to do the right things rather than stressing over how to “fix” it when

Part 4: Self-Care – Making it Applicable for YOU

Sherry Bouldin, M.Ed., NCC, LPC-S

OBJECTIVES	SUMMARY
I. The meaning of Self Care in our profession: <ul style="list-style-type: none"> a) Definition b) Mental health professional II. The application of Self Care <ul style="list-style-type: none"> a) What does it mean to apply self-care b) Review various applications c) What can interfere with applying self-care III. Interventions of Self Care <ul style="list-style-type: none"> a) Definition of intervention b) Tools of intervention c) Benefits of intervention 	After a day of ethics, supervision, and telehealth on self-care, how about wrapping up the afternoon and launching the weekend with making self-care applicable to our daily agenda. The participant will learn more about what self is and how to use it as an intervention in our daily lives. When we fill our cups, we have more to pour into the clients we serve and the lives of others.

Gloria F. Dansby-Giles, Ed.D., LPC-S, NCC, NCSC, NCCC, ACS, BC-THP

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Home 601 750 9620 Email gdgiles9@hotmail.com

Education

Ed.D Argosy University/Sarasota Counselor Education and Supervision
Ed.D. Texas Tech University Course work in Higher Education and Counseling

Professional Experience

Private Practice, Counseling and Continuing Education Institute, LLC, 2013-present.
Professor of Counselor Education. Jackson State University, 2000-present.

Leadership Activities

Past President, Capitol Area Counseling Association. 2021-2022.
Editorial Board, Journal of Counseling and Practice, MCA, 2011 to present.
Secretary, American Association of State Counseling Boards, 2005-2007.
Treasurer, Mississippi Counseling Association, 2005-2007.
Member, Mississippi Bd. of Examiners of Licensed Professional Counselors, 2003-2008.
President, Mississippi Association for Multicultural Counseling and Development, 2007-2015.
Ethics Chair, Mississippi School Counselor Association, 2000-2003.
Southern Region Vice President, ASCA, 2000-2002; Ethics Chair, 1997-1998, 2000.
President, Mississippi School Counselor Association, 1996-1997, Past President 1997-1998.

Publications

Dansby-Giles, G. , “Are You Ready for a Portfolio Career?,” *Career Convergence*, 2019.
Dansby-Giles, G., Giles, F. L. , “Using the ICF with women with PTSD,” *VISTAS*, 2016.
Dansby-Giles, G., “Informed Consent, Confidentiality and Duty to Warn with School Counselors,” *VISTAS*, 2014, winter issue.

Presentations

Dansby-Giles, G., & Giles, F. L., Incorporating Counselor Ethical Practice into Online Presence, American Counseling Association, New Orleans, 2019.

Dansby-Giles, G. & Giles, F. L., Gearing Up for Football: Post-Concussion Syndrome, Mississippi Counseling Association, 2018.

Dansby-Giles, G., Women & PTSD & how to organize information in a useful way, NBCC Bridging the Gap Symposium, May 24-26, 2017, Atlanta, Georgia.

Dansby, J. & **Dansby-Giles, G.**, Increasing understanding of the influence of gender and lived experiences on academic and career aspirations, Oxford Women’s Leadership Sym., 2017, UK.

Dansby-Giles, G. & Giles, F. L., PTSD in women: Using the ICF as a Framework, American Counseling Association, San Francisco, 2017.

Dansby-Giles, G., Giles, F. L., “Perceptions of Culturally Related Gatekeeping, “ACES, 2015.

Dr. Fred Hall’s Bio

Dr. Fred Hall is an author, speaker, coach, trainer, innovator, podcaster, blogger, and entrepreneur. He is a National Board-Certified Counselor (NCC), Approved Clinical Supervisor (ACS), a Board Certified Tele-mental Health Provider (BC-TMH), and Licensed Professional Counselor & Supervisor for Mississippi and Louisiana.

His education includes a Doctor of Education degree in Counseling Psychology with a Concentration of Counselor Education and Supervision. He obtained a Doctorate from Argosy University and the American School of Professional Psychology. He also has a Master’s of Science in Guidance and Counseling, as well as, a Masters of Public Health in Behavioral Health Education and Promotion, both from Jackson State University. He also has a Bachelor of Arts in Christian Ministry, Counseling, and Psychology from Belhaven University.

His clinical work includes more than 30 years in clinical mental health in psychology, counseling, supervision, training, and program development. He also has 20 years of private practice and non-profit organizational leadership to his credit. His clinical specializations include working with Serious Mental Illness, Couples and Families, Marriage and Pre-Marriage, Depression, Anxiety, Trauma, Grief, Adjustment Issues, and Anger Management.

Richard Strebeck, PhD, LPC-S, NCC, CSAT, BC-TMH

richard.strebeck@gmail.com

220 McGuire Drive Long Beach, MS 39560 (228) 596-5654

Education and Professional Training

PhD, Psychology and Counseling, New Orleans Baptist Theological Seminary (2007)
ThM, Psychology and Counseling, New Orleans Baptist Theological Seminary (2004)
MA, Marriage and Family Counseling, Southwestern Baptist Theological Seminary (1993)
MA, Religious Education, Southwestern Baptist Theological Seminary (1993)
BA, Religion, Mississippi College (1990)

Professional Licenses and Certifications

Licensed Professional Counselor #1117
LPC Board Qualified Supervisor #11
National Certified Counselor #205729
Certified Sex Addiction Therapist #2012T-1367
Board Certified TeleMental Health Therapist #259

Professional Experience

William Carey University, Tradition Campus, Biloxi, MS 2008 – Present
Associate Professor of Psychology and Counselor Education, 2012 – Present
Program Coordinator, Department of Counselor Education, 2015 – Present

- Adjunct from 2008 – 2012.
- Primary teaching assignment for graduate Counselor Education classes.
- Supervise graduate internship and practicum students.
- Teaching methodology utilizes the online course management system.

Cornerstone Counseling, Gulfport, MS 2002 – Present
Independent private practice counseling

- Provides individual, group, and marriage/family counseling.
- Provides LPC supervision.
- Specializes in treatment of compulsive sexual problems and offending behavior.

Pine Grove Behavioral Health and Addiction Service, Hattiesburg, MS. 2003 – 2017
Outreach Coordinator for the Gulfport Office

- Full Time from 2007 – 2012
- PRN from 2003 – 2007; 2012 - 2017
- Complete assessments for treatment referrals.
- Market Pine Grove services to the Mississippi Gulf Coast.
- Manage outreach staff.

University of Southern Mississippi, Long Beach, MS. 2004 – 2014
Adjunct Faculty

- Adjunct Faculty.

- Teaching methodology utilized Blackboard.
- New Orleans Baptist Theological Seminary, New Orleans, LA. 2011 – 2013
Adjunct Faculty
- Online instructor.
 - Teaching utilized Blackboard (online course management system).

- Singing River Services (Region XIX Mental Health) 2002 – 2003
Regional Children and Youth Services Coordinator
- Developed programming to meet the needs of Children and Youth.
 - Developed and validated the *Youth Services Survey* to track outcome measures for services provided.
 - Provided supervision for Day Treatment, Case Managers, and Therapists.
 - Recruited and trained staff.
 - Insured Quality Assurance for Children and Youth Services.
 - Interacted with schools in Region 14 to provide school based services.
 - Reviewed time sheets, travel expenses, billing paperwork, etc for accuracy.
 - Insured Children and Youth programs comply with the Department of Mental Health Minimum Standards.
 - Monitored billing, productivity levels, and caseloads for all Children and Youth Services staff.
 - Conducted parenting classes for the community.

- Southwestern Baptist Theological Seminary, Fort Worth, TX 1992 – 1993
Practicum experience
- Provided therapeutic services for adults using group therapy, individual therapy, and marriage therapy.

Invited Presentations

“Ethics in a Connected World,” September 25, 2019, Plenary session presented to the 34th Annual Mississippi Trauma Informed Care Conference for the Mississippi Department of Mental Health, Jackson, MS.

“Supervision Ethics – Administrative Versus Clinical Supervision,” July 24, 2019, Supervision training session presented to Pine Belt Mental Health Resources staff as part of their yearly training in ethics, Hattiesburg, MS.

“Ethics – Self Disclosure, Helping Relationships, and Social Media,” July 24, 2019, Three Plenary sessions presented to Pine Belt Mental Health Resources staff as part of their yearly training in ethics, Hattiesburg, MS.

“Ethical Considerations in a Connected World,” October 2018, Plenary Session presented to the 34nd Annual Joint Conference for the Mississippi State Department of Mental Health regarding professional counseling ethics, Hattiesburg, MS.

Submitted Presentations

“HB 708” and “Ethical Considerations,” November 2019 workshop presented to the 69th annual conference of the Mississippi Counseling Association regarding Mississippi Board of Examiners for Licensed Professional Counselors focusing on ethics and changes to the Rules and Regulations, Biloxi, MS.

“What is a Provisional LPC and How Do I Get One?” April 2019, workshop presented to the 38th annual F. E. Woodall Conference regarding the process to obtain a Provisional LPC in Mississippi, Cleveland, MS.

“Board Forum,” November 2018 workshop presented to the 68th annual conference of the Mississippi Counseling Association regarding Mississippi Board of Examiners for Licensed Professional Counselors changes and highlights to the Rules and Regulations, Biloxi, MS.

“Board Forum,” November 2017 workshop presented to the 67th annual conference of the Mississippi Counseling Association regarding Mississippi Board of Examiners for Licensed Professional Counselors changes and highlights to the Rules and Regulations, Tupelo, MS.

“Supervision and Ethics,” February 2014, workshop presented to the Gulf Coast Counseling Association, Biloxi, MS.

“Fetal Alcohol Syndrome,” November 2012, workshop presented to the 2012 annual conference of the Mississippi Counseling Association regarding signs, symptoms, and treatment options for Fetal Alcohol Syndrome, Biloxi, MS.

“Breaking Bad with New Drugs,” October 2011, workshop hosted by the Mississippi Department of Human Services for area agencies regarding synthetic cannabinoids and bath salts, Wiggins, MS.

“The New LSD,” September 2011, workshop hosted by Hancock County Youth Court for area agencies regarding synthetic cannabinoids and bath salts, Bay St. Louis, MS.

“Ethical and Legal Considerations of Treating Suicidal Clients,” May 2011, workshop presented to the Community Wellness Conference for the Mississippi Coast Interfaith Disaster Task Force, Biloxi, MS.

“Substance Abuse: A Risk Factor for Suicide,” April 2009, workshop presented to the Suicide Prevention Conference sponsored by the Mississippi Department of Mental Health discussing the role of methamphetamine for suicide risk, Gulfport, MS.

“Sex Education and Adolescent Sexual Behavior,” November 2007 workshop presented to the 57th annual conference of the Mississippi Counseling Association regarding adolescent sexual behavior, Choctaw, MS.

“The Youth Services Survey: A Tool for Improving Services to Children,” October 2003, workshop presented to the 22nd Annual Joint Conference for the Mississippi State Department of Mental Health regarding outcome measures for mental health services, Choctaw, MS.

Memberships

American Counseling Association
International Institute for Trauma and Addiction Professionals
National Board for Certified Counselors
Association for the Treatment of Sex Abusers
Association for Counselor Education and Supervision
Mississippi Counseling Association
Gulf Coast Counseling Association

Community Activities

Mississippi State Board of Examiners for
Licensed Professional Counselors 2017 - Present

- Chair, July 1, 2018 – Present
- Board Member

Child Abuse Prevention Center, Gulfport, MS. 2013 – 2016

- Board Member

Gulf Coast Substance Abuse Task Force, Long Beach, MS.

2004 – 2015

- Member

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Highland Village
Jackson, MS 39110
601-292-6260
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Mindful Solutions, LLC

Private Practice 6/2015 – present

Provide psychotherapy for adults, children and geriatric population
Mental health lecturer

Mississippi Department of Mental Health

Division Director, Office of Consumer Support

Manage, monitor and supervise staff, information referrals, and the National Suicide Lifeline. Investigate grievance and serious incident reports filed against certified providers. Manage grants and contractors that provide services within the scope of the division's goals.

Division Director, Recovery & Resiliency, 10/2014 – 07/2017

Administer statewide mental health and alcohol and drug programs for adults and children; administer and integrate a person-center recovery model; manage the state's Peer Support Specialist Professional program. Manage and administer over 500k state & federal grant funds.

MH-Program Administrator II, 2/2014-10/2014

Administered and coordinated internal and external referrals for individuals in need of mental health crisis services.

Information and Referral Coordinator – National Suicide Prevention Lifeline, 2/2013-2/2014

Evaluated and respond to crisis calls and made mental health referrals; maintained the accuracy of information and referral resources; provided assistance with various teams by providing resources and services to assist individuals back into the community.

Region 8, Brandon, MS

Mental Health Therapist, 6/2010-2/2013

Conducted Adult & Child intake evaluations, individual, family and group therapy, clinical assessment, treatment planning and crisis.

River Oaks Hospital

Therapist, part-time

Conducted group & individual therapy for geriatric population

Nucor Steel Jackson, Flowood, MS

Human Resources Administrator, 5/2008-4/2011

Managed and supervised human resources functions for 276 employees and administration in a steel manufacturing environment. These functions include employee relations, benefits, compensation, recruitment, and training; currently administering the payroll transition from ADP to payroll/HR system SAP. Participated in safety and environmental compliance along with the application process of OSHA-VPP certification; Identified federal & state training reimbursement programs (approx. 45k); Division's EEOC Officer; Developed & implemented EEOC Plan for the division; Publisher of company newsletter; event planner for employee annual functions; coordinate annual health fair.

Unified Brands, Byram, MS

Corporate Human Resources Manager, 1/2007 – 8/2007

Corporate Human Resources Director for approximately 430 manufacturing facilities located in MS, Arizona and Michigan. Projects included developing a corporate training program for administration as well as manufacturing; leader of the implementation of our Kenexa engagement survey process; implemented a strong safety program; created a corporate record retention program. Other projects included but not limited to: establishing a Value Stream Mapping

program, implemented State training reimbursement programs through Workforce and WIN Job Service with a return of over 86k.; reduced cost of recruitment by 40%, enhanced the employee relations through roundtable meetings, and employee incentives; developed and maintained affirmative action program; files EEO-1 annually; maintains other records, reports and logs to conform to EEO regulations; facilitated new hire orientation training for exempt and non-exempt.; maintained and expanded the HR information system records (HRIS/HRMS software and Kronos) for new employees, changes, leaves of absences and terminations; conducted employee investigation of attendance and employee relation.

NISSAN NORTH AMERICA, Canton, MS

Business Partner/Human Resources Representative, 11/2001 – 1/2007

The 3rd HR personnel employed during start up to coordinate and administer a broad spectrum of Human Resources which included but not limited to: employment relations, human resources activities, establishing programs, policies and procedures, recruitment of salary & hourly, negotiate & establish compensation, conduct training; promote and maintain a positive pro-employee environment, conducts orientation training for salary, hourly & temps, and administer corrective action to salary & hourly; a key player in sustaining union free environment.

CITY OF JACKSON, Jackson, MS

Human Resources Officer II, 11/95 – 4/99

Performed a variety of professional, technical, and analytical work involved in the administration of the city's personnel management programs and an assigned group of city department of approximately 482 employees regarding recruitment, certification and selection, classification, compensation, training, benefits administration and budgeting which included but not limited to: human resources officer for the Mayor's office, Chief City Administrator, Civil Service Commission, Legal and City Council; conducted job analysis interviews and prepared class specifications; analyzed reclassification and reevaluation requests with recommendations; conducted and responded to salary and benefit surveys; analyzed survey results of the City's competitiveness of the pay; team member in the purchase, implementation, and maintenance of the Abra application tracking system; organized and developed training sessions for the individual department, human resources/payroll, performance appraisal, and employee relations development; developed and maintained the Internship Program.

MISSISSIPPI STATE UNIVERSITY, Starkville, MS

Employment Services Administrator, 7/1994 – 12/1995

Planned, developed, administered and supervised all operations of MSU Employment Services/HR Management that served the interest of approximately 4500 employees which included but not limited to: staff employment activities of posting vacancies, recruitment, evaluation processing, maintenance of applicant records, and referral of the best qualified applicant; provided guidance in compliance with institutional, state and federal regulations regarding employment activities and affirmative action programs; coordinated & maintained the installation of Greentree application tracking system; developed and revised employment application, brochure, and guides; conducted workshops for training and development

MISSISSIPPI EMPLOYMENT SECURITY COMMISSION, Jackson, MS

UI Interviewer II, 6/1987 – 6/1994

Determined eligibility of unemployment insurance compensation based on the laws of Mississippi Unemployment Compensation.

EDUCATION

Jackson State University, Jackson, MS

M.S. Degree in Counseling/Human Resources, August 1993

B.S. Degree in Psychology, August 1990

PRESENT & FORMER PROFESSIONAL ASSOCIATIONS

Mississippi Counseling Assoc., SHRM, Mississippi Manufacturing Assoc., Toastmasters, Mississippi Association of Personnel Administrator (MAPA), American Management Assoc. International (AMA), College and University Personnel Assoc. (CUPA), MSU-Faculty and Professional Women's Assoc., Volunteer/Recruiter of Junior Achievement

MCA – Capital Area Spring Worksh0p

Building Counselor’s Competence in a Diverse and Emotionally Charged World –

Part 2...It’s All About YOU!

February 18, 2022

8:30 am- 3:00 pm



8:30 – 8:45	Registration
8:45 – 8:55	Welcome and Introductions
8:55-9:55	Supervision and Self-Care
9:55-10:05	Break
10:05 -11:05	Ethics and Self-Care for Counselors and Supervisors
11:05 – 12:00	Business Meeting and Lunch
12:00-2:00	Self-Care – Consideration for Tele-mental Health, Supervision, and the Counselor.
2:00-2:10	Break
2:10-3:10	Self-Care Applications for YOU
3:10 – 3:15	Wrap-Up