Association for Humanistic Counseling

Annual Conference

Counseling in the Age of Climate Change, International Collaboration, and Cross-Cultural Action

May 30-June 1, 2019

Crown Plaza AiRe Hotel

Bloomington, Minnesota

AHC has been approved by the NBCC as an Approved Continuing Education Provider, ACEP No. 1004. AHC is solely responsible for all aspects of the programs.
Welcome to the 2019 AHC National Conference! We have the honor and privilege to have Dr. Shon Smith as our keynote speaker for our Friday luncheon session. Our 2019 Annual conference theme, *Counseling in the Age of Climate Change, International Collaboration, and Cross-Cultural Action* is placing the focus of our humanistic conference on what is presently hot and emerging in news but also in the field of counseling. Shortly, after AHC began to advertise this conference ACA governing council took a position on climate change and began a working group on climate change. Several of our speakers and AHC members are part of that work group and efforts. When I look over the presentations I am inspired and thrilled by what we will be engaged with during the conference. Our annual conference is a great place to continue our pursuit of humanistic topics in counseling, but it also serves as a smaller and thus more intimate venue for likeminded colleagues to really enjoy each other and to share in each other’s personal and professional lives.

Mark D. Stauffer, Ph.D., NCC

President-Association of Humanistic Counseling
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ACKNOWLEDGEMENTS

Thank you to our conference planning team for all of the hard work and to our co-chairs Amy Barth and Mark Stauffer.

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Kris Elrod and Gitima Sharma – Proposal Review Coordinators
Becky Meidinger – Program and Schedule Coordinator
Palesa Ramohlouoane – Volunteer Coordinator
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INFORMATION ABOUT THE ASSOCIATION FOR HUMANISTIC COUNSELING

MISSION
We are counselors who honor human beings individually and collectively. We cultivate authentic human relationships that contribute to the actualization of individuals within cultures and communities. We foster counseling practice, education, scholarship, advocacy and mentorship emerging from the Humanistic traditions.

VISION
A global community of humanistic counselors who honor, respect and care for human rights, potential, and dignity.

ASSOCIATION FOR HUMANISTIC COUNSELING EXECUTIVE BOARD

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SCHEDULE OF EVENTS

**Thursday, Mary 30, 2019**

1:00 pm – 5:00 pm AHC Board Meeting

3:00 pm – 5:00 pm Registration for Conference in Control Tower

**Friday, May 31, 2019**

8:00 am – 3:00 pm Registration for Conference

8:00 am – 8:50 am Wellness Session: “Meditation and Mindfulness” by Mark Stauffer in Wilbur

9:00 am – 9:50 am Education Sessions and Round Tables (page 8 for offerings)

10:00 am – 11:50 am Education Sessions (page 11 for offerings)

12:00 pm – 1:45 pm Lunch with Keynote Speaker in the AiRE Ballroom

2:00 pm – 2:50 pm Education Sessions and Round Tables (page 14 for offerings)

3:00 pm – 3:50 pm Education Sessions and Round Tables (page 16 for offerings)

4:00 pm – 4:50 pm Education Sessions and Round Tables (page 18 for offerings)

5:00 pm – 7:00 pm Welcome Reception in the AiRE Ballroom

**Saturday, June 1, 2019**

8:00 am – 1:00 pm Registration for Conference

8:00 am – 8:50 am Wellness Session: “Yoga for Everybody” by Marcia McCall in Wilbur

9:00 am – 10:50 am Education Sessions (page 20 for offerings)

11:00 am – 11:50 am Education Sessions and Round Tables (page 22 for offerings)

12:00 pm – 1:20 pm Lunch in the AiRE Ballroom

1:30 pm – 2:20 pm Education Sessions and Round Tables (page 24 for offerings)

2:30 pm – 3:20 pm Education Sessions and Round Tables (page 26 for offerings)

3:30 pm – 4:20 pm Education Sessions and Round Tables (page 28 for offerings)
FRIDAY, MAY 31, 2019

EDUCATION SESSIONS: 9:00 AM – 9:50 AM

What counselors can learn from the Andaman Islanders
Matthew Bukowski, MA, LPC
Runway 1
Counselor training programs offer a diverse array of theoretical approaches including psychodynamic, behavioral, Adlerian and existential/humanistic therapies. While each of these approaches suggests a distinct perspective on human nature, few if any support their therapeutic interventions with a scientifically grounded understanding of biological and cultural evolution. This program offers an in-depth look at one of the most isolated and enduring cultures in the world and asks what they can teach counselors about mental health and wellness.

Colonial Mentality of Filipino Americans
Victor E. Tuazon, PhD, LPC, NCC, BC-TMH
Runway 2
Over 3.4 million people of Filipino descent live in the United States. Though many present with colonial mentality (i.e., internalized oppression), Filipino Americans have very low rates of mental health help-seeking. Attendees will be engaged through discussion about a research study (N = 410) on how colonial mentality relates to mental health help-seeking attitudes of Filipino Americans, and will also learn how to address colonial mentality in clients and outreach strategies.

A Humanistic approach to working with unaccompanied minors
Michael Paz, PhD, LPC
Runway 3
Unaccompanied minors are the children who have been apprehended at the United States border after they fled the perilous situation in their countries of origin. In order to better serve these children, it is important for Humanistic counselors to understand the minors’ experiences. In this session, the presenter will review the reasons why minors fled their countries of origin, explain what takes place from the point when the minors were apprehended until they are reunified with a sponsor, and will describe the use of a Humanistic approach when working with unaccompanied minors.

Counseling and teaching after Hurricane Harvey: Ecopsychological considerations after a natural disaster
Paul Smith, PhD, LPC, NCC, ACS
Runway 4
The event of Hurricane Harvey serves as a stark illustration of the mental health and educational needs after a natural disaster. This presentation will provide an overview community needs after a natural disaster with specific attention to client needs and the impact on counselor education programs. Using the ecopsychological model, recommendations will be given for counselors and counselor educators regarding how they support their own community before, during, and after a natural disaster.

ROUND TABLES: 9:00 AM – 9:50 AM

Biofeedback: Cross-Cultural Counseling Modality for Emotional Regulation & Wellness
Sarah Geiger, LPSC; JP Oehrtman, PhD, LPSC
Orville Table 1

In today’s society, adolescents are exposed to chronic stressors, such as academic and social pressures, as well as potentially traumatic events, such as divorce or loss of a parent. This can lead to at-risk behaviors and have a negative effect on their educational goals, mental or physiological health, and relationships with peers, family, and other adults (Carter et al., 2006, Conner et al., 2009 & Roe-Sepowitz & Thyer, 2004). Strategies to improve emotional regulation can be utilized to help limit the negative impacts of stress for students. In a roundtable format, the presenters will be discussing how biofeedback is combined with a variety of coping strategies based on each child’s strengths and needs in one junior high to improve stress management and resiliency training in adolescents. The presenters will also facilitate a discussion on how focusing on the wellness of the whole student can improve stress management among adolescents. Finally, the presenters will facilitate discussion on the use of technology in counseling to create a shared language across cultures.

Female Partner Family Formation: Love and Disconnection
Jessica Danielson, PhD, LPCC, NCC; Erin Hagen, MEd, LPCC-S
Orville Table 2

Female partners engaging in family formation are challenging traditional definitions of family and experience unique barriers (Wall, 2011). The desire to have children is often rooted in love, yet for female partners there is an additional factor: disconnection. This presentation will review current research, discuss implications of love and disconnection, and explore counseling interventions to cultivate love and heal disconnection when working with female partners engaging in family formation.

Metaphors in Therapy
Susan Foster, PhD, LPC-S, NCC; Andy Brown, EdD, LPC
Wilbur Table 1

Counseling is full of abstract, interconnected concepts that many students and supervisees find challenging! Supervisors and educators can diversify their instruction in order to convey these gray concepts to future counselors. This presentation offers guidance, structure and examples on the humanistic use of metaphors in counselor education and supervision. Presenters will offer popular metaphors for instructions along with tips for effective use, such as how to adjust it to group supervision, potential roadblocks, extending to connected
concepts into the relationship and ethical or multicultural considerations. This presentation adds a creative instructional tool to the counselor educator or supervisor's clinical toolbox!
EDUCATION SESSIONS: 10:00 AM – 11:50 AM

Treating Sex Addiction Through Humanistic Theories
DeVon Mills, APC, AMFT
Runway 1
The Diagnostic and Statistical Manual (DSM-5) does not list sexual addiction as a diagnosable condition. However, the limited amount of research available indicates that approximately three to six percent of the US population currently meet the criteria for sex-related addictions. Much of the extant literature points to behavioral therapies as being most efficacious for treating sex-related addictions. This program will focus on the use of Humanistic Theories when treating clients with sex-related addictions.

Innovative and Humanistic Approaches to Treating Trauma
Paul Carrola, PhD, LPC-S, NCC, CCMHC; Pamela Nicole Lopez, BA
Runway 2
The purpose of this presentation is to provide theoretical and practical information about interventions for trauma centered on strength based, multicultural and holistic foundations. Utilizing Post traumatic Growth and culture as a lens to inform the treatment of trauma assists Counselors in providing interventions that facilitate clients’ progress through a humanistic perspective. Integrating these approaches with updated findings that support a common factors approach reinforces the importance of relational and humanistic ingredients in effectively treating trauma.

Understanding Human Rights and Our Responsibilities as Counselors
Karen Drew, MSW, PCSW
Runway 3
The dignity and worth of all people begin with an understanding of the history, development, and purpose of the Declaration of Human Rights. Human rights violations in mental health care can be described as a global emergency (Mann, Bradley, & Sahakian, 2016). To combat this emergency, counselors must understand the fundamentals associated with human rights as it pertains to mental health (Puras, 2016). This presentation is designed to educate counselors to the concepts of human rights and the links between client rights and personal responsibility. Participants will engage in a collaborative conversation and interactive lessons using thought-provoking scenarios and shared experiences.

"Can we talk about it?": A Humanistic and global approach to intergroup process in cases of ongoing terror and intergroup conflict
Chaya M. Abrams, PhD, LPC, LAC
Runway 4
In cases of ongoing terror and trauma, the rate of Posttraumatic Stress Disorder (PTSD) has reached 26.4% (Lahad et al 2014). In addition, many victims of ongoing terror experience loss of meaning in their lives (Veronese et al., 2014) and mental health concerns. In recent years, a growing realization of importance for
reducing barriers of adversity in intergroup conflict has emerged (Nadler & Shnabel, 2015). In this presentation, the presenter seeks to introduce a global and Humanistic approach to intergroup process aimed at providing a deeper understanding of the dynamics of ongoing terror and intergroup conflict. In addition, the presenter will outline group counseling methods for creation of an effective intergroup process applicable to diverse and international cases of terror, violence, and conflict within the counseling field.
Counselors as Leaders: Using Multicultural and Social Justices Skills to Navigate Through Turbulent Times

Dr. Smith will address ways to promote dialog and learning that can assist clients, counselors, supervisees and students navigate our highly polarized world and improve our overall mental health. Additionally, he will discuss the role of counselors as leaders, by using the Multicultural and Social Justice Counseling Competencies, within the clinical walls and beyond. Attendees will be able to evaluate their current leadership skills, identify how to integrate at least 2 MSJC competencies and employ 2 MSJC competencies as counseling leaders.

Featuring: Dr. Shon D. Smith

AiRE Ballroom

Professional Counselor, Clinical Supervisor, Advocate and Leader. Serves youth, adolescents, and adults of all ages. Provides individual, couples, family, and group counseling sessions to a diverse clientele. Utilizes an integrative counseling approach that is most heavily influenced by the rational emotive behavioral therapy and structural family therapy approaches to counseling. Provides clinical supervision and consultation to pre-service and professional counselors and other helping professionals. Educator and advocate in the counseling and the counseling delivery profession.

Dr. Shon Smith has been a professional counselor for over 24 years, a clinical supervisor for 21 years and a Counselor Educator for 19 years and currently sits on the faculty of the Counselor Education Program at the University of Florida. His primary research interests are in the areas of multicultural and social justice counseling competencies, clinical supervision, counselor education programming/evaluation, leadership and advocacy within the counseling paradigm. Additionally, he works with and conducts research with interpersonal violence perpetrators and victims, the co-occurring populations (mental health and substance abuse) with veterans and military families on adjustment and re-adjustment issues.

A Veteran, SSG Smith has been deployed to Africa, Iraq and Afghanistan and has conducted several humanitarian missions in Central and South America as a Combat Medic and received a Bronze Star and other military awards for his service.

Dr. Smith has served the counseling professional in several leadership roles on a state, regional and national level through elected office, committee involvement or membership that include the American Counseling Association, Association of Multicultural Counseling and Development, The International Association of Marriage and Family Counselors, Association for Counselor Education and Supervision and the Florida and Pennsylvania Counseling Associations. Most recently, Dr. Smith served on the executive board of the American Counseling Association Southern Region (ACA-SR), on the ACA Awards Committee and as Chair of the Advocacy and Public Policy Committee for the Florida Counseling Association. Currently, he serves as the president or the Association of Multicultural Counseling and Development, the third oldest division within ACA.

Dr. Smith received his doctoral degree in Counselor Education and Supervision with a focus in Marriage and Family Therapy, a master’s degree from Edinboro University of Pennsylvania in Rehabilitation Counseling and a School Counseling and a Bachelor of Criminal Justice.
Encountering Nature as Thou in Humanistic Counseling
Fredrick Kane, MDiv, MA, LPC; Leandra Montoya, MA; Joel Givens, PhD, LPC
Runway 1

Facing global warming, environmental degradation, and our troubled attachment with Gaia, humanism calls for practitioners and scholars to explore how I-Thou-We relationships may offer hope for the planet and personal fulfillment. In this presentation, a philosophical perspective on relationships between humanity and nature will be considered in the context of humanistic counseling practice, lived experiences, and the change process. The presentation will include lecture points, handouts, discussions, and experiential activities.

Cross-Cultural Advocacy in Large Academic Health Systems
Marcia McCall, MA, MBA, LPCA, NCC; Paige Bentley, PhD, LPCS
Runway 2

The medical and graduate programs of academic health systems draw students from throughout the world, while patients often have complex illnesses, are from non-dominant ethnicities, and experience low socioeconomic status. Humanistic counselors from the dominant culture confront unique challenges with cross-cultural client advocacy. Participants will learn relevant literature; discover challenges to humanistic counselors working cross-culturally with clients; and understand how those challenges can be met with client self-advocacy and counselor advocacy.

Responding Ethically to Clients with Substance Use Disorders
Martina Moore, PhD
Runway 3

Many counselors practice in an unethical manner when it comes to Medication Assisted Treatment (MAT) for clients experiencing an Opiate Use Disorder. Counselors may lack competency, education and awareness about MAT and will project stigmas onto the clients that become a barrier for assistance. MAT along with behavioral interventions such as Cognitive Behavioral Therapy (CBT) combined with Motivational Interviewing (MI), is showing promising outcomes with assisting opiate use disorder clients in achieving their treatment goals (Nielsen et al., 2015). This Workshop will address the myths and stigmas surrounding MAT, and inform counselors of how to respond ethically when addressing this population.

Practical Applications of Teaching Counseling in Nigeria: Lessons Learned from Cultural Immersion
Sarah Jarvie, EdD, LPC, NCC; Acha Goris, EdD, LPC, LCPC, NCC
Runway 4

This presentation explores the role of cultural immersion as a way to discover common humanity as well as specific aspects of Nigerian culture. Participants will learn about the importance of cultural immersion, explore aspects of African culture, and as well as unique issues related to teaching counseling in the African context. Join us to learn more about how cultural immersion can expand your horizons!
ROUND TABLES: 2:00 PM – 2:50 PM

Using a Constructive Approach with Diverse Clients

Amy L. Barth, PhD, LPC
Orville Table 1

In today’s global society counselors work with a variety of clients including immigrants and refugees. This presentation will introduce Michael J. Mahoney’s (2003) constructive psychotherapy, a metaperspective that integrates characteristics of humanism, cognitive psychology, a developmental perspective, and experience to understand how people change and develop. Several case studies will be utilized to demonstrate how this approach works with diverse clientele.

Masculinity and the Counseling Relationship

Paul Carrola, PhD, LPC-S, NCC, CCMHC
Wilbur Table 1

The purpose of this roundtable session is to discuss the theoretical and conceptual definitions of masculinity and their practical implications to the counseling relationship. The emergence of changing gender norms and non-binary gender identification requires an evolution of masculinity that focuses on the need for the equity of traditionally marginalized groups and also honors the value of traditional beliefs. This requires Counselors to explore the cultural and relational implications of both traditional and non-traditional masculinity.

Humanistic Principles and CBT

Dana Baldwin, DMin, LPC
Wilbur Table 2

Humanistic principles are foundational for mainstream therapy. The principles of empathy, unconditional positive regard and congruence are valued in CBT. These principles serve as the basis for initiating treatment and the guide to therapy. While seeking more direct ways to engage clients, CBT therapists understand the significance of these principles for successful conclusions. This presentation will emphasize how the core humanistic principles serve the CBT process. The presentation will emphasize a CBT approach when dealing with depression.
EDUCATION SESSIONS: 3:00 PM – 3:50PM

*Humanistic Sandtray and Counselor Sustainability*

Naomi Timm-Davis, PhD, LPC, LMFT, NCC

Runway 2

Presenters will discuss research findings and implications from their qualitative study on Humanistic Sandtray Therapy Training (HSTT), where research participants shared meaningful experiences from the training that related to their personal and professional development. Participants will learn how humanistic sandtray therapy serves as a cross-cultural therapeutic tool for clients and experientially apply humanistic sandtray principles to their own professional and personal sustainability.

*Integrative Existential Supervision - Exploration of New Model*

Jeremy R. Goshorn, MS

Runway 3

The human condition is central to counseling. Therapists spend considerable time encouraging client awareness of new ways of operating or understanding their situation. Much of what happens in the therapeutic space is exploring existential angst that has inhibited client lives and encouraging them to recognize anxiety as an unavoidable part of the human condition. This presentation outlines the Integrative Existential Supervision model. The integrative supervision model provides a developmental approach to considering human existence within a supervision setting. Existential supervision encourages exploration of the limits and possibilities within human paradoxes creating a more multi-dimensional supervision experience. Existential Supervision encourages diversity of thought and approach. Time will be set aside at the end of this presentation for a group discussion of existential supervision with the aim of encouraging continued model development.

*Understanding and assessing in session counselor empathy*

David A. Johnson, PhD, LPC-S

Runway 4

Current dispositional empathy assessments are not ideal for counseling research utilizing nested designs to account for between-counselor and between-session variance associated with forming strong therapeutic relationships. To address this limitation, the author developed the State-Interpersonal Reactivity Index, a multidimensional assessment of counselor empathy in a specific session with a specific client. In this presentation, the author will present reliability and validity evidence, and discuss relevance to humanistic research and practice.

ROUND TABLES: 3:00 PM – 3:50 PM

*Transcending Naïve Realism via Cognitive Complexity*

Brett D. Wilkinson, PhD, LMHC; John A. Dewell, PhD, LPC
Climate change denial is but one example of a bias towards viewing intuited beliefs derived from experience as more valuable than scientific evidence. Interestingly, many cognitive-behavioral therapists argue that humanists fall prey to the same bias. In response to this claim, we must distinguish between belief as naïve realism and belief as refined intuition. To delineate the difference, we will explore how cognitive complexity serves as a measure of how counselors are subject to naïve realism, but quite capable of growing integrative complexity as a central humanistic practice.

**Peer Consultation While Hiking: Optimism in Nature**

Madeleine Stevens, MA, LPCC, LPAT

Finding optimism in daily counseling practice can be challenging with counselor burnout and ethical issues on the rise. One way to connect with an optimistic attitude is peer consultation. This roundtable presents peer consultation in nature. The presenter will elaborate on a 4-year peer consultation in the outdoors. Guiding the discussion is the proposition that nature is a source of optimism, capable of renewing energy for counseling work, and can provide new views on complex client cases.

**Counseling Adult Survivors of Childhood Sexual Abuse**

DeVon Mills, APC, AMFT

The program will provide an overview of effective treatment modalities, interventions, and core principles of Person Centered therapy for clinicians working with adult survivors of human sex trafficking and childhood sexual abuse. Collaborative discussion of case studies will provide an opportunity for attendees to apply these principles and design effective treatment plans for this population.

**Therapeutic alliance in digital forms of counseling**

Poonam Doshi, PhD, LMHC, LPC, NCC; Michael Tursi, PhD, LMHC; Rostyslaw Robak, PhD

The use of technology in therapy is gradually evolving in this digital age. The purpose of this round table session is to present current literature on digital and electronic modes of counseling as well as it’s relation to process factors such as therapeutic alliance on client outcomes from the humanistic theory framework. A brief presentation on existing empirical literature will be followed by a group discussion to offer participants an opportunity to explore ways to develop therapeutic relationships while using online forms of counseling.
EDUCATION SESSIONS: 4:00 PM – 4:50 PM

*Climate Change and the Denial of Death: Implications for Humanistic Counselors*

Joel Givens, PhD, LPC; Carol Cotter, LCSW; Penny Sanders, PhD, LPC

Runway 2

In the age of climate change, a client may attempt to ignore or deny the reality of a dying planet but continue to experience a pervasive sense of malaise. In this presentation, the key points of Becker’s Denial of Death (1973) will be discussed in the context of climate change and humanistic counseling practice. The presentation will include handouts, lecture points, discussion questions, and implications for humanistic counselors.

*Message and Texting and Skype, Oh My!- Navigating Connection in Online Counseling Platforms*

Elisabeth Tomlin, MA, NCC, LPC; Jonathan Benz, MA, LPCC

Runway 3

In recent years, online counseling platforms have started sprouting up at increasing rates. While there are benefits in client ease, comfort, accessibility, and learning style, counselors may find themselves unprepared to navigate the world of counseling through technology. This session will discuss elements of online therapy that are both beneficial and challenging for client and counselor, and examples of states that have established provisions for this work. In addition, various platforms and processes of online counseling (such as Betterhelp and Talkspace) shall be introduced. Presenters will engage participants in an examination of how to stay true to a humanistic, person-centered approach, even when the modality is outside the realm most of us were trained for.

*Client Experiential Avoidance and Counseling Engagement*

Michael Tursi, PhD, LMHC

Runway 4

Experiential avoidance is the refusal to feel aversive emotion; it can affect clients’ participation in counseling. This session will focus on ways that counselors can most effectively foster engagement and productive therapeutic relationships with clients with strong tendencies to avoid emotion. The impact of culture on one’s willingness to accept and express emotion will also be explored.

ROUND TABLES: 4:00 PM – 4:50 PM

*Male Survivors of Sex Trafficking: The Unseen Victims*

Anastasia Przybyla, BS; Jennifer Toof, MA; Kristy Eldredge, EdD, LPC, ACS, NCC; Susan Foster, PhD, LPC-S, NCC

Orville Table 2

This presentation will focus on specific issues faced by male survivors of sex trafficking. Participants will increase their awareness regarding male sex trafficking, learn the dangers of viewing human trafficking as an issue that
only affects females, and identify ways to advocate for male survivors. Ethical and cultural considerations will also be discussed.

“Psycho-Boom” and the Indigenization of Counseling in Contemporary China

Mengqing Shang

Scholars have named the proliferation of psychotherapeutic ideas and practices in China since the early 2000s the “psycho-boom”. The presenter will present current literature on this topic and introduce an ongoing research project on the indigenization and the dialogue between Buddhism and counseling in China’s “psycho-boom” since the 2010s. Additionally, the presenter will facilitate a discussion on the indigenization of counseling in different countries, as well as possibilities for future scholarly research and implications for practice.

Environmental Justice as Social Justice: An Invitation

Debbie Sturm, PhD, LPC

The interconnectedness of humans and our natural environment, including air, water, land, food supplies, and natural spaces, is often absent in conceptualizing social justice counseling. Participants will hear a broader conceptualization of counseling to include the interconnectedness of social and environmental justice. Summary of the research documenting the psychological impact of the natural environment on humans, policies across helping professions, and the implications of these policies and research for counselors and counselor educators.
A Creative Humanistic Approach: 15 Techniques for Working with Families in Crisis
Brande’ Flamez, PhD, LPC, NCC
Runway 1
Come join us for a hands on presentation. The presenter will demonstrate 15 experiential activities & techniques that can be implemented with families, children, and adolescents, who are experiencing severe conflicts and crises. Humanistic approaches that involve aspects of exploring emotional conflict, self-expression, discovery, and growth will be demonstrated. The presenter will also provide specific exercises that can be implemented through the various stages of family therapy including: rapport building, assessment, coping with feelings, & building social skills.

Counseling Clients with Developmental Disabilities
Christine McCrone, MS
Runway 2
Historically, persons with developmental disabilities have been marginalized and underserved. Application of humanistic principles in therapy is a powerful way to foster a positive therapeutic alliance, instill hope, and assist the client to move toward self-actualization. This presentation provides a foundation to assist counselors in gaining better understanding of the culture and systems impacting these clients. Practical considerations and appropriate treatment modifications are discussed.

Trust: THE Basic Building Block in Counseling
Diane Shea, PhD, LPC, NCP
Runway 3
In this upbeat, interactive workshop, participants will have the opportunity to experience and discuss creative ways to incorporate trust building exercises into individual and group counseling sessions as well as in counselor education programs. It is designed to emphasize the importance of trust as a basic human component in the therapeutic alliance for participants who work with multi-faith and culturally diverse clients/graduate students. The demonstrated activities will include art, music, and movement exercises. Participants will reflect on the power of the group process and brainstorm ways to adapt the exercises for their own courses or practice. Handouts will be provided.

Climate Change, Human Rights, and the Role of Counselors
Debbie Sturm, PhD, LPC
Runway 4
As the climate changes, people and communities, particularly those already marginalized populations such as the elderly, poor, disabled, children, and minorities, will be severely impacted. The United Nations declared climate change the greatest human rights threat of our times and a threat to the right to health, mental health, and wellness. We will discuss the impact of our changing climate on vulnerable populations, charge of ACA's Task Force on Climate Change and Mental Health, and the role counselors can play in becoming educated advocates.
EDUCATION SESSIONS: 11:00 AM – 11:50 AM

Recreation in the natural element: Facilitating reconnection in grief counseling
Susannah C. Coaston, EdD, LPCC-S, CWC
Runway 2
This presentation will explore recreation in nature as a supplement to traditional humanistic approaches to grief. Grieving individuals can experience a sense of disconnection and isolation following loss. Recreation in nature can positively impact mood, reduce stress, and rekindle a sense of connection with self, others, and the natural world. Attendees will consider the role of the human-nature connection in promoting holistic wellness and explore ways to integrate recreation into their grief counseling.

Cultivating Humanistic Practices in a Cross-Cultural World
Courtney Osbourne, MA, LCPC
Runway 3
In this presentation, the concept of humanism will be explored historically as well as from a present day context. Further, the role of the humanistic counselor is highlighted in relation to adaptation of their stance in a evolving and culturally diverse world.

The Human Cost of Human Trafficking
Joan Curtis, MS, LPC-IT; Amy L. Barth, PhD, LPC
Runway 4
Human trafficking is often referred to as modern slavery. Victims of human trafficking are vulnerable individuals who are coerced in engaging in sexual activities or provide labor against their will and often go unnoticed in society. This presentation will provide an overview on human trafficking, current statistics, and how to recognize the signs of human trafficking. Presenters will provide an overview of how a humanistic approach can be used by counselors, advocates, and other mental health professionals when working with victims of human trafficking.

ROUND TABLES: 11:00 AM – 11:50 AM

Help-seeking Intentions and Behavior among Asian International Students
Yiying Xiong, PhD; Yegan Pillay, PhD
Orville Table 1
An increasing number of international students from Asian countries have enrolled in the U.S. institutions of higher education (IIE, 2016). Asian international students (AISs) are reported to have severe mental health issues and low intention to seek counseling and psychological services (Han, Han, Luo, Jacobs, & Jean-Baptiste, 2013). Despite the large representation of AISs in the U.S., they have received limited attention from college health researchers (Zhang & Goodson, 2011b). Among the limited studies on this population, very few researchers have
based their results on nationwide data. Moreover, most of studies on this population included them as a homogeneous group. The credibility of the results is questionable given the diversity in this group (Sue & Sue, 2015). The purpose of this research was to explore the in-group differences (i.e. gender, academic level, marital status, etc.) of Asian international students’ help-seeking intentions and behavior based on a nationwide dataset. This program will assist mental health professionals to better understand the AISs’ mental health needs. It will also assist them in promoting help-seeking behavior of AISs and offer them strategies to provide culturally sensitive services to their AIS clients.

How Climate Change Threatens Personal Wellness

Kevin Doyle, PhD, LPC, NCC

Orville Table 2

Climate change is a global crisis that will impact individuals in a variety of different ways. As leaders prepare their communities for the environmental toll of climate change, counselors need to prepare our clients/students for the personal toll. In this presentation, we will highlight the regional and global impact of climate change, identify the threats that climate change poses to individual wellness, and develop strategies to prepare for the personal impact of this global crisis.

"Green" counseling: Integrating repurposed materials into counseling interventions

Victoria Kress, PhD, LPCC-S; Nicole Stargell, PhD, LPC; John Duggan, MA, LPC; Christina Woloch, MAEd, LPC, LICDC; Helen Starkweather, MA, MSOD, ACC

Wilbur Table 1

The use of repurposed or recycled materials in counseling interventions provides counselors with an opportunity to use unique counseling mediums while simultaneously being socially and fiscally responsible. In this session, ways that repurposed items can be used in counseling will be discussed. Practical suggestions for using repurposed items in counseling, and specific creative interventions in which repurposed materials can be used will be provided.

Counselors as social agents in this contemporary world

Kriti Vashisht

Wilbur Table 2

A 50 minutes round-table to discuss the role of mental health professionals in this dynamic and contemporary world. In this session, a special focus will be given to explore professional identity of counselor educators in this modern world. The present world is high on violence, hate crimes, racism, abuse against women and children, wars, discrimination, and other environmental changes; it requires interventions on social, political, and psychological level. I would like to talk about how much are we prepared to develop psycho-social-political strategies to help our clients and to induce love, peace, resilience, and inclusiveness in our clients, communities, and the world.
EDUCATION SESSIONS: 1:30 PM – 2:20 PM

Demand Reduction Program: The role Counselors can play
Stacy Schaffer, MPA; Torina McConnachie, BA
Runway 1
This session will cover general information about sex trafficking in the Midwest and how programs like the Demand Reduction Program that is being implemented through the University of Mary, can be used to combat this hidden crime. We will also use a humanistic approach in describing how counselors as well as other support networks can assist buyers in re-integrating back into society upon completion of diversion programs like the Demand Reduction Program.

Humanism and globalization: Irreconcilable? Or ideal partners?
Paul Smith, PhD, LPC, NCC, ACS
Runway 2
As the counseling profession continues to expand around the globe and counselors are more interconnected than ever, what is the relation of these developments to the core foundation of the profession - humanism? During this discussion, the presenter will share how globalization has altered the landscape of the counseling profession and how humanism can offer a helpful roadmap how to engage ethically and with relevance in an interconnected world.

Mindfulness for Cross-Cultural, Humanistic Counseling
David A. Johnson, PhD, LPC-S
Runway 3
With the proliferation of research indicating that contextual and relational factors account for successful client outcomes, researchers are examining how mindfulness practices can foster contextual and relational factors relevant to humanistic counseling. Drawing from the authors’ published research and the counseling literature, participants will learn how mindfulness and meditation practices can foster counselor empathy, the working alliance, and cultural competencies.

Healing through Nature: The impact of ecotherapy through the lens of the holistic model of health
Fawn Gordon, MAEd, LPC; Chase Swaney, MAEd, LPC, NCC
Runway 4
Ecotherapy a.k.a green therapy or nature therapy continues to garner attention in both the physical and mental health world due to the numerous health benefits and expanded use in practice. Connecting with nature has shown decreased hypertension and cortisol levels, and increased self-esteem. Participants will learn about research supporting nature’s profound impact on mental health and learn how to implement nature into treatment.
Welcome to Hell: Cross-cultural counseling approaches in reconstruction of meaning after child loss/death

Chaya M. Abrams, PhD, LPC, LAC; David Wyner, MA, LPCC

Orville Table 1

Child loss or death is among the most shattering of experiences to occur within the lifespan and its effects on surviving parents are everlasting (Riley et al. 2007; Worden, 2008). In fact, many researchers have concluded that the death of a child is far more devastating and intense than any other type of loss. Though many approaches of grief counseling address child loss, counselors report uncertainty and distress associated with the treatment of death and dying than with other clinical concerns (Kirchberg & Neimeyer, 1991; Servaty-Seib & Tedrick Parikh, 2014). This presentation will be conducted as a case study of a grieving father having experienced the death of his son, who is also a practicing Humanistic counselor. The presentation will introduce integration of cross-cultural theories such as Meaning Reconstruction Theory (Neimeyer, 2001), Sense of Coherence (Antonovsky, 1979, 1987), service learning in death education, and Posttraumatic Growth (Tedeschi & Calhoun, 2004) for reconstruction of meaning after child loss in counseling.

Humanism and Supervision

Tyler Wilkinson, PhD, LPC, NCC, ACS; Greg Meyer, PhD, LPC

Wilbur Table 1

Students enrolled in their clinical practicum and internship can often feel overwhelmed with the new sense of responsibility and exposure to clients’ narratives. This presentation will discuss benefits of incorporating humanistic theoretical ideas into the counseling supervision process, particularly the importance of considering the students’ phenomenological experiences as they begin to engage clients for the first time.

Supporting the Mental Health of International College Students

Elisabeth Tomlin, MA, NCC, LPC

Wilbur Table 2

This session will discuss culturally relevant factors for addressing international student clients within the college counseling setting. Barriers to treatment will be presented, as well as best practices, modalities, and creative tools to meet the mental health needs of these clients. In a higher education environment, we can utilize our inter- and intradepartmental resources and collaborative partnerships to support students to achieve their academic and self-growth goals. Additionally, a review of the literature reveals how theory and intervention can enhance counselors’ integration of knowledge and practice.
EDUCATION SESSIONS: 2:30 PM – 3:20 PM

Developing Children’s Potential and Wellness with Mindfulness-based Nature Connection Practices
Mark Stauffer, PhD
Runway 2
This session explores how mindfulness practices have been tailored for the unique needs of children in connection with nature. This is an experiential as well as informational session. Parents and counselors often want to know about effective awareness, centering, and wellness practices that honor children at various developmental stages. This program offers developmentally appropriate practices that counselors and/or parents can bring to the lives of children in connection with nature. We present practices that are novel to encourage growth of all participants.

Technology and Relationship: Virtual Battle
Nicole M. Randick, EdD, ATR-BC, LPC, NCC; Solange Ribeiro, PhD, M.A., LPC-S
Runway 3
Counselors are aware of the impact of culture in their work with clients, but little attention has been paid to generational cultural differences, especially as related to the role of technology and globalization on relationship patterns. With Millennials and Gen Zs expected to represent 70% of the population by 2030, counselors must develop skills to implement humanistic philosophy and processes in distance counseling. This round table will discuss how to infuse Adlerian concepts of encouragement, belonging, and gemeinschaftsgefühl into virtual counseling relationships.

Interventions for post-traumatic growth, optimism and resilience
Andy Brown, EdD, LPC; Jennifer Toof, MA
Runway 4
Trauma is a brain injury. The brain never fires the same after a significant traumatic event. Trauma conditions force us to scan for potential threats in our environment through a process we call neuroception. The humanistic interventions discussed in this session will allow individuals to adjust how their brain scans its environment. The result is a change in the way their brain interprets the environment which disrupts the process and allows for an amelioration of challenging traumatic symptoms. These interventions help to improve the individual’s experience where trauma is present.

ROUND TABLES: 2:30 PM – 3:20 PM

Sustainable Changes in Response to Global Conditions
Kevin Doyle, PhD, LPC, NCC
Orville Table 1
As the climate continues to change, the impact on peoples’ lives will increase. Clients/Students will need to make sustainable changes to reduce the personal impact of this global crisis, however change never comes easy. Motivational interviewing (MI) is a humanistic counseling approach that helps clients/students alleviate the ambivalence that prevents positive change. In this presentation, we will apply the principles of MI to promote sustainable change in response to global conditions.

Naïve Realism and the Phenomenological Method

Brett D. Wilkinson, PhD, LMHC; Fred J. Hanna, PhD

Orville Table 2

We explore how the phenomenological method can be leveraged in conjunction with constructivist practices to help students and practitioners alike transcend the “natural attitude” by transforming naïve intuitions into refined intuitions. We showcase similarities and differences between the approaches to clarify the benefits of phenomenology. A phenomenologically grounded writing assignment will be introduced, and a group discussion will be held on innovative ways to enrich student learning through humanistic-experiential training practices.

Cultivating Empathy for Political Diversity

Andy Felton, PhD, LPC, RPT, ADS

Wilbur Table 1

According to the ACA (2014) ethical standards, attending to issues of diversity is an important aspect of the counseling field. Counselors are often educated around racial, sexual orientation, and religious differences, however, there seems to be little focus on political diversity. This roundtable discussion will focus on the ways that we, as professionals, respond to our own and our clients’ political views and how we can be sure to address political diversity within our work.

Empathy: Addressing Cross-Cultural, Relational Factors

Joel J. Brown, MA, LPC, NCC

Wilbur Table 2

Rogers’ work related to empathy yielded effectiveness within counselor-client relationship formation, client self-awareness development, and client acceptance and/or long-term personality change. With the current social-political climate, and the oppressive, discriminatory experiences of certain marginalized populations, it may be time to re-examine how empathy can address cross-racial/cross-cultural counseling factors. I invite you to join me in an exploration of empathy, as it could be applied to cross-racial/cultural counseling relationships.
EDUCATION SESSIONS: 3:30 PM – 4:20 PM

Humanitarian Ethics in Light of The Tree of Life Massacre

James M. Hepburn, PhD
Runway 2

Emmanuel Levinas maintained that a humanitarian ethics needed to be at the center of our efforts to create meaning in life. Levinas argued that there is an ethical command to help others. This presentation will explore humanitarian ethics in light of the Tree of Life Massacre that reflects the growing trend of white supremacy and an intolerance of difference.

International Collaboration, Education, and Research: Internal Students' Unique Needs and Opportunities in Counselor Education and Supervision (CES) Programs

Amanuel Asfaw, PhD; Mastewal Seyeneh, PhD; Feven Seifu
Runway 3

Research shows that international students in US Counselor Education & Supervision programs face challenges and their counseling, supervision, and learning needs are mostly overlooked. Despite their own struggles, international students can offer opportunities for study abroad programs, international education and research collaboration, and cross-cultural initiatives. Exposing students and faculty to international conferences and workshops, teaching and counseling internships, and cross-cultural research and advocacy projects will not only reduce biases but increases cultural sensitivity and understanding.

Bibliotherapy and Photo-Elicitation

Melissa Freeburg, PhD, LMHC; Shannon Kakkar, PhD, LMHC
Runway 4

Attendees will learn about using photo-elicitation and bibliotherapy as discovered by the presenters' research. Findings indicate that it is a holistic activity that simultaneously engaged the cognitive and emotional aspects of the brain while fostering one's own identity, values, and coping skills, and allows for the alleviation of negative mental health symptoms. Findings, phot-elicitation implementation strategies, suggestions on how to foster meaningful therapeutic discussions, and the practicality of the intervention across cultures will be explored.

ROUND TABLES: 3:30 PM – 4:20 PM

Considering the Therapeutic Needs of Human Trafficking Survivors

Erin Hagen, MEd, LPCC-S; Jessica Danielson, PhD, LPCC, NCC
Orville Table 1

Human trafficking is becoming more visible in society and in the mental health field (Chung, 2009). Although societal awareness is increasing, there continues to be limited understanding of the complex needs of those
identified as survivors of human trafficking. This presentation will explore the findings and implications of original research that examined effective and ineffective counseling service delivery for human trafficking survivors.

**Authenticity and Vulnerability: Creating Humanistic Counseling Relationships**

Tyler Wilkinson, PhD, LPC, NCC, ACS; Austin Shugart, MS, LAPC, NCC; Ashley Williams, MA

Authentic therapeutic encounters should drive a humanistic counseling session. The role of the counselor’s empathy, genuineness, and authenticity can create intimate, helpful counseling interventions that can assist clients to facilitate more meaningful, quality lived experiences. The nature of this intimate encounter has an impact on both the client and the counselor. This presentation will discuss strategies for developing these authentic relationships while also holding to ethical boundaries and understanding the professional risks associated with authentic presence while respecting a client’s autonomy and phenomenologically constructed views of the world and self.

**Living Between Worlds: A Culturally & Individually Tailored Approach to Healing-Centered Care for Refugees/Displaced Individuals**

Neil Panchmatia, MS, LPC-I, NCC

The world today is experiencing an unprecedented displacement and movement of people. Social, political and economic traumas uproot individuals and families, and the United Nations High Commissioner for Refugees (UNHCR) estimates that there are currently about 67.8 million forcibly displaced people around the world in need of immediate protection and assistance. In the United States, the Trump administration’s policies has created an alarming human rights crisis within which refugees and asylum seekers are increasingly exposed to exclusion, oppression, persecution and consequent trauma. In this socio-cultural and political climate, it is well understood among counselors working with refugees and immigrants that there is a lack of adequate mental health support for refugees as they navigate the US resettlement system. The core emphasis of the system is to select individuals/families with the highest potential for “successful integration” in the US – and then bringing them over with the expectation of rapid assimilation and fiscal independence. It is within this capitalist system of selection of the fittest and the expectation of the contribution to a productive labor force that all other elements of care are neglected: the main one among these being attention to mental health disorders and the underlying experience of trauma. This explores the necessity and complexity of the work with refugees, and introduces counselors to a model of care, support and empowerment that is compassion-focused, holistic, and culturally/individually tailored. This model, called “Healing Centered Care” is designed to provide humanistic counselors with the tools to work with this vulnerable population in ways that are validating, empowering and culturally competent. This approach to care goes a step further than trauma-informed care in understanding and including the subjective lived experiences of clients, the systematic oppressions/barriers they navigate, as well as the collective trauma their families/communities experience within the work. It humanizes what otherwise leans as a clinical model of understanding and treating trauma.
Thank you to our presenters, attendees, and planning co-chairs for making the conference possible.

We hope to see you all next year May 28th-30th in Beautiful Denver for the 2020 AHC Conference!

“Raising the Question of the Meaning of Being Human in Humanistic Counseling”

Stay tuned for more information and the call for proposals