The Association for Humanistic Counseling
2014 National Conference

Friday, June 6, 2014 & Saturday, June 7, 2014
Hosted by the Association for Humanistic Counseling
Supported by the College of Education at the University of New Mexico
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The Association for Humanistic Counseling
2014 National Conference

Events At-a-Glance

Thursday, June 5th
5:00 – 7:30 pm Pre-Conference Experiential Hike – Sandia Mountains (La Luz Trail)

Friday, June 6th
8:00 AM-5:00 PM Conference Registration (Agave Room)
9:00 – 10:20 AM Conference Sessions 1 – 5
10:30 – 11:50 AM Conference Sessions 6 – 10
12:00 – 2:00 PM Lunch Break
Conference Sessions 11 – 15
3:30 – 4:50 PM Conference Sessions 16 – 20
5:00 – 6:30 PM Dinner and Keynote Address (Sandia Ballroom I & II)
6:30 – 9:00 PM After Party (Sandia Ballroom I & II)

Saturday, June 7th
7:00 – 8:00 AM Experiential Session: Yoga in the Park
8:00 – 9:20 AM Conference Sessions 21 – 25
9:30 – 10:50 AM Conference Sessions 26 – 30
11:00 AM to 12:20 PM Conference Sessions 31 – 35
12:30 – 2:00 PM Luncheon
2:00 – 3:20 PM Conference Sessions 36 – 40
3:30 – 4:50 PM Conference Sessions 41 – 45
5:00 PM Adjourn

Sunday, June 8th
8:00 AM – 5:00 PM Rail Runner (train) trip to Santa Fe Plaza & Shopping*

* To secure a spot for the experiential events, or for additional information please contact Heather Sands:
E-mail: hsands01@unm.edu
Phone: 203-858-3822
Special Experiential Sessions

THURSDAY, JUNE 5TH, 5 TO 7:30 PM
Experiential Session: Sandia Mountains (La Luz Trail – Trail 137)
Title: Experiential Hike in the Land of Enchantment
Facilitator: Heather Sands, M.S. & M.Ed., University of New Mexico
Description: The La Luz Trail is a popular hiking trail located on the west face of the Sandia Mountains near Albuquerque. The trail begins at the La Luz Trailhead and proceeds approximately eight miles to either Sandia Crest or the Sandia Peak Tramway. The hike is strenuous, with 3,775 feet (1,151 meters) of elevation gain and a grade of 12%. From the La Luz Trailhead at 7,060 feet the trail climbs 3,600 feet in 7.2 miles to the Crest’s summit at 10,678 feet. The trail allows hikers to view the flora and fauna of four climatic zones and the granite cliffs and spires native to the west face of the Sandia Mountains. It also offers excellent views of Albuquerque, the cinder cones of the Albuquerque Volcanoes, and Mount Taylor. The La Luz Trail is also home to the La Luz Trail Run.
Directions: From Interstate 25, north of I-40, take exit 234 - Tramway Road NE (Rte 556) to the east. After about 4 miles go left (north) on Forest Service (FS) 333 Road. Follow signs as the road climbs 2.3 miles to the La Luz Trailhead.

SUNDAY, JUNE 8TH, 8:00 AM TO 5:00 PM
Experiential Session: Day trip on Rail Runner (train) to Santa Fe Plaza
Facilitator: Heather Sands, M.S. & M.Ed., University of New Mexico
Description: Join us on the New Mexico Rail Runner Express, which spans 100 miles from Santa Fe to Belen through the beautiful Rio Grande Valley. Santa Fe is the oldest capital city in the United States. The Rail Runner will take you to downtown Santa Fe, where you can visit the Plaza, a National Historic Landmark. The Plaza was and remains the center gathering place in town, known as “the heart” of Santa Fe. Explore downtown Santa Fe, which embodies Spanish, Native American and Mexican cultures, including music, design, jewelry, art and dance.
Directions: Meet at the Downtown Albuquerque train station (Central SW & 1st SW) to depart to Santa Fe on the Rail Runner:
Departing Trip:
Depart Albuquerque at 8:58 AM
Arrive Santa Fe at 10:29 AM
OR
Depart Santa Fe at 8:12 PM
Arrive Albuquerque at 9:40 PM

SATURDAY, JUNE 7TH, 7:00 TO 8:00 AM
Experiential Session: Roosevelt Park (Coal SE and Sycamore SE, Albuquerque, NM)
Title: Yoga in the Park
Description: Come for free yoga in Albuquerque’s Historic Roosevelt Park.
Special Conference Sessions (Friday)

COUNSELOR EDUCATION FACULTY & STUDENT GATHERING

Time: Friday, June 6th from 12:00 – 2:00 PM
Location: Agave Room
Session Topic: Representatives from counselor education doctoral programs from across the country and potential counseling doctoral students will have the opportunity to meet and discuss their respective opportunities and interests. The design of this session will be free-form wherein representatives and potential students can meet with multiple individuals in groups and in individual conversations.

KEYNOTE ADDRESS

Time: Friday June 6, 5:00 – 6:30 PM
Location: Sandia Ballroom I & II
Speaker: William R. Miller
Title: Motivational Interviewing as a Way of Being

Speaker Brief Biography:
Dr. William R. Miller is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico, where he joined the faculty in 1976 after receiving his Ph.D. in clinical psychology from the University of Oregon. He served as Director of Clinical Training for UNM’s APA-approved doctoral program in clinical psychology and as Co-Director of UNM’s Center on Alcoholism, Substance Abuse and Addictions (CASAA). Dr. Miller’s publications include 40 books and over 400 articles and chapters. Fundamentally interested in the psychology of change, he has focused in particular on the development, testing, and dissemination of behavioral treatments for addictions. He served as principal investigator for numerous research grants and contracts, founded a private practice group, and served as a consultant to many organizations including the United States Senate, the World Health Organization, the National Academy of Sciences, and the National Institutes of Health. In recognition of his research contributions, Dr. Miller is a recipient of the international Jellinek Memorial Award, two career achievement awards from the American Psychological Association, and an Innovator in Combating Substance Abuse award from the Robert Wood Johnson Foundation. He maintains an active interest in pastoral counseling and the integration of spirituality and psychology. The Institute for Scientific Information lists him as one of the world’s most cited scientists.
Dr. William R. Miller Recent Books:


SPECIAL LUNCHEON

Time: Saturday June 7, 12:30 – 2:00 PM
Location: Sandia II
Speaker: Stephen Southern
Title: Creative Lifestyling: From Life Trauma to Self-Actualization

Session Abstract:
Adverse child events and losses later in life pose obstacles to personal growth. Creative Lifestyling is an intentional process of embracing challenges in order to construct oneself as a work of art. Hidden in the midst of life trauma and addictive survival mechanisms are solutions and resources for co-constructing meaning in life. Creative problem solving techniques will be highlighted. Participants will learn how to turn tragedy into triumph.

Speaker Brief Biography:
Dr. Stephen Southern is a Professor and the Chair of the Department of Psychology and Counseling at Mississippi College, as well as Director of the Doctor of Professional Counseling program. Dr. Southern has authored over 60 refereed scholarly journal articles, chapters, and books. He has 36 years of clinical experience in marital, couple, and family therapy, specializing in sex therapy. He was trained at Masters and Johnson Institute and served as a clinical consultant in the management of Masters and Johnson treatment programs for sexual trauma and sexual addiction in hospitals, residential treatment centers, and outpatient clinics. Southern is the past-president of International Association of Marriage and Family Counselors and has been actively involved in several other professional organizations, including the American Counseling Association. He is Editor of two professional journals, The Family Journal: Counseling and Therapy for Couples and Families, and Journal of Addictions & Counseling. Dr. Southern is the Director of the Institutes for Advanced Studies in Counseling & Psychotherapy, which offers training programs and clinical services for children, adolescents, and adults, as well as couples and families.
Conference Content Sessions
Friday, June 6th from 9 to 10:20 AM

Session 1: Sierra Ballroom I
Title: To Go to Counseling or Not? That is the Question.
Presenter(s): Meredith Drew, Ph.D., LPC, NCC, ACS Centenary College
Abstract: As professional counselors, we are models to our clients. As counselor educators, we are models to our students. As a field of counselors, we promote the value of professional counseling and the success that counseling has. Yet, we do not require counselor trainees to engage in personal counseling and many professional counselors rarely engage in personal counseling. This presentation will review doctoral dissertation research that surveyed counselor trainees and their participation in personal counseling in relation to basic clinical skills. The results, along with the implications, will be addressed to determine areas where the field may move forward.

Session 2: Sierra Ballroom II
Title: The Road to Becoming Independently Licensed: The Lived Experience of the Post Graduate Clinical Counselor
Presenter(s): Hannah Bowers, MS, LMHC, University of New Mexico
Abstract: What is the experience of entry-level clinical counselors? This presentation will propose research exploring the lived experience of entry-level clinical counselors transitioning towards gaining independent licensure. Given the supporting literature on the formation of professional development of counselors throughout the lifespan (Skovholt & Ronnestad, 2003; Skovholt & Jennings, 2005), the proposed research will focus on this transition with regards to master’s level internship experience and possible critical incidents. A multiple case study analysis will be used to enhance the individual experiences each counselor experiences. Potentially, findings could inform future practices within the master’s counseling internship.

Session 3: Sierra Ballroom III
Title: Reaching Out: Using Letters and Emails as Additional Support
Presenter(s): Javier F. Casado Perez, M.S., Pennsylvania State University
Abstract: Narrative Therapy introduced the field of counseling to the use of therapeutic letters as a source of support and encouragement for clients. Much has been written about the benefits of letter writing to clients in-between sessions, and yet it has not become a commonly known practice in the field. In today’s world, not only is there the opportunity to use letters in this way, but there is also the opportunity to use emails to the same effect. This presentation will cover the benefits of therapeutic emails and letters as supported by the literature, and ways to incorporate them into the counseling practice. It will also cover ethical implications, informed consent, and guidelines for writing.
Session 4: Ocotillo Meeting Room I

Title: Creatively Infusing Humanistic Ideals into Practicum

Presenter(s): Gregory Meyer, Ph.D.-ABD, LPC, NCC, Northeastern State University; & R. Tyler Wilkinson, Ph.D., NCC, Indiana University of Pennsylvania

Abstract: The therapeutic relationship is a key element for the success of counseling. As counseling students enter into the practicum experience, the exposure to a humanistic paradigm can greatly enhance their ability to develop a strong therapeutic relationship; as well as consider key philosophical elements to how this relationships works. This presentation will seek to explore and invite discussion related to creative ways in which counselor educators can incorporate humanistic counseling principles into the practicum experience.

Session 5: Ocotilla Meeting Room II

Title: Utilizing Motivational Interviewing and the Stages of Change to Assist Clients with Meeting Treatment Goals

Presenter(s): Martina Moore, MA, LPC, LICDC, CEAP, SAP Walden University

Abstract: This workshop teaches the basic concepts of Motivational Interviewing (MI) and the Transtheoretical Model of Change, their relationship to each other, and their usefulness in clinical practice. This training is for practicing counselors in mental health and substance abuse settings. This experiential workshop gives participants an opportunity to work with the Stages of Change and applying motivational strategies.
Session 6: Sierra Ballroom I
Title: Counseling Skills Training for Vocational Rehabilitation Professionals: A Collaborative Approach
Presenter(s): Michael Walsh, Ph.D, LPC, CRC-University of South Carolina School of Medicine
Kerry Lachance, Ph.D, LPC-S-University of South Carolina School of Medicine
Abstract: This dynamic and highly interactive presentation will explore the presenters’ experience in developing and delivering a professional training program in counseling skills for Vocational Rehabilitation professionals. Based in a theoretical framework that includes a focus on effective relationship building, this training bridges strength-based thinking and case conceptualization with enhanced communication and social negotiation skills to help counselors to develop highly effective working alliances with clients and co-workers alike. This training design is grounded solidly in humanism and Adult Learning theory, utilizing a great deal of experiential learning and processing as learning interventions. First piloted with a small group of 50 VR professionals, the presenters have now trained over 300 VR professionals, and are slated to train up to 200 additional VR professionals this year. This presentation will explore the theoretical underpinnings of the training, the andragogical methods used in design and delivery, as well as the content of the program.

Session 7: Sierra Ballroom II
Title: Evaluating Reductionism in Multicultural Training
Presenter(s): Ashley Clark, MS, NCC, DCC, Walden University
Abstract: Multicultural issues have gained an increasing focus within the professional counseling field as necessary in the delivery of ethical, professional services. Largely in part to the growing research body, many institutions have begun to integrate multicultural issues into their programs and courses. In analyzing the effectiveness of these programs, much focus has been placed on qualitative analysis. Unfortunately, this analysis may fail to address the subjective nature of the multicultural construct. An overview of the need to address these gaps in research is therefore presented.

Session 8: Sierra Ballroom III
Title: Joining Existential and Eastern Thought and Practice: What is in it for Us as Counselors and Persons?
Presenter(s): Erik Craig, Ph.D., Center for Existential Studies
Abstract: This session attempts to bring together some of the most essential features of Eastern and Western philosophically based approaches to humanistic counseling. The presentation will draw on the work of the original founders of existential counseling and psychotherapy from the West (particularly from Europe) and the mindfulness approaches from the East (Zen, Buddhism, Confucianism, and Tao), particularly as found in the work and practice of Rhee Dongshick, a Korean
psychiatrist and founder of Tao Psychotherapy. Eastern and existential thought has three important things in common. First, both forms of thought and practice offer a philosophical foundation for counseling, regardless of the theoretical orientation of the practitioner. Second, both approaches are suspicious of specific prefabricated technique in comparison to disciplined, skillful, committed being in relation to self and other. Third, both approaches make little or no essential distinction between professional ways of being and relating and what is called for in everyday personal life. Some specific topics to be addressed are the meaning and kinds of care, the nature and meaning of empathy, the importance of intense affects and our ways of dealing with them, and the meaning and relation of authenticity and compassion.

**Session 9: Ocotillo Meeting Room I**
**Title:** When Was the Last Time You Wrote to Me: Using Humanistically-Oriented Letters to Enhance Supervisees’ Supervision Experiences.
**Presenter(s):** Logan M. Lamprecht, Ph.D., PCC, NCC, Cleveland State University
**Abstract:** This presentation will introduce the practice of using humanistically-oriented letters to augment the practice of supervision with novice counselors. Qualitative research regarding the experiences of supervisees who experienced such letters in supervisory practice will be presented and recommendations for practice will be provided based on research findings.

**Session 10: Ocotillo Meeting Room II**
**Title:** Post-deployment: Is it the End or the Beginning?
**Presenter(s):** Kristin A. Vincenzes, Ph.D., LPC, NCC Lock Haven University
**Abstract:** The military is a unique culture that has many facets. One component of the military culture is deployment. Much of the past research has focused on the actual deployment stage, when the soldier serves in a war and is away from home. Recently, however, more attention is being brought to the challenges that occur for both soldiers and their families during the reintegration stage, or post-deployment. Psychological ramifications not only occur for the soldier but also the family. As we continue to learn about the consequences of war, it’s important to meet the psychological needs of spouses as well as the soldier. When a soldier serves, a family serves.
Conference Content Sessions
Friday, June 6th from 2 to 3:20 PM

Session 11: Sierra Ballroom I
Title: Embodied Grief: Honoring the Body of the Bereaved
Presenter(s): Nevine Sultan, MA, NCC, LPC-I, St. Mary’s University & Ray Wooten, PhD, LPC-S, RSMT St. Mary’s University San Antonio, TX
Abstract: Grief is a full body experience; it impacts us holistically. Many therapeutic approaches to grief favor traditional talk-oriented interventions that focus on clients’ verbal expression of their experience of bereavement. In this workshop we consider a holistic, humanistic, phenomenological approach to working with grieving clients that honors and gives voice to the full range of their lived experience. We explore the body of the client as a dynamic “event” and a source of agency and transformation, the body of the counselor as an empathic witnessing and holding space, and the intersubjective relationship between client and counselor as an embodied zone for healing, towards restoring contact between clients and their lived world.

Session 12: Sierra Ballroom II
Title: Working Toward a Cosmic Perspective: Cross-Pollinating Humanistic Counseling with Ideas from Astrophysics
Presenter(s): Sallie Freeman, PhD, LPC, Texas A&M University-Corpus Christi and Argosy University-Honolulu
Abstract: This presentation will introduce basic concepts from the field of astrophysics and propose their relatedness and applicability to the fields of humanistic counseling and psychology. The idea of cosmic perspective taking will be described, along with implications for the counseling field and, by extension, humanity in general. Hopeful outcomes of this broadening of perspective will be discussed, including humanistic premises such as meaning-making, being, interdependence, transcendence, and combining personal growth with working toward a greater good for humanity. Connections will be made to wisdom research, ecology, and existentialism.

Session 13: Sierra Ballroom III
Title: BULLSEYE! Hitting the Heart of the Relationship in Distance Education
Presenter(s): Sean Roberts, M.S CMHC NCC - Oregon State University; Chris Cleaver, MA, LPC, NCC - Oregon State University; & Krisy Elrod, MA, LMFT - Oregon State University
Abstract: In response to the need to provide additional educational opportunities to more diverse and underserved students, the use of distance education in the training of counselors continues to increase year after year. Embracing this trend while maintaining a personalized, strengths-based, relational approach is a challenge facing our profession. This presentation will reflect on best practices in distance education that promote supportive contact with students, creating a climate of trust, and intentional relationship building. This presentation includes reflections from distance learners, experiential exercises, hands-on opportunities to interact with technology, and a discussion around strategies to integrate humanistic principles into distance learning as suggested by
current research. This discussion will emphasize the need to utilize pedagogy that values experience, personalizes the methodology, invites multiple perspectives, encourages expression and conflict, and encourages process awareness. Such training will produce counselors who have a felt sense of humanistic principles.

**Session 14: Ocotillo Meeting Room I**  
**Title:** Humanistic Counseling and Bullying Prevention  
**Presenter(s):** Ruth Ouzts Moore, Ph.D., NCC, LPC, Walden University  
**Abstract:** Bullying is becoming increasingly rampant and publicized in our society, and it often leads to serious consequences for children and adolescents, such as suicide and violence. Humanistic counselors are there to provide support and guidance to children who have experienced bullying, as well as to those who engage in bullying. This presentation will provide creative strategies designed to help parents, counselors, teachers, and other helping professionals work together to reduce, cease, and prevent future episodes of bullying. This experiential workshop will provide specific techniques that can be implemented in individual, group, classroom, and family settings.

**Session 15: Ocotillo Meeting Room II**  
**Title:** Counseling Supervision from an Eco-Wellness Perspective: Fostering Professional Growth in Nature  
**Presenter(s):** Megan Speciale, MS, & Russell Pyle, MA., University of New Mexico  
**Abstract:** Counseling approaches centered on eco-wellness, or the enrichment of an individual’s overall health and wellness through feelings of connectedness with the natural environment, have been shown to promote myriad physical and mental health benefits, such as increased cognitive functioning, stress management capability, self-acceptance, and overall feelings of well-being. As such, the presenters wish to explore the utility of an eco-wellness based counseling supervision intervention, consisting of 4 primary stages: 1) an overview of the theoretical and philosophical foundations of holistic wellness and eco-wellness, 2) group experiential activities (i.e., hiking and farming), 3) self-developed student wellness plans, and 4) follow-up meetings for student feedback and personal wellness check-ins. Presentation attendees will gain insight into the theory and application of wellness/eco-wellness and explore the humanistic implications of eco-wellness based counseling supervision.
Conference Content Sessions
Friday, June 6th from 3:30 to 4:50 PM

Session 16: Sierra Ballroom I
Title: I Thought Slavery Was Abolished with the End of the Civil War? Modern Day Slavery In The 21st Century
Presenter(s): Laura Dawson, Ph.D., LPCC, LPC-S, LCDC; & Leigh Green, Ph.D., LPC West Texas A&M University
Abstract: Modern Day slavery is a 32 billion dollar a year business that impacts more than 30 million people globally. In the United States estimates indicated that at least 244,000 American children are being trafficked annually. This course will be an introduction to the business and practice of human trafficking in the 21st century. As counselors and mental health practitioners we must be aware of how to screen for a victim of human trafficking, what to do once we have identified a trafficking victim, and advocacy opportunities. As counselors we have a responsibility to fight for the dignity and rights of all humans and to be as knowledgeable as possible in dealing with issues of trauma and abuse. There is no greater human rights issue right now than the trading of human beings as commodities.

Session 17: Sierra Ballroom II
Title: Slow Counseling for Growth and Wellness
Presenter(s): Wendy Hoskins, Ph.D., University of Nevada, Las Vegas; & Randy Astramovich, Ph.D. University of Nevada, Las Vegas
Abstract: This presentation was developed to introduce counselors and counselor educators to Slow Counseling. Aligned with a humanistic and growth oriented approach to wellness, Slow Counseling is a new framework that can help clients decelerate and find balance amid the frenetic pace of living in today’s world.

Session 18: Sierra Ballroom III
Title: Grief Considerations for Adolescents
Presenter(s): Dr. Bipin Sharma Ph.D., L.C.P.C., The Chicago School of Professional Psychology; & Aaron Henn, The Chicago School of Professional Psychology
Abstract: Presentation discusses recent well publicized traumatic events affecting young adults. Acknowledges systemic preventative measures on school wide as well as community wide levels, and their possible shortcomings. Strategies for working with those who have been affected by this type of tragedy are presented allowing them to grieve and move forward.
Session 19: Ocotillo Meeting Room I
Title: Group Therapy for Partners of Substance Abusing Veterans
Presenter(s): Melanie A. Popiolek, MA, LLPC, NCC, Oakland University
Abstract: Although partners of military service members face challenges related to the service of their loved ones, few group work models have been researched to address their particular needs. This is particularly true in the treatment of substance abuse or alcoholism, where partners are often forgotten unless they also require treatment for an addictive disorder. This presentation will highlight a model of group therapy rooted in feminism that pays tribute to the unique struggles of the female partner, encouraging growth from a strength-based perspective and allowing for the exploration of the oppressive power structures that marginalize this population, both within military culture and within the context of a relationship defined by addiction.

Session 20: Ocotillo Meeting Room II
Title: Philosophical Issues in Counseling
Presenter(s): James T. Hansen, Ph.D., Oakland University
Abstract: This presentation will introduce attendees to four philosophical questions that are of particular concern to humanistically oriented counselors. A critical overview of the history and current state of mental health culture will also be presented.
Conference Content Sessions
Saturday, June 7th from 8:00 to 9:20 AM

Session 21: Sierra Ballroom I
Title: Self-Supervision Strategies for the Humanistic Counselor
Presenter(s): Amy Flack, MA PPS
Abstract: At the core of self-supervision is the concept of reflectivity as it involves understanding the ways in which one’s mental model (e.g., personal values, beliefs, expectations, assumptions, prejudices, and biases) influences internal processes during and after social interactions. Previously, the importance of reflectivity was highlighted in education by the likes of Dewey (1933). Yet, more recently, it has been introduced by counselor educators and humanists to enhance counselor development. In essence, reflectivity is an exercise whereby counselors develop their clinical wisdom and professional judgment. Shapiro and Reiff (1993) commented, ‘It is assumed that reflective inquiry by the professional practitioner and cohorts will raise the level of consciousness of the various features of one’s practice. This increased awareness, in the author’s experience, often results in spotting some inconsistencies or identifying the guiding principles of one’s arrangements and uses of personal resources and the constraints which formerly had not been entirely conscious.’ (p. 1385)

Session 22: Sierra Ballroom II
Title: From Mindfulness to Happiness - A Road Paved with Personal Meaning
Presenter(s): Zvi Bellin, Ph.D., LPCC, John F. Kennedy University
Abstract: Mindfulness practice as a clinical intervention is all the rage today. Research points to a positive correlation between mindfulness practice and happiness. This workshop will explore the concept of personal meaning as a mediating factor between mindfulness practice and happiness. Looking at meaning as a holistic concept in the writings of philosophy, theology, and psychology, we will examine how mindfulness can lead to ‘real happiness’ through the cultivation of a stable and sustainable sense of personal meaning. We will focus on how to facilitate meaning cultivation in the context of a therapeutic relationship.

Session 23: Sierra Ballroom III
Title: School Counselors and Teachers: Why Interpersonal Relationships Matter
Presenter(s): Jennifer Rogers, M.A., LMHC, University of New Mexico
Abstract: Professionals in a school are interrelated. Therefore, establishing beneficial working relationships is paramount to doing what is best for students. Carl Rogers’ posits that healthy learning environments have a strong sense of partnership and community among all members. However, there has been little examination about the process and conditions of building beneficial working relationships between school counselors and teachers. This presentation will elucidate ongoing research about these relationships and their effects on students and the school environment.
Session 24: Ocotillo Meeting Room I
Title: A Way of Being: Counselors’ Authentic Use of Self in Clinical Practice
Presenter(s): Kimberly Jayne, Ph.D., LPC, NCC, RPT; & Katherine Purswell, M.Ed., LPC-Intern, NCC
Abstract: The most important tool the counselor brings to the therapeutic hour is one’s self. Many counselors value authenticity and genuineness but struggle to fully utilize and demonstrate these principles and attitudes in session. In this experiential presentation, participants will learn how to more fully bring their authentic selves into the counseling relationship and explore obstacles to being congruent and integrated as a counselor. Participants will also discuss and practice strategies to increase their self-awareness and effectiveness as counselors.

Session 25: Ocotillo Meeting Room II
Title: A Journey Well Imagined is Well Shared: Humanistic Education in Action
Presenter(s): Michael Walsh, Ph.D, LPC, CRC University of South Carolina
Abstract: Humanistic principles are often so subsumed within our every day counseling lives that they can often be taken for granted. However, what about Humanism in Education? Have you ever wondered how to translate humanistic principles of self-direction, autonomy and the realization of human potential into actionable steps within your own teaching? This workshop will explore the how’s and why’s of designing effective evidence-based humanistic educational interventions. This workshop will focus on adult learning, but will also include several principles easily generalizable to younger learners.
Session 26: Sierra Ballroom I
Title: Dual-Ethnic Identity: An Arab-American Context
Presenter(s): Dena Elghouroury, MA, LLPC, NCC Oakland University
Abstract: Humanistic counseling is essential when developing multicultural awareness and growth. The purpose of this presentation is to expand on the humanistic perspective of multicultural competence to an often marginalized group, Arab-Americans. In reference to dual-ethnic identity, the focus will be on individuals with U.S citizenship and of Arab descent. There are many conflicting aspects related to having an Arab-American identity including political, religious, and social influences that often intertwine. As a consequence of widespread misconceptions of Arabs living in the United States, their identity as a group can seem somewhat muddled. Possible experiences of cultural dissonance, internalization of negative stereotypes, and feeling misrepresented can affect the creation of one’s identity and psychological well-being. Exploring the inner-subjective experience of an Arab-American client can help identify the individual’s beliefs apart from overarching cultural narratives. By allowing clients’ cultural stories to be heard, their subjective world can be better understood.

Session 27: Sierra Ballroom II
Title: Wellness Counseling: A Holistic Approach to Health
Presenter(s): Paul F. Granello PhD, LPCC-S, The Ohio State University; & C.J. Potter M.A., LPC, The Ohio State University
Abstract: The rise in chronic diseases is overwhelming the present healthcare system resulting in both increasing economic burdens and lower quality of care. The purpose of this presentation is to demonstrate how professional counselors have the skill-set necessary to present ourselves as part of the healthcare solution. Operating from a Humanistic paradigm inspired by the work of Abraham Maslow and others, wellness counselors conceptualize client health as more than a mere absence of sickness. Wellness Counseling is a holistic approach that gives both client and counselor an opportunity to explore the multiple domains of human existence and their connection not only for reducing illness but also for bolstering optimum health and well-being. We introduce Wellness Counseling as a practical solution for holistically assessing and treating clients. In this presentation, we will provide participants with practical suggestions on how to provide Wellness Counseling to their clients.
Session 28: Sierra Ballroom III
Title: The Orientation Model: A Dual Process Approach to Case Conceptualization.
Presenter(s): Brett D. Wilkinson, MA, University of Northern Colorado
Abstract: The orientation model incorporates four empirically-informed psychological constructs and corresponding measures of dispositional tendencies into a cohesive case conceptualization framework. Addressing individual styles of cognition, attachment, empathy, and introspection, it aims to merge relevant psychological assessments into standard counseling practice. Grounded in dual process theory and the conceptual tenets of existential psychology, the phenomenal life-world of the client is given priority above both diagnosis and categorizations. As such, the orientation model provides a means by which humanistic counselors may assess the way in which clients interpret their life experience, providing significant information on client strengths and limitations prior to treatment. The model is combined with a matrix for visualizing client-specific patterns, and can be used as a research tool for assessing demographic patterns as well.

Session 29: Ocotillo Meeting Room I
Title: Counseling Hindu Clients: An Existential Perspective
Presenter(s): Bipin Sharma Ph.D., L.C.P.C., The Chicago School of Professional Psychology; & Aaron Henn, The Chicago School of Professional Psychology
Abstract: In recent years there has been a rise in the Asian-Indian population living in the United States, which is expected to continue growing in years to come. Because the Asian-Indian culture is associated with many diverse religious affiliations it is important to distinguish the Hindu religion separately so that counselors can have a holistic view of how to properly work with this population of clients. The purpose of this presentation is to inform counselors, specifically non-Hindu counselors, of common misconceptions made when counseling the Hindu population and how to avoid common mistakes. This presentation will discuss previous counseling literature related to working with the Hindu population as well as analyze the Hindu religion as a part of Indian cultural identity development.

Session 30: Ocotillo Meeting Room II
Title: Restoring the Creative Spirit through Poetry
Presenter(s): Teresa J. Haase, PhD, LPC, ACS, Eastern Mennonite University
Abstract: Poets offer to humanity their understanding of the struggles and triumphs of the human experience. An overview of how poetry can be integrated into counselor training and therapeutic settings will be presented and participants can expect to read, discuss, and participate in creating individual, as well as collaborative poetry. In addition, participants will be invited to consider how as leaders and helpers, we ourselves need to attend to the restoration of our creative spirits and poetry serves just this purpose.
Conference Content Sessions
Saturday, June 7th from 11:00 AM to 12:20 PM

Session 31: Sierra Ballroom I
Title: Literary Reflections of Resilience: Expressive Writing as a Therapeutic Intervention for Adolescents Dealing with Traumatic Experiences
Presenter(s): Marshia Allen, LPC-S, NCC
Abstract: Expressive writing shows promise as a cost-efficient intervention to address the emotional concerns of adolescents who traditionally are unwilling or unable to engage in psychotherapy. In the therapy process, disclosing stressful or traumatic events is essential. A central tenet of all insight-oriented therapy modalities is that through psychotherapy people are able to develop a better understanding of their problems and reactions to them (Rogers, 1980). The use of expressive writing as a therapeutic tool for adolescents affected by trauma provides the opportunity to enhance their understanding of their emotional experiences and allows them to translate their experience(s) into words.

Session 32: Sierra Ballroom II
Title: Activating Student Growth: The Role of Positive Regard
Presenter(s): Katherine E. Purswell, MEd, LPC-Intern, NCC University of North Texas
Abstract: Rogers’ concept of unconditional positive regard (UPR) has been described as the curative factor in growth-promoting relationships, yet the impact of UPR in counselor education is infrequently discussed. The goal of this presentation is to engage in a discussion of how counselor educators can cultivate an environment that facilitates UPR to further activate their students’ growth potential. In this interactive presentation, participants will engage in an in-depth examination of Rogers’ necessary condition of UPR, focusing on its application to counselor education and supervision. The discussion will specifically address the difficult task of demonstrating UPR for a student while simultaneously serving in an evaluative role as a professor or supervisor.

Session 33: Sierra Ballroom III
Title: Multicultural Sensitivity in Sexual Abuse Cases
Presenter(s): Ruth Ouzts Moore, Ph.D., NCC, LPC, Walden University; & Jessica Johnson-Hewitt, MS, Walden University
Abstract: When children make disclosures of sexual abuse, many parents experience emotional distress and are unsure how to meet their child’s emotional needs. Such challenges are compounded by the fact that the dynamics of families who have experienced sexual abuse vary among different cultures. For example, many cultures believe that abuse should be handled privately, as counseling is viewed as an intrusion by a person who is unfamiliar with the family and is seeking to learn family secrets. Therefore, in order for therapy to be successful, counselors must be able to understand the family’s worldview and respect the needs of culturally diverse families. Families who have experienced sexual abuse need to process their emotions in a safe environment. This workshop will discuss ways to help culturally diverse families process their emotions related to sexual abuse, understand and respond to the emotional needs of the children, and work through painful emotions.
Session 34: Ocotillo Meeting Room I
Title: Personal Growth the Jungian Way: Promoting Individuation with the Watchword Matrix
Presenter(s): Randy Astramovich, Ph.D. University of Nevada, Las Vegas; & Wendy Hoskins, Ph.D., University of Nevada, Las Vegas
Abstract: Carl Jung considered creative self-expression to be paramount to personal growth or “Individuation”. Presenters will review basic Jungian concepts and lead participants in completion and interpretation of the insight-oriented Jungian Watchword Matrix. Application of this experiential approach in humanistic counseling with a variety of client populations will also be explored.

Session 35: Ocotillo Meeting Room II
Title: Forgetting the Self: Flow and Humanistic Counseling
Presenter(s): Joel Givens, MA LPC, University of Northern Colorado
Abstract: Mindfulness practices, according to current research and literature, offer clients opportunities to increase awareness of thoughts, feelings, and experiences in the present moment. Likewise, counselors may employ mindfulness skills to empathically attune to the client in the counseling space. Although mindfulness practices are loosely associated with Eastern religious traditions and meditative practices, the skills foster attachment to an ego, which contradicts the Zen notion of ‘forgetting the self.’ In this presentation, mindfulness will be supplemented with the Zen notion of ‘mushin’, which may be translated as ‘no mind.’ The concept of Mushin resembles the theory of ‘flow’ in the psychology literature. This presentation will highlight the ongoing interplay between mindfulness and mushin for clients in humanistic counseling contexts. Additionally, this presentation will include counseling interventions to assist clients to both increase awareness of the moment and to respond spontaneously to the present.

SPECIAL LUNCHEON
Time: Saturday June 7, 12:30 – 2:00 PM
Location: Sandia II
Speaker: Stephen Southern
Title: Creative Lifestyling: From Life Trauma to Self-Actualization

For more information about this luncheon, see page 5.

Please note that only the first 45 conference registrants will receive a ticket for access to the Special Luncheon.
Conference Content Sessions
Saturday, June 7th from 2 to 3:20 PM

Session 36: Sierra Ballroom I
Title: Increasing Multicultural Competence through Mindfulness Practices
Presenter(s): Nathaniel N. Ivers, Ph.D., LPC, NCC, HS-BCP, Wake Forest University; & Mark Scholl, Wake Forest University
Abstract: In the past few decades, the counseling profession has made concerted efforts to increase counselors’ effectiveness in working with culturally diverse clients. However, due to many factors, including the complex nature of latent culture, continued efforts are needed to discover innovative strategies for training counselors to work effectively with an increasingly culturally diverse population. There are three main goals of this presentation. First, the presenter will describe the results of an original research study that revealed a positive association between mindfulness and self-perceived multicultural knowledge and awareness. Second, the presenter will discuss implications of these results for counselor education, counseling practice, and future research. This will include ways that counselors and counselor educators can incorporate mindfulness practices into their daily routines and program curriculum to enhance multicultural competence. Third, the presenter will provide opportunities for participants to share their thoughts and questions regarding the mindfulness practices and multicultural training.

Session 37: Sierra Ballroom II
Title: Serving Those Who Serve: Counseling Student Veterans in Colleges and Universities
Presenter(s): Leigh Green, PhD, LPC, NCC, West Texas A&M University; & Laura Dawson, PhD, LPCC, LCDC, LPC-S, Eastern New Mexico University
Abstract: Currently, there are over 660,000 veterans within the United States attending post secondary educational opportunities with 329,000 utilizing their educational benefits. With this influx of student veterans returning to colleges and universities, it is vital for counselors to be prepared with both knowledge and services to manage their unique transition and identity development needs. This session will provide participants with an advanced knowledge of both of these topics as well as provide concrete strategies to implement student veteran specific services and counseling techniques.

Session 38: Sierra Ballroom III
Title: Career Counseling as Part of the Humanistic Counseling Experience
Presenter(s): Javier F. Casado Perez, M.S., Pennsylvania State University
Abstract: Career counseling has too often been seen as existing within the confines of university career services centers, or vocational rehabilitation offices. Moreover, some see career counseling as separate from professional counseling. For many, however, career is a vital part of their human experience, and we as counselors must be willing and able to invite career concerns into the counseling office. Often times, conversations about careers serve as icebreakers, but these conversations can be useful and significant ways to learn about your client.
**Session 39: Ocotillo Meeting Room I**  
**Title:** Self-Care: An Ethical Responsibility  
**Presenter(s):** Kristin A. Vincennes, Ph.D., LPC, NCC Lock Haven University; Meredith Drew, Ph.D., LPC, NCC, ACS, Centenary College; & Leandrea Romero, LMHC, Southwest Family Guidance Center and Institute  
**Abstract:** Whether you are a counseling professional, a counselor educator, or a graduate student; compassion fatigue, vicarious trauma, and/or burnout can occur. In our profession, we continuously strive to meet the needs of our clients and/or students, but often forget about our own emotional, physical, and mental health needs. This presentation will briefly discuss compassion fatigue, vicarious trauma, and burnout, with the emphasis on personal and organizational strategies to increase self-care for the working professional.

**Session 40: Ocotillo Meeting Room II**  
**Title:** Existence in Black: The Application of Existentialism in relation to the Black Experience  
**Presenter(s):** Natasha Howard, Ph.D., Tamiko Lemberger-Truelove, M.S.W., University of New Mexico, and Donnie Daggett, M.A. (sports psychology), M.A. (counseling), Argosy University  
**Abstract:** One of the key principles of existential philosophy is that existence precedes essence, therefore inverting the Cartesian doctrine into I am, therefore I think. However, for a Black existence to remain consistent with this credo, existence cannot simply be what Vontress refers to as the universal human culture wherein each person shares a single shared identity, as the Black body will consequently be reduced to a collective, and dehumanized state of being, wherefrom the black essence precedes existence. In other words, without a clear Black existential alternative, the Black body will certainly be consumed as an other into the hegemonic ubiquity of whiteness. The presenters will discuss how the experience as an other – along with the act of racialization – imposes itself upon the basic foundation of existentialism. Furthermore, the presenters will offer a rationale for Black existentialism for praxis, including implications for counseling and social change.
Conference Content Sessions
Saturday June 7th from 3:30 to 4:50 PM

Session 41: Sierra Ballroom I
Title: Mindfulness Based Counseling with Groups
Presenter(s): Mark Pugsley, LISW, PhD
Abstract: This workshop will focus on the practice of mindfulness in our own lives as a foundation to inform secular mindfulness counseling practice. The emphasis will be on learning a method to facilitate mindfulness-based groups for clients struggling with anxiety, depression, anger management and/or addiction. If you are new or experienced in such modalities as mindfulness-based stress reduction (MBSR) or mindfulness-based cognitive therapy (MBCT), this workshop will present a group model that you can incorporate into your counseling practice. The mindfulness group method presented in this workshop is designed to support clients in learning and applying a mindfulness practice in daily life along with supporting clients to respond differently to habitual, automatic or avoidant reactions to difficult cognitive and feeling states.

Session 42: Sierra Ballroom II
Title: Effects of Music on Depression: A Humanistic Approach
Presenter(s): Debolina Ghosh, MSW, MA, University of Florida
Abstract: This paper looks into the impact music has on clients with depression. The evaluation was conducted with two participants a 60 year-old and 62 year-old white male, diagnosed with major depressive disorder by a clinical social worker. However, only case A is analyzed and discussed for the evaluation on single subject design. This evaluation was conducted at the outpatient services of Northside Mental Health Center. The participant was referred to the outpatient services by the social worker due to extreme clinical symptoms of depression. The purpose of the evaluation was to explore to what extent does a 62 year-old male diagnosed with depression who participates in a 30 minute weekly music group report a decrease in depression. An AB design was used in this evaluation where three baseline points (observations) were taken for three weeks and three data points for three weeks during the intervention.
Session 43: Sierra Ballroom III
Title: The Lost Compass: The inter-relationship between faith and trauma
Presenter(s): Russell J. Pyle, MA LMHC, University of New Mexico
Abstract: Faith and trauma are intrinsically linked by reasons of mutual causation. Faith will not be defined solely in terms of the religious or spiritual experiences, but also of the psychological experience of the schema. Traumatic events are defined as those that result in an upheaval of the faith system, resulting in the deconstruction of long held, protective, psychic beliefs. The path to reconciling trauma involves a reconstruction of faith.

Session 44: Ocotillo Meeting Room I
Title: Spiritual Wellness and Finding Life Meaning for Adolescents
Presenter(s): Dana Matthews, M.A.Ed., NCC, PCC-S Walden University; & Tiffany Crayton, M.Ed., LPC-S Walden University
Abstract: Wellness is described as a person taking an integrated and holistic approach in maximizing his or her potential (Spurr, Bally, Ogenchuk, & Walker, 2012). Spiritual wellness is important in helping clients maintain their overall well-being and health (Briggs & Shoffner, 2006). Spiritual wellness helps individuals explore life meaning. According to the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) (2009) counselors are able to address spiritual and religious needs of clients. Spiritual practices have been used as interventions in helping adolescents cope with death and discovering life meaning and purpose (Edgar-

Session 45: Ocotillo Meeting Room II
Title: The Dawn of a Dialectical Humanism: An Approach to Reconcile Humanistic, Postmodern, Contemplative, and Social Justice Ideologies and Praxis
Presenter(s): Matthew Lemberger-Truelove, Ph.D., University of New Mexico
Abstract: The presenter will offer thoughts on a meta-paradigmatic humanistic approach conceived to harmonize the longstanding epistemological conflicts between humanistic, postmodern, contemplative (mindfulness-related) and social justice ideologies. While the presenter maintains that radical expressions of these ideologies might remain incompatible, he will argue that the assumed lacuna between these systems are largely exaggerated. To reconcile the assumed divide, the presenter will submit a postmodern form of humanism called dialectical humanism, including an explication of philosophy and suggestions for counseling praxis. The basic thesis for dialectical humanism emerges out of the study of personal and social anosognosia. In this way, the measure of being is neither social nor personal alone, instead it relates to the perceived magnitude of a relational being who has the courage to act on the world in and beyond counseling.
For additional information about Albuquerque and the sights below, please see visitalbuquerque.org

**Albuquerque BioPark** (i.e., Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo and Tingley Beach [fishing lakes]).
Phone: (505) 764-6200
bioparksociety.org/riograndezoo

**Albuquerque Museum of Art & History**
albuquerquemuseum.org

**Balooning**
Albuquerque is considered the “Hot Air Ballooning Capital of the World”, offering superb year-round ballooning conditions. It’s the perfect place to embark on truly memorable balloon ride.

**Downtown Albuquerque**
If you’re looking for a nightclub in Albuquerque, visit Downtown for pubs, breweries, wine bars, restaurants, billiards and Albuquerque dance clubs, which are clustered in walkable areas. Find everything from tango and salsa dancing in Albuquerque to live theater performances, and a wide variety of live music and concerts.

**Historic Old Town**
Take a walk through history around Albuquerque’s Old Town, the serene village that has been the focal point of community life since 1706. Quiet hidden patios, winding brick paths, gardens and balconies are waiting to be discovered. Wrought iron and adobe benches beckon you to rest in the shade and watch people stroll by. Visit historic San Felipe de Neri Church and relax in the Rose Garden. Shopping in Old Town is a truly delightful experience. Unique items from around the world, as well as those that are distinctly Southwestern, can be found in more than 150 shops, boutiques, galleries and artist studios.

**Indian Pueblo Cultural Center**
The Indian Pueblo Cultural Center is the official cultural interpretive center for New Mexico’s 19 Pueblo Indian tribes and presents the tribe’s rich and enduring history year round, through its permanent collections, changing exhibitions, and cultural education programs.
Address: 2401 12th St NW, Albuquerque, NM 87104
Phone: (505) 843-7270
Hours: 9:00 am – 5:00 pm
indianpueblo.org
National Hispanic Cultural Center
A world-class center for Hispanic arts and culture featuring an art museum, a state-of-the-art performing arts complex, a library and genealogy center, a restaurant and gift shop. Enjoy art exhibitions throughout the year and celebrate Hispanic traditions through various festivals and celebrations including Cinco de Mayo and Día de Muertos (Day of the Dead). The Center’s facilities are also available throughout the year for private and corporate events. The NHCC is part of the Department of Cultural Affairs.
Address: 1701 4th St SW, Albuquerque, NM 87102
Phone: (505) 246-2261
Hours: 8:00 am – 5:00 pm
nhccnm.org

Nob Hill
Nob Hill is a vibrant district bursting with eclectic shops, swank dining, and chic nightspots. Route 66 neon signs and architecture combined with predominantly locally-owned shops, galleries and restaurants make Nob Hill a hip and fashionable area located just east of the University.

Paseo de Bosque Trail
The Paseo del Bosque is a beautiful multi-use trail system. Open to bicyclists, walkers, runners, people with wheelchairs, in-line skaters, equestrians, families with strollers, among others.
cabq.gov/parksandrecreation/open-space/lands/paseo-del-bosque-trail

Sandia Peak Aerial Tramway
Experience the rugged rock escarpment and deep canyons of the Sandia Mountains. See nature’s beauty unfold as you ascend 2.7 miles to 10,378 feet for an 11,000 square mile view of New Mexico.
Information Line Tramway: 505-856-7325
Group Rates for 20 or more: 505-856-6419
Sandia Ranger Station: 505-281-3304
Hours: open daily 9am to 8pm except Tuesdays open 5pm to 8pm
sandiapeak.com

The Volcanoes-Petroglyph National Monument
Petroglyph National Monument is alive with the sights & sounds of the high desert- a hawk spirals down from the mesa top, a roadrunner dashes into fragrant sage, a desert millipede traces waves in the sand. The monument contains more than 20,000 images pecked in stone. Some are recognizable as animals, people or crosses & other more mysterious. All are inseparable form the landscape & from the spirits of the people who created them. The images carved onto these black rocks provide an opportunity for people today to share the cultures of those who long ago inhabited & traveled through the Rio Grande Valley.
nps.gov/petr/planyourvisit/volcanoes.htm

Come join our local Humanistic colleague Russell Pyle and his band the Porter Draw
Friday, June 6th at 8:00 PM at Marble Brewery (111 Marble Ave NW, Albuquerque, NM.)
Telephone: 505-243-2739
marblebrewery.com