



# NCCA 2018 Annual Conference

“Integrating and Accelerating: The Future of Professional Counseling”

Wednesday, January 31, 2018; Thursday, February 1, 2018; Friday, February 2, 2018

**Wednesday, January 31, 2018**

**9:00 a.m.- 12:00 p.m. Pre-Conference Sessions (Select One):**

**Title:** Transitioning from the DSM-IV-TR to the DSM-5: What Professional Counselors Need to Know

**Bio:** **Dr. Nicole Stargellis** is an Assistant Professor in the Department of Educational Leadership and Counseling. She serves as the Field Placement and Testing Coordinator for the counseling programs and Chapter Faculty Advisor of the Phi Sigma Chapter of Chi Sigma Iota. Dr. Stargellis is a Licensed Professional Counselor and Licensed School Counselor, as well as a Nationally Certified Counselor. Her specialty is counseling children and adolescents, and she also works with grief and loss issues.

**Presentation Overview:** The DSM has been used as a guide for counseling conceptualization and treatment planning since 1952. The most recent edition of the DSM includes newly-added diagnoses, deleted diagnoses, name changes, criterion shifts, non-axial coding procedures, emerging measures, and updated ICD codes. Counselors who diagnose and treat mental and emotional disorders should be apprised of the newest DSM content and should be able to apply it in practice. Through interactive lecture and case study application, participants will gain knowledge, receive useful handouts, and exercise their abilities to use the DSM in their professional practice.

**Title:** Building Healthy and Strong Bonds between Parent and Children who have Experienced Relational Breaks through Child Parent Relationship Training (CPRT)

**Bio:** **Dr. Kristie Opiola** is an assistant professor and assistant director of the Multicultural Play Therapy Center at UNC-Charlotte; and a licensed professional counselor and registered play therapist who specializes in play therapy and CPRT. Dr. Opiola has 5-years of experience for counseling children and families who have experienced interpersonal trauma.

**Presentation Overview:** Child Parent Relationship Therapy is a parenting model with a strong research base to support its effectiveness. This approach is particularly suited for families with varying aged children, and focuses on enhancing the parent-child relationship and empowering parents to make a significant difference in their family’s functioning. This session provides rationale and empirical support for CPRT as an intervention for children who have experienced attachment breaks. Participants will explore the developmental and neurobiological benefits as well as the challenges of using CPRT with this population.

*(continued)*

**1:00 p.m.- 4:00 p.m. Pre-Conference Sessions (Select One):**

**Title:** Supervision: Keeping it Real

**Bio:** **Dr. Shannon Warden** graduated from Wake Forest University with her MA in Counseling in 1998. After 8 years of practice, she attended UNC Greensboro, where she earned her doctorate in Counseling and Counselor Education in 2009. Shannon has spent the years since teaching full-time as a counselor educator in the Wake Forest University Department of Counseling. As part of her duties there, she supervises practicum students year-round. She also counsels part-time outside of Wake Forest and supervises LPCAs.

**Presentation Overview:** This session will include typical elements of supervision workshops (i.e., coverage of supervision theory, use of technology, ethical practice, licensing board requirements for supervision) but will also invite small and large group discussion of practical methods for enlivening supervision and meshing together the supervisor's and supervisee's personalities and contexts for the supervision long haul. As a bonus, we'll explore and apply metaphor as it relates to supervision. And, we will incorporate simple but useful case studies to help stimulate thought and conversation. Beyond these take-homes, attendees will have the opportunity to reflect on and celebrate their good work and look ahead to upcoming supervision opportunities with renewed energy and hopefully fresh ideas generated during the workshop.

**Title:** Individuals in Same-Gender Couples' Experiences of Outness: Findings and Implications Surrounding the Impact of the Closet on Connection

**Bio:** **Dr. Whitney P. Akers** is an Assistant Professor in the Department of Educational Leadership and Counseling. Her research interests center on the ways in which people who identify as LGBTQ experience outness and how intersections of queerness and race, class, ability, spirituality, and ethnicity influence mental health and wellness. She is a Nationally Certified Counselor and an Approved Clinical Supervisor.

**Presentation Overview:** This pre-conference session will involve the sharing and discussion of results from a study in which the presenter used a photo voice methodology to explore individuals in same-gender relationships' experiences of outness in adult romantic relationships. Through lecture, experiential activity, and discussion, the presenter will share visual and thematic findings as well as implications for counselors, counselor educators, and counselor researchers in work with LGBTQ populations.

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