Schedule of Events

7:30am — 8:45am  Registration and Breakfast  Cate Center Lobby

8:45am—9:00am  Welcome  Kresge Auditorium, Cate Center
 Sheena Jacobs, NCCDA Past President

9:00am—9:45am  Opening Keynote  Kresge Auditorium, Cate Center
 Dr. Patrick Jeffs, Licensed Professional Counselor and Co-owner, CFO, and Somatic Psychotherapist, NC Center for Resiliency (NCCR)
 Dr. Patrick Jeffs, PhD, LPC, SEP is a Resiliency Trainer, Coach, and Consultant. He has worked at the intersection of research, clinical application and business for 15 years in various settings and capacities. He co-founded and is CFO of NC Center for Resiliency, PLLC in Chapel Hill, NC. In addition to his clinical work, he serves as adjunct faculty and has been an invited speaker to a variety of professional organizations.

9:45am—10:00am  Break & Networking  Cate Center Lobby/Harris Hall

10:00am—10:45am  Breakout Sessions  Harris Hall

Walking the Tight Rope - Balancing Personal and Work Objectives  Harris Hall, Room 208
 Terri Sanchez, Teacher, Cumberland County Schools
 Have you ever wondered what it would be like to meet all of your professional and personal goals? Workers today are either successful at one or the other but rarely both. This session will deal with the issues that keep today’s workers from keeping business and personal objectives in balance and provide strategies to successfully keep that perfect balance.

Ethical Considerations of Online Counseling  Harris Hall, Room 110
 Online Counseling  .75 NBCC Clock Hours
 Jessica Bullock, Therapist, Life Options Counseling Services
 If you are a professional looking to provide online services, this session will equip you with the tools necessary to understand the ethical considerations for providing telemental health. Additionally, participants will understand what should be included in an Informed Consent for Online Practice and what it should entail.
Inspiring Growth & Change Among Students and Professionals

Jennifer Levy, Assistant Director, Duke University Career Center
Rachel Coleman, Associate Director, Duke University Career Center

This interactive session will highlight strategies that promote resilience and growth in three main areas: individual counseling, programming and staff development. We will highlight recent programs where we teach students skills so they can continuously grow and improve. A seasoned career counselor will also walk through scenarios highlighting tools such as thought records and journaling during individual counseling sessions so that you can help your students/clients improve their mindset. Finally, participants will learn and discuss the goals and activities of our Career Center’s Wellness Committee, which takes a holistic approach to wellness for its staff members.

10:45am—11:00am  Break & Networking

11:00am—11:45am  Breakout Sessions

What Does it Take to Be a Career Savvy Mama
A Workshop on Values Driven Employment
Satisfaction in Mothers

Linda Whited, Career Coach, Wake Forest University

According to Gallup, a mother’s children are the greatest competition for the working world today. While as career practitioners we don’t directly impact an organization’s culture, we can affect the individual. This workshop shares important information on mothers in the workplace and trends for 2020. It will also cover how they can advocate for themselves, be creative about their search process and be clear on what they want and need in their working lives. Linda Whited, mother of 2 and career coach will share strategies for working with this population in career exploration as well as the job search.

Building Resilience in Students:
Strengths-Based Philosophy and Practice

Beth Hwang, Assistant Director, StrongPoints, Meredith College
Flannery Clair, Career Development Coordinator, Meredith College

In today’s college student population anxiety, depression, low self-esteem, and poor decision-making skills are rising in profound numbers. In this session, we provide real-world, tangible strategies for building resiliency, a growth mindset, and positive change in one-on-one counseling/coaching relationships through a strengths-based coaching philosophy. Highlighting current research that supports the use of strengths-based approaches in career counseling/coaching, while also sharing outcome data from our own campus that offers insights on the efficacy strengths-based practices provide. In this interactive session, we prompt participants to discuss current issues, strategies, and experiences of their own.

Outcomes of a Career Development Intervention For Ex-Offenders

Mark Scholl, Associate Professor, Dept. of Counseling, Wake Forest University
Jason Perry, Associate Director, Goodnight Scholars Program, NC State University
Brian Calhoun, Associate Professor, Dept. of Education, Wake Forest University
Heidi Robinson, Assistant Professor, Dept. of Counseling, Wake Forest University

The presenters investigated the outcomes of a career development workshop series for 12 ex-offenders. Following completion of the series, participants completed a questionnaire consisting of 6 open-ended items. The four authors examined participants’ responses in a manner consistent with the phenomenological research tradition (Moustakis, 1994). Results indicate that participants benefited with regard to their career development and with regard to areas outside of the career realm (e.g., enhanced self-concept, ability to describe a new identity). The latter gains are consistent with enhanced resilience (e.g., Lewis, 2012) and a cognitive transformation predicting successful reentry (Liem, 2016; Giordano et al., 2002).
11:45am—1:30pm  Lunch & Board Meeting  Belk Dining Hall, West

1:30pm—2:15pm  Lunch & Board Meeting

Breakout Sessions  Harris Hall

Helping Clients Counteract Ageism in the Job Search  Harris Hall, Room 208  .75 NBCC Clock Hours

Pamela Karr, Certified Professional Retirement Coach, Wake Forest University (Retired)
Is age discrimination making finding a new job harder for your older clients? Studies say “yes”, but proving it is age that is holding a client back is almost impossible. This session focuses on best practices that can counteract ageism in the job search.

What Should I do When I Grow Up? Building a Career Information System to Help North Carolinas Define, Change, and Navigate their Own Career Path  Harris Hall, Room 110  .75 NBCC Clock Hours

Jeffrey DeBellis, Director of Economic & Policy Analysis, LEAD, NC Dept. of Commerce
Our economy is rapidly changing. To succeed, students need to have a clear understanding of their career options and personal goals, understand the current and future job market, and continuously build a skill set that employers value. The future NCcareers aims to be North Carolina’s one-stop source for high quality tools, labor market information, and connections to education and workforce resources. Preview what’s coming, how it might impact your work, and how you can still help shape it.

Uncle Sam, I Would Like a Job  Harris Hall, Room 214  .75 NBCC Clock Hours

Emily Gomez, Manager, Federal Sector Program, Hire Heroes USA
The Federal Government is a huge employer, in some states it IS the number one employer. But, the process can be challenging for both applicants and those who offer career guidance. As a counselor who works with federal job seekers exclusively, Ms. Gomez is uniquely positioned to share tips to break down the process into manageable pieces and not overwhelm our clients as they begin to invest their time into the process. This session will share five recommendations that will assist job seekers interested in federal sector employment, with handouts and talking points you can use as a coach.

2:15pm—2:30pm  Break & Networking  Harris Hall/Cate Center Lobby

2:30pm—3:15pm  Closing Keynote  Kresge Auditorium, Cate Center  .75 NBCC Clock Hours

Dr. Alan Mueller, Ed.D., Ed.S., Assistant Dean of Students for Student Activities, Leadership, and Intercultural Education, Salem College
Dr. Alan Mueller, Ed.D., Ed.S., is a native of North Carolina. He holds a B.A. in Philosophy & Religion, an M.A. in College Student Development, an Ed.S. in Higher Education Administration and a Doctorate in Educational Leadership. He has presented and published regionally and nationally on a variety of topics including leadership, experiential education, intercultural student development, and values-based education. Dr. Mueller will focus on how we can live our best lives and promote an attitude of growth.

3:15pm—3:30pm  Closing Remarks  Kresge Auditorium, Cate Center

Deanna Knighton, NCCDA President
The North Carolina Counseling Association (NCCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2034. Programs that do not qualify for NBCC credit are clearly identified. The North Carolina Counseling Association (NCCA) is solely responsible for all aspects of the programs.
Keynote Presenter Bios

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Congratulations & Welcome to the 2019 NCCDA Graduate Scholarship Recipients!

Kelsey Hines — NC Central University
Laura Malonado — NC State University
Beth Swiatek — University of North Carolina at Chapel Hill