North Carolina Association for Specialists in Group Work
Virtual Conference

June 19, 2020
8:30 AM - 1:00 PM

Group Work 2020: Dynamic and Diverse

“If you want to go fast, go alone. If you want to go far, go together.”

African Proverb

Co-sponsor: North Carolina A&T State University Department of Counseling
June 11, 2020

Dear Colleagues:

Welcome to the North Carolina Association for Specialists in Group Work (NCASGW) Virtual Conference. Our theme is Group Work 2020: Dynamic and Diverse. From the K-12 settings, to behavioral health programs, to college counseling centers and beyond, group work is vital to the support and growth of the individuals whom we serve. Through this virtual conference, NCASGW seeks to support group work and celebrate it as one of the most important tools in the counselor’s toolbox.

It is no less than amazing that in the weeks leading up to this conference, long before the recent national discussion about social justice and renewed commitment to diversity, all the conference proposals submitted for this event focused, in some way, on diversity and social justice. As counseling professionals in North Carolina, this speaks volumes about where we are in our drive to be on the cutting edge of multicultural awareness and competence.

If you already belong to NCASGW, thank you for your support. Our courage to undertake this effort rests on your support of the NCASGW group. If you do not belong to NCASGW, thank you for reaching out to these presentations and agreeing with us that group work matters.

Because of you, NCASGW is able to provide four (4) hours of no-cost continuing education around group work. In return, we asked you, the conference attendees, to pay it forward to an organization of your choice supporting that group with what would have been the registration fee. As a result, at a time when there is so much need, the NCASGW virtual conference has become a vehicle for support of organizations that make a difference all across North Carolina. Please see a partial list of benefitting organizations at the back of the program and registrations are still coming in.

Finally, we hope that you will join NCASGW if you have not already. Group work is an essential part of client services and together, NCASGW supports group work.

Thank you.

All the best,

Patricia Whitfield

Patricia Whitfield, Ed.D.
President
North Carolina Association for Specialists in Group Work
<table>
<thead>
<tr>
<th>Time</th>
<th>Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:45 AM</td>
<td>Login</td>
</tr>
<tr>
<td>8:45 - 9:00 AM</td>
<td>Welcome About the Conference Patricia Whitfield, President NCASGW</td>
</tr>
</tbody>
</table>
| 9:00 - 9:50 AM | **Group Counseling with Clients in Severe Psychiatric Distress**  
**Presenter:** Brittany Wake, LCMHCA, NCC  
**Abstract:** Clients experiencing severe and/or persistent mental health challenges endure significant obstacles related to marginalization, in addition to those posed by psychiatric crises themselves. This experience of marginalization is often compounded by intersectional dynamics related to other minoritized identities including race, gender, and class evidenced by disparities in diagnoses and health outcomes. Despite the professional commitment and obligation of counselors to engage in practice that centers equity, diversity, and inclusion, many of us participate in the oppression of this demographic through (un)conscious preferences for clients traditionally perceived to be socially desirable, or so-called YAVIS clients. The concept of ideal counseling clients being those who are perceived to be Young, Attractive, Verbal, Intelligent/Insightful, and Successful is easy to reject on principal, though this pro-oppressive ideology and others like it become visible in practice, particularly in the context of group work. This session will dismantle narratives suggesting that those in active crisis are not viable candidates for group counseling and provide strategies for process orientation. |
| 10 - 10:50 AM | **Boyz n the Hood: A Group Counseling Approach**  
**Presenters:** Dr. Paige Dunlap, LCMHC-S, CRC, NCC, ACS, PVE, IPEC and Dr. Glacia Ethridge, LCMHCA, LCAS-A, CRC, NCC  
**Abstract:** Fear and negative stereotypes of various populations pervade beliefs, understanding, and expectancies daily. Perpetuated by lack of information and uncertainty, counselors may find themselves combating biases while serving clients who trigger these fears. This primer explores the origin of fear of crime and how it manifests in the group counseling process. Stereotypes based on race and ethnicity are vastly researched and are an influential determinant of out-group perception which can lead to fear of various groups. The media has played a large role in the general public’s opinion of crime, victims, and law enforcement. Research has shown that general knowledge about crime was gained through the media coverage. It is this consistent portrayal of negative images of crime that
have been thought to shape the sense of fear of crime in the general public. So how might these stereotypes influence a counselor’s ability to maintain group cohesion in a group counseling session? This presentation will include case studies and discuss strategies for success in both open groups and groups of criminal populations only.

**11:00 - 11:50 AM**

**Interdisciplinary Group Work Focused on Social Justice**

**Presenters:** Jeff D. Wolfgang, Ph.D., LMHC, Valerie Jarvis McMillan, Ph.D., Deana McQuitty, Ph.D., Sharita Williams-Crossen, Ed.D., Deja’ Moses, and Imani Carter

**Abstract:** A discussion on interdisciplinary group use of task and process while achieving a social justice approach to community research and service delivery (Lockhart, 2017). A team of early childhood educators, speech language pathologists, and counseling professionals collaborated in order to develop treatment practices that were socially just and culturally responsive (Aldaronado, 2007). Utilizing a strong humanistic theoretical perspective, the task and process groups facilitated the meeting of organizational, children, families, and community needs (Corey, M. S., Corey, G., & Corey, C., 2018). This model invited dialogue which enhanced our here-and-now factors and interpersonal contexts of the researchers to facilitate a collaborative, productive, and successful research group. We will discuss how the research group moved through stages of the group process to achieve success (excitement, resistance, sharing, development of new knowledge, and awareness). We will discuss how our work with the community has fostered culturally responsive practices to overcome oppressive and dehumanizing social conditions within the early childhood delivery system. We will discuss our interdisciplinary work focused on the greatest levels of equity, access, participation, action, and harmony (Wolfgang, 2018). We will discuss lessons learned for our process and goals we have to continue this group task and process work.

**12:00 - 12:50 PM**

**Culturally Inclusive Child-Centered Group Play Therapy**

**Presenter:** Lauren Chase, LMHCA, MS, NCC and Rebecca Blanchard, LCMHCA

**Abstract:** Generally, the diversity in the United States is increasing. Between 2000 and 2010, the Hispanic population grew by 43% (US Census, 2011). Presently, the Non-Hispanic White population of children is at 50% and anticipated to decrease in the following years (US Census Bureau, 2019).

Child-centered play therapists are challenged to meet the changes in the racial makeup of children in the United States. These changes cite the needs for play therapists to be mindful of social justice, advocacy, and to be able to acknowledge multicultural strengths and weaknesses of their
counseling approach. This presentation will discuss the basics of Child-Centered Group Play Therapy (CCGPT) and the needs of diverse cultures regarding CCGPT. This presentation makes the case that CCGPT is culturally inclusive and will provide techniques to increase multicultural competence for clinicians and help advocate for their clients from diverse cultural backgrounds.

12:50 - 1:00 PM  Conference Wrap-Up (conference evaluation, reflection, and next steps for NCASGW)

### About the Presenters

**Rebecca Blanchard** graduated from UNCC’s Clinical Mental Health Counseling program with a concentration in play therapy. She is currently a clinical therapist and play therapist in Charlotte, NC. Her research interests include play therapy, filial therapy, self-compassion, and emotion regulation. Recent projects of hers have been centered around promoting family cohesion and family functioning in relation to self-compassion and child-parent relationship therapy.

**Imani Carter**, Candidate, Master of Science, Clinical Mental Health Counseling, Department of Counseling at NC A&T SU, and is a **Project LLIFE Instructor Facilitator**. Imani Carter has a B.S. in Psychology at NC A&T SU. Imani’s clinical and research focuses on African American childhood traumatic stress concerns and women’s wellness.

**Lauren Chase**, LMHCA, MS, NCC is currently working towards a Ph.D. in Counselor Education and Supervision at the University of North Carolina at Charlotte in Charlotte, North Carolina. Lauren is a Licensed Professional Counselor Associate (NC) and a National Certified Counselor. Lauren holds a master’s degree in Clinical Mental Health Counseling from Georgia State University and bachelor’s degree in psychology from University of West Georgia. Lauren is currently a graduate assistant at the University of North Carolina at Charlotte. Lauren’s education and professional career have been focused on culturally responsive child-centered play therapy with children and families. Lauren has worked in a variety of settings, including community mental health, high school, university disability services, homeless shelter, and residential facility. She has won awards for her commitment to the field of suicide prevention and for promoting creativity in the counseling field. Her research interests center on trauma, play therapy, and multicultural issues.

**Paige N. Dunlap**, Ph.D., LCMHC-S, CRC, NCC, ACS, PVE, IPEC is an Associate Professor at North Carolina A&T State University. Her research focuses on aspects of Rehabilitation
Counselor Education including counselor supervision, transition-age youth with disabilities, and multicultural issues. Specifically, she has published several articles on the rehabilitation counseling implications of providing services to gang members and other criminal populations with disabilities. Dr. Dunlap is the owner of Dr. Paige Dunlap and Company, PLLC where she provides counseling, vocational expert testimony, and vocational evaluation services. She currently serves as the American Rehabilitation Counseling Association's Governing Council Representative to the American Counseling Association. She has secured more than $2.5 Million grant funds and was recognized as one of the Triad Business Journal’s Top 40 Leaders under 40 for 2018.

**Dr. Glacia Ethridge** is an Associate Professor in the Department of Counseling at North Carolina Agricultural and Technical State University. She currently serves as the Program Coordinator of the Mental Health-Rehabilitation Counseling program and the Rehabilitation Counseling and Behavioral Addictions certificate program. She holds several licensures and certifications. Her research interests are in the areas of social justice, disability, addictions, offenders, school-to-work transition, and career barriers.

**Valerie Jarvis McMillan**, Ph.D., Associate Professor, Child Development Early Education and Family Studies at NC A&T SU, and is the Project LLIFE Lead Principal Investigator. Dr. McMillan is licensed in early education (B-K), elementary education (K-6), and school counseling (K-12) and presents at the local, state, national, and international level that focused on the care, education and support of diverse young children and their families.

**Deana Lacy McQuitty**, Ph.D., Associate Professor and researcher, Department of Administration and Instructional Services at NC A&T SU, and Project LLIFE Co-Principal Investigator. Dr. McQuitty is a licensed speech language pathologist and presents at local, state, and national levels on research focused on child and adult language disorders ranging from articulation, autism, receptive and expressive language deficits and neurogenic communication in underrepresented populations.

**Deja’ Moses**, Candidate, Master of Science, Clinical Mental Health Counseling, Department of Counseling at NC A&T SU, and is a Project LLIFE Instructor Facilitator. Deja’ Moses has a B.S. in Psychology from Towson University. Deja’’s clinical and research focus is African American children and adolescents and their families around trauma and grief.

**Brittany M. Wake** is a Nationally Certified Counselor and Licensed Clinical Mental Health Counselor-Associate in North Carolina. In addition to completing her doctoral studies in Counseling and Counselor Education at NCSU, Brittany provides anti-oppression individual and group counseling to community members in Raleigh, NC. Brittany’s previous work experience has included providing group counseling as a primary treatment modality to individuals experiencing severe psychiatric crises.

**Sharita Williams-Crossen**, Ed.D., Adjunct Professor, Department of Administration and Instructional Services at NC A&T SU, is the Project LLIFE Project Coordinator. Dr. Sharita Williams-Crossen is a nationally licensed speech language pathologist and has provided
speech-language therapy services to children, adults, and families with various speech and language disorders including autism, apraxia, articulation/phonological disorders, fluency disorders, and language-based disorders.

**Jeff Wolfgang**, Ph.D., Assistant Professor and researcher, Department of Counseling at NC A&T SU, and is a **Project LLIFE Co-Principal Investigator**. Dr. Wolfgang is a licensed mental health counselor and presents at the local, state, national, and international level on research focused on effects of traumatic stress, cultural hegemony in education, and multicultural social justice competencies in research methodologies and procedures.

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**Paying It Forward**

Organizations Supported by Participants of the NCASGW Virtual Conference

Angels and Sparrows Soup Kitchen – Huntersville, NC
American Foundation for Suicide Prevention NC Chapter
    American Red Cross – Fayetteville, NC
    Appalachian State University – Boone, NC
    ASPCA
    Bread of Life Food Pantry – Greensboro, NC
    Brookdale Senior Living – Greensboro, NC
    Calvary Kids Academy – Greensboro, NC (4) *
    Caterpillar Ministries – Huntersville, NC
    CERC – Raleigh NC
    Charlotte Center of Hope
    Christian United Outreach Center – Asheboro, NC
    Chowan University
    Conversations for Good – Nationwide 501 (c)(3)
    Empty Tummy – Shelby, NC
    Elevation Church – Greensboro, NC
Family Service of the Piedmont - Greensboro NC (2) *
Gardner-Webb University
Highlands Community Care Clinic – Highlands, NC
Hospitality House – Boone NC
Howard Hall Elementary – Fayetteville, NC
Kidron Brook Ministries, Inc. – Kernersville, NC
Montreat College – Black Mountain, NC
Mt. Pleasant Food Ministry – Mt. Pleasant, NC
North Carolina State University - Raleigh, NC
Promise Place – New Bern, NC
Resiliency Consultants and Therapeutic Techniques – Charlotte, NC
Ridge Youth – Mills Spring NC
Sampson County Schools – Clinton, NC (2)
TABLE – Carrboro, NC
The Linster Group, LLC – Greensboro NC
United Way, Reidsville, Rockingham County, NC
WNC Rescue Mission – Asheville, NC

* number of supporters

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**Support Group Work in North Carolina**

The North Carolina Association for Specialists in Group Work (NCASGW) welcomes new members to join and support group work through active service. If you are passionate about group work and have time to give, NCASGW is the place for your passion. Get active today. For more information, go to the NCCA website (to join) and contact Patricia Bethea Whitfield, NCASGW President, at betheap@ncat.edu about leadership opportunities.