Wellness Symposium 2015
Presentation Abstracts and Presenter Information

Thursday, May 14 Morning Sessions:

8:15AM-10:15AM  “Experiential Group Therapy”: Rick Pongratz, Ph.D.
Experiential activities can provide clients with broader perspective on their concerns as well as elicit more involvement in the change process. This presentation will address the multiple uses for and value of experiential activities in a group. We will do multiple activities and address how to incorporate them in a variety of settings.

Rick Pongratz is a psychologist and Assistant Director at Idaho State University Counseling and Testing Service. Prior to joining ISU, he completed his Ph.D. in Counseling Psychology at Arizona State University and his doctoral internship at Colorado State University. Dr. Pongratz regularly provides individual and couple counseling, leads groups, supervises master’s and Ph.D. level trainees, assists in the coordination of ISU’s SafeZone, and teaches courses on HIV/AIDS, Human Sexuality, and diversity. He specializes in diversity issues, group counseling, and HIV prevention.

10:30AM-12:00PM  “Postpartum Depression: Epidemiology, Effects, and Prevention/Intervention”: Nicki Aubuchon-Endsley, Ph.D.
Postpartum mood disturbances are one of the most common problematic consequences of pregnancy. Approximately 50-85% of women will experience subclinical postpartum mood disturbances, while 7-20% will meet full diagnostic criteria for Major Depressive Disorder within 6 months postpartum (Chen, Lan, Yang, & Juang, 2006; Miller, 2002). Postpartum depression is historically under-recognized (i.e., upwards of 50% of all cases go unrecognized; Silverman et al., 2007) and treatment may be complicated by a number of unique factors during this period (e.g., psychopharmacological treatment during lactation and limited access to mental healthcare due to physical restrictions). Further research and clinical training in postpartum depression are particularly important given the long-term cognitive, behavioral, emotional, and social difficulties experienced by depressed mothers (Haapasalo & Petäjä, 1999; McMahon, Barnett, Kowalenko, & Tennant, 2005) and their children (Miller, 2002). Therefore, the goals of the presentation are to discuss the empirically-based (1) epidemiology, (2) effects, and (3) prevention/intervention strategies of depression in the postpartum period.

Nicki Aubuchon-Endsley is currently the Clinic Director and an Assistant Professor in the Department of Psychology at Idaho State University. She received her B.S. from the University of Denver in Cognitive Neuroscience and her M.S. and Ph.D. from Oklahoma State University in Clinical Psychology (Behavioral Medicine and Quantitative Methods). She completed an APA-accredited predoctoral residency in Clinical Psychology at the VAMC in Durham, NC while collaborating on research with faculty at Duke University. She then completed a Postdoctoral Research Fellowship sponsored by the National Institutes of Health at The Warren Alpert Medical School of Brown University and The Miriam Hospital. Dr. Aubuchon-Endsley has been a Licensed Psychologist since 2014. Her area of research expertise is primarily in Perinatal Psychobiology, while her clinical and teaching interests broadly include assessment (cognitive, behavioral, and personality) and provision of behavioral health interventions.
Thursday, May 14 Afternoon Session:

1:30PM-4:30PM  “Dialectical Behavior Therapy Update”: Cameron Staley, Ph.D. and Christopher DeCou, M.S.

Dialectical Behavior Therapy (DBT) provides accessible mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills for individuals with persistent emotion regulation difficulties and those who have ordinary life challenges. This workshop will provide practical applications and experiential training utilizing the recently updated second edition of the DBT Skills Training manual. DBT Skills are flexible and can readily be incorporated with a variety of theoretical orientations.

Cameron Staley is a staff psychologist at Idaho State University Counseling and Testing Services. His responsibilities include providing individual, couples, and group therapy along with crisis intervention to ISU students. He also teaches graduate and undergraduate courses for the psychology department and supervises graduate students providing clinical services. Dr. Staley enjoys leading DBT skills groups and incorporating DBT principles into his individual counseling work.

Christopher R. DeCou is a Doctoral Candidate in the Clinical Psychology program at Idaho State University. He is a student member of several APA committees, including the Division 45 Student Committee and the Division 56 International Committee. He is also a Jens Peder Hart Hansen Fellow of the International Union for Circumpolar Health. His research interests center around the study and prevention of suicide, including suicide prevention among rural and indigenous peoples, and the association between trauma exposure and suicidality.

Friday, May 15 Morning Sessions:

8:00AM-10:00AM  “Mind Games:  What Happens When You Meditate”: Tony Seikel, Ph.D. & Jenn Holst, AuD.

Mindfulness practice is gaining wide acceptance as a means of finding stability in an increasingly unstable world. Jon Kabat-Zinn defines mindfulness as “Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” Mindfulness practice frequently includes meditation that focuses upon the breath, as well as other more physical activities such as yoga or qigong. This two hour presentation focuses on benefits of mindfulness meditation on four aspects of life: personal insight, physical function, psychological health, and neurophysiology. Personal insights include learning to examine and recognize harmful or dysfunctional mental states as they arise, and finding tools to change patterns of response to those states. Physical and psychological changes arising from mindfulness practice have been documented in relation to health status and psychological wellbeing, while anatomical and physiological changes arising from meditation highlight the likely mechanisms that create changes in the other three domains.

Tony Seikel earned a Ph.D. in Speech and Hearing Science from the University of Kansas in 1988. He was on the faculty at Washington State University from 1988 to 1998, at which time he took a position at Idaho State University in Communication Sciences & Disorders. He has served as Department Chair and as Associate Dean for the School of Rehabilitation and Communication Sciences. At ISU, he teaches neuroanatomy, neurophysiology, and neuropathology courses within speech and hearing
programs. His research focuses on the nervous system and the way changes in neural function alter speech and language function. A long-time meditator, he is especially interested in the positive effects of mindfulness practices on the brain and body.

**Jenn Holst** is an audiology faculty member at Idaho State University. Since she started in 2005, her professional interests have expanded. She enjoys working with patients of all ages, supervising students, teaching academic coursework and dabbling in areas semi-related to Audiology. Outside of the university setting, she enjoys being outdoors with her spouse and cooking yummy foods.

**10:15AM-12:15PM “Mindful Parenting”: Kristin Stewart Yates, Ph.D.**

Mindfulness is an emerging area in mental health literature and practice. More recently, there has been significant evidence that mindfulness can be helpful when applied to the parent-child relationship. This presentation will briefly cover relevant literature regarding mindful parenting and the rational for the application of the skills within the parenting relationship. Participants will then explore practical skills and interventions to use with clients. Experiential practices will be utilized throughout the presentation to help attendees experience and be able to apply these skills in clinical setting.

**Kristin Stewart Yates** has been working as a counselor at ISU Counseling and Testing Service for the last year. She received her undergraduate degree in Applied Developmental Psychology in 2006 from Eastern Washington University, and her master’s degree in Community Counseling from Gonzaga University in May 2008. She earned a Ph.D. in Counseling Education and Supervision from Kent State University in December 2014. Over the past 7 years, she has worked with children and families in several different clinical settings. Her interest in mindful parenting led to her qualitative dissertation examining mindful caregivers’ experiences of parenting in early childhood. Dr. Stewart Yates practices meditation regularly in both her professional and her personal life, finding it beneficial to infuse into her work with clients as well as her relationships at home with her husband and one year-old daughter.

**Friday, May 15 Afternoon Session:**

**1:45PM-3:45PM “Substance Abuse Counseling”: Chad Yates, Ph.D.**

This presentation will acquaint attendees with the concept of drug and alcohol dependence as a disease that impacts the entire family system and functioning. The workshop will explore the developmental model of addiction, recovery, and relapse prevention. Special attention will be paid to the treatments of Motivational Interviewing and Acceptance and Commitment Therapy (ACT) in their relation to the treatment of addiction.

**Chad Yates** is a faculty member in the Department of Counseling at ISU. He received his Ph.D. in Counselor Education and Supervision from Kent State University and his M.A. in Community Counseling from the University of Toledo. Before coming to ISU, he worked as a mental health and substance abuse counselor in Kent, Ohio. He was also a part-time instructor at Kent State University, Indiana University of Pennsylvania, and Youngstown State University. Dr. Yates’ counseling experience includes working with individuals with substance abuse disorders, batterers and survivors of domestic violence, families, and as a generalist treating many diverse client issues.
Saturday, May 16 Ethics Session:

9:00AM -12:00PM  “Ethical Considerations of Social Networking and Other Internet Technologies for Mental Health Professionals” : Jennifer Miesch, Ph.D.

Even if you don't use social networking, your clients and supervisees likely do. All mental health professionals need to consider the issues that are being raised in the era of a ubiquitous internet. In this workshop, we will discuss ethical considerations of social networking and other internet technologies for mental health professionals. Specifically, we will discuss implications of posting and searching for information online and boundary considerations when using social networking sites. Case examples will be used to highlight and generate discussion around potential ethical pitfalls.

Jennifer Miesch is a psychologist at Idaho State University’s Counseling and Testing Service. Prior to joining ISU, she completed her M.A. in Counseling Psychology at Lewis & Clark College, and Ph.D. in Counseling Psychology at University of Oregon. Her primary interests are in career and life transitions, multicultural counseling, and mindfulness practices.