2016

Professional Development Workshops

Mental Health and Counseling Issues for Counselors, Psychologists, Social Workers, Marriage and Family Therapists, and other Mental Health Professionals

Workshops Generously Sponsored in part by:

Pearl Health Clinic, Idaho Falls
Kootenai Medical Center, Coeur d’Alene
LEARNING OBJECTIVES

Increase Understanding, Awareness, and Gain Practical Knowledge of:
- Clinical Supervision, Supervisory Roles and Functions, Theoretical Models of Supervision,
- Types of Supervision Methods, Ethical and Legal Obligations in Supervision, Cultural
- Implications in Supervision, Forming a Supervisory Working Alliance, and Setting-up
- Supervision

Acquire Skills and Practice in:
- Supervisory Roles and Functions, Theoretical Models of Supervision, Ethical Decision
- Making and Evaluation in Supervision, Forming a Supervisory Working Alliance, Setting-up
- Supervision, and Using Creative Prevention/Intervention in Supervision

Hailey Martinez, M.Coun., LPC, NCC & Alexia DeLeon, M.A. & Bryan Lamb, LPC, NCC
(Pocatello)

Dominique Avery, M.Coun., LPC, NCC & Dustin Destler, M.A. & Kerrie Taylor, M.A., RMFTI
(Meridian)

Mark Young, Ph.D. (Coeur d’Alene)

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: $175

Friday and Saturday, May 20 and 21, 2016, 8:30 a.m.-5:00 p.m. - Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 710

Friday and Saturday, April 15, 8:30a.m.-6:00p.m. and April 16, 2016, 8:30 a.m.-4:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507

Friday and Saturday, May 13 and 14, 2016, 8:30 a.m.-5:00 p.m. - Coeur d’Alene
Kootenai Medical Center, 2003 Kootenai Health Way, KH – Classroom 2
Discovering Hidden Treasures in Eating Habits: An Experiential Workshop Using Processwork Methods

Workshop Description: Many people describe their eating habits as troublesome, and some even keep them secret or label them shameful. In this workshop, we also consider them as opportunities for self-discovery. Using an open hearted approach and creative methods, we practice skills for finding the hidden gifts embedded in these difficult experiences. Topics include but are not limited to: the yearnings behind our cravings; the moods that foods help us avoid; yes and no struggles; and self-esteem issues.

We apply concepts from Processwork, also known as Process-oriented Facilitation, an approach to human experience that draws together psychology, group dynamics, social awareness, spirituality, and creative expression in one framework. Its theory suggests that the resolution to a difficulty is often contained within the difficulty itself, and by exploring the felt experience of that difficulty, we can find its wisdom.

Through theoretical presentations, experiential exercises, and discussion, we learn and practice skills to track psychological and physical experiences to discover their underlying messages or meaning.

In addition, Annie performs her one woman show, “Dancing Through a Field of Bingeing and Starving,” a creative expression of her self-discoveries. In a playful style, she brings to life the cravings, pleasures, fierce battles, and unexpected allies in her eating experiences. Meet The Measurer, Chocolate Cream Pie, Kitchen Counter and others!

A performance can bring painful experiences into the open and transform them into meaningful stories. It presents an opportunity for people to see something of their own experiences and reflect on them from a fresh perspective. The performance is followed by a Q&A for participants to share responses and questions.

Workshop Objectives:

- Learn basic concepts that show how resolution to a difficulty is often contained within the difficulty itself.
- Practice exercises to explore the felt experiences of troublesome eating habits and reflect on their wisdom.
- Discuss and share about diverse troublesome food or eating experiences with others.
- Practice exercises to shift the inner atmosphere around troublesome eating habits.

Annie Blair, MA, Dipl PW

12 Contact Hours Available

OR if you are interested in the additional 3 hours to attain the one graduate credit, please contact us and we will send additional reading and videos that have to be done and a two page paper submitted 5 days BEFORE the date of the workshop.

(See Instructions for Credit)

Registration Fee: $150

Monday and Tuesday, June 20 and 21, 2016, 9:30 a.m.-4:30 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 681

Friday and Saturday, June 24 and 25, 2016, 9:30 a.m.-4:30 p.m. - Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726
Description:

Animal assisted therapy in counseling (AAT-C) is the incorporation of specially trained and evaluated animals as therapeutic agents into the counseling process, thus utilizing the human-animal bond in goal directed interventions as part of the counseling process. While this specialty area remains relatively underrepresented in counseling literature, existing studies have found that when practiced with appropriate training and expertise, AAT-C interventions can positively impact the therapeutic experiences of a diverse range of client populations across a wide variety of treatment settings. In this webinar, the presenter will introduce theoretical foundations of AAT-C, discuss provider competency, identify relevant ethical considerations including animal advocacy and multicultural considerations, and address practical aspects and techniques associated with incorporating AAT-C in a professional counseling context.

This is an introductory level workshop that is intended to help interested professionals develop a plan for implementing AAT into their clinical practice.

Learning Objectives:

- Define animal assisted therapy in counseling (AAT-C) and distinguish ways in which AAT-C differs from other types of animal assisted activities and therapies.
- Discuss evidence-based research & outcomes appropriate to AAT-C.
- Describe essential areas of competence for AAT-C providers.
- Identify steps towards starting one’s own AAT-C program; including selecting, training and caring for a potential therapy animal.
- Identify and discuss multicultural, ethical, and legal issues relevant to AAT-C.
- Describe techniques and strategies for incorporating AAT-C into client sessions and treatment plans.
- Discuss AAT-C relevant implications for clinical supervision and counselor wellness.

Leslie Stewart, Ph.D.

5 Contact Hours Available

Registration Fee: $75

Friday, June 10, 2016, 10:00 a.m.-4:00 p.m. - Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday, June 17, 2016, 10:00 a.m.-4:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507
Description: Working with people in therapy can be difficult due to the complex nature of us as humans. Each individual, therapist included, has their own story, experiences, and baggage that can complicate our ability to attain life goals and to find happiness. Oftentimes however, clients bring with them cultural and developmental concerns that they may or may not be aware of that can complicate therapy services. Language and communication barriers often pose difficulty for a therapist who is not bilingual and can be frustrating for a client who wants to share their life but cannot find the words to do so. There is no “one size fits all” treatment for clients. There are many strategies and methods to ethically work through these difficult situations. Understanding our own strengths and weaknesses as therapists and finding unique ways for our clients to share their story can empower the client to move ahead in their life and to find the success they have been longing for.

Through this workshop we will be gaining insight and understanding of the basics of the communication process, cultural and developmental norms, stereotypes and individualized treatment concerns, strategies and methods of connecting with clients and their families when language barriers exist, and many unique tools to help therapists when they feel stuck in cultural and/or developmental quicksand.

Workshop Learning Objectives:
- Learn and understand basic concepts of communication.
- Develop a greater understanding of cultural and developmental norms and needs of clients with language barriers.
- Learn and put into practice culturally and developmentally competent strategies, interventions and skills to bridge the language gap in therapy.
- Learn, practice and discuss ethical concerns as they relate to cultural and developmental therapy.

Jaxson Stark, LCPC

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: $175

Friday and Saturday, July 8 and 9, 2016, 8:30 a.m.-5:00 p.m. - Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Friday and Saturday, August 5, 8:30 am-6:00 pm & August 6, 2016, 8:30 am-4:00 pm - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507
Description:

This two day workshop will explore sand tray play therapy as we journey together across the developmental stages of preschool children, elementary school age children, adolescents and adults. This workshop is taught primarily through case material using Erikson's Theory of Psychosocial Development and Kohlberg's Theory of Moral Development. Participants will have the opportunity to explore various sand tray experiences typical of different life stages. An introduction to Sand Tray Therapy is preferred.

Workshop participants will be able to:

- Discuss developmental tasks for preschool, elementary school age children and adolescents.
- Describe typical types of play for preschool, elementary school age children and adolescents as they appear in a typical sand tray therapy session.
- Discuss adult developmental tasks
- Describe adult play as it appears in a sand tray therapy session
- Demonstrate the ability to use sand tray play therapy to work individually and independently.

Jennifer Kerner, M.Coun., LCPC, NCC, RPT-S

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: $175

Friday and Saturday, July 22, 8:30am-6:00pm and July 23, 2016, 8:30 am-4:00 pm - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 506
Ethics of Discussing Sexual Orientation and Gender Identity with Clients

3 contact hours - Registration Fee: $50

Heidi McKinley, M.S., LPC & Melisa DeMeyer, M.S.

Saturday, April 30, 2016, 9:00 a.m. - 12:00 p.m. – Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Description: The three hour discussion based workshop will be focused on exploring the ethics surrounding working with clients on issues related to sexual orientation or gender identity. We will include space for discussion about values conflicts and boundary issues. The 2014 ACA Code of Ethics will be utilized to outline professional counselors’ roles to provide a non-discriminatory environment for clients, as well as advocacy for clients who wish to explore their sexual orientation and gender identity.

Ethics of Assessment, Diagnosis and Treatment of Eating Disorders

3 contact hours - Registration Fee: $50

Tamara Tribitt, M.Ed. & Marisa Rapp, M.A.

Saturday, July 23, 2016, 9:00 a.m. - 12:00 p.m. – Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Description: This three hour ethics workshop will focus on the assessment, diagnosis and treatment of eating disorders. Presenters will introduce the 2014 ACA code of ethics and invite attendees to view information through an ethical lens in working with the specific population. Relevant research, DSM-5 diagnostic criteria, and ethical treatment practices will be discussed.

Ethically Broaching Conversations about Race with Clients

3 contact hours - Registration Fee: $50

Bryan Lamb, LPC, NCC & Renee Howells, M.A.

Saturday, August 13, 2016, 9:00 a.m. - 12:00 p.m. – Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Description: This workshop will be experiential in nature and will involve group participation and activities. We hope to provide a deeper context to understanding how race influences and adds to the richness of the counseling dynamic, and ways to nurture the therapeutic alliance when discussing multicultural topics.
Description: From the start, playfulness was at the heart of this serious business of psychotherapy. Freud’s game-like use of associations was intended to get his patients thinking laterally and not literally. Perl’s use of the “empty chair” was intended to help his clients engage in “as if” scenarios, akin to the make-believe play of children. Yet playfulness has lost ground over the years to the bullying forces of logic, language, and outcome-based measures that permeate our therapeutic field. In this workshop, we will use the work of Gestalt Play Therapist Dr. Violet Oaklander to provide a much-needed model of how play helps therapy become real for both adults and children.

In this workshop, I will reinforce the value of play and a playful approach to therapy, based on the work of Dr. Violet Oaklander. I will demonstrate through both theory and practice how a playful approach to therapy can help enliven, sharpen, and make more authentic the therapeutic encounter, both between the therapist and the client, as well as between the client and the sometimes surprising aspects of the self that are discovered through play: Paradoxically, play can make therapy more real. Based on my teaching at Lewis and Clark College where I am a Professor of Counseling and School Psychology, and my work with high-need, middle school students in counseling groups, this workshop will integrate both conceptual and practical content in a way that is congruent with the rich Gestalt tradition of experiential learning.

As a student and a teacher of Dr. Oaklander’s pioneering efforts to incorporate art and play into therapy with children, I am the author of Windowframes: Learning the art of Gestalt Play Therapy the Oaklander way (Gestalt Press/Routledge, 2006). In this text I describe not only the method that Dr. Oaklander uses with various playful and expressive mediums in therapy, but also the method in which she teaches adults to be more playful in their work with both young and old clients. The force of her argument and approach has spoken to practitioners worldwide, resulting in her book Windows to our Children (Real People Press, 1978) being presently translated and available in 14 language editions, from Korea to Romania to Brazil. These translations underscore the relevance of her work across many diverse settings and make her book one of the most popular Gestalt-based texts in the world. Participants will leave this workshop with both a theoretical and experience-based understanding of her playful approach and its relevance to their professional setting.

Workshop learning objectives: After participating in this workshop, participants will be able to demonstrate:
1) demonstrate an introductory understanding of the developmental and psychological theory underlying the use of the expressive arts and play in counseling and therapeutic contexts.
2) demonstrate the ability to list three defining characteristics of why play is considered important from a developmental and evolutionary perspective.
3) demonstrate an introductory understanding of and experience with multiple expressive arts media, such as picture cards, drawings, and clay.
4) demonstrate an introductory repertoire of approaches for the application of expressive arts in counseling and therapeutic contexts.
5) demonstrate the ability to determine which expressive media provide the best fit for the practitioner and for the populations with whom they work.

Peter Mortola, Ph.D.

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: $175

Friday and Saturday, August 5 and 6, 2016, 8:00 a.m.-5:00 p.m. - Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726
Ethical Considerations for Navigating Value Conflicts in Clinical Work and Supervision

Description: This 3-hour ethics workshop will introduce value conflicts resolution model that participants can use in clinical work with clients and supervisees. Utilizing case studies, free writing techniques, and other experiential activities, participants will explore value conflict commonly experienced in the field and resolutions models. Facilitators will introduce models proposed in counseling literature based upon the current code of ethics. The goal of this workshop is for participants to leave with gained understanding of self when encountering value conflicts and effective ways of resolution.

Kristen Langellier, M.A., NCC & Kerrie Taylor, M.A., RMFTI

3 Contact Hours Available

Registration Fee: $50

Friday, June 3, 2016, 1:00 p.m. - 4:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 681

The Ethics of Self-Care

Description: Professionals focus on ethics to ensure continued best practice in their work. This workshop will emphasize the ethical codes that support the professional in caring for oneself. In order to maintain best practice, we must be at our best. Participants will evaluate their own patterns of self-care as we review common ethical dilemmas and ethical decision making models.

Objectives:
- Review common ethical dilemmas
- Update ethical decision making models
- Review ethical codes related to self-care
- Evaluate and engage in self-care practices

Mark Young, Ph.D.

3 Contact Hours Available

Registration Fee: $50

Friday, June 3, 2016, 1:00 p.m. - 4:00 p.m. – Coeur d’Alene
Location: Kootenai Medical Center, 2003 Kootenai Health Way, HRC – Cedar Conference Room
Description:
Seminar to explore LGBTQ issues and experiences to better understand LGBTQ Youth and their current experiences.

Expectations and Goals:
Presented information and the opportunity to ask questions of LGBTQ and allies. Other local professionals will share the environment today that LGBTQ youth face. The attendees will also learn solutions available to help LGBTQ youth making their experience through High School more equal to traditional students. Local resources and organizations will be presented for counselors to refer LGBTQ youth. Attendees will leave with a better understanding of the LGBTQ experience and local resources for their clients.

David M. Hachey, Pharm.D., Cheri Atkins, Ph.D., Neil Ragan, MD, & Linda Reichardt, M.Ed.

15 Contact Hours OR 1 Graduate Credit Available if you attend both days (see instructions)

Registration Fee: $10

Friday and Saturday, April 8 and 9, 2016, 8:30 a.m. - 5:00 pm – Idaho Falls
     Location: CHE Building, 1770 Science Center Drive, Room 211

Friday and Saturday, July 15 and 16, 2016, 8:30 a.m. - 5:00 pm – Idaho Falls
     Location: CHE Building, 1770 Science Center Drive, Room 211
Description:

This workshop will draw upon Attachment Theory and Emotionally Focused Therapy (EFT) to educate participants about the power of emotion as a change agent and in the lives of our clients. Tenets of Attachment Theory will be highlighted to deepen counselor conceptualization and interventions from EFT will be demonstrated to help counselors better use emotion in their current counseling practice.

Morning Session

Understanding our own counseling process
Overview of Attachment Theory & EFT
Power of Emotion

Afternoon Session

Assessing and understanding patterns
Emotional balance and changing patterns to restructure relationship bonds
Update personal theory of counseling to include greater focus on attachment/emotion

Mark Young, Ph.D.

7 Contact Hours Available

Registration Fee: $50

Friday, April 22, 2016, 8:00 a.m. - 4:00 p.m. – Pocatello
Location: ISU, Pond SUB, Building 14, Salmon River Rooms
Description:

The training helps counselors and other helping professions respect diversity of clients to help them work ethically, effectively, and empathically within the identity of the client. The training focuses on creating a deeper understanding of people who identify within the LGBTQ+ community.

Learning objectives include:

- Understand heterosexual and cisgender privilege
- Increase awareness of life experiences of LGBTQ+
- Understand ethical implications when counseling LGBTQ+ clients
- Increase knowledge and understanding of LGBTQ+
- Identify ways to provide safe space and break down the barriers for LGBTQ+
- Identify resources available.

Jennifer Gess, M.A. & Breonna Krafft, MFA (Meridian)

John Condron, LCPC & Tamara Tribitt, M.Ed. (Idaho Falls)

3 Contact Hours Available

Registration Fee: $50

Saturday, May 21, 2016, 10:00 a.m. - 1:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 681

Saturday, October 8, 2016, 10:00 a.m. - 1:00 p.m. – Idaho Falls
Location: CHE Building, 1770 Science Center Drive, Room 309
This workshop will provide an overview of the structure and function of the brain related to counseling. Topics such as the sympathetic/parasympathetic system and the function of neurons as related to counseling will also be covered. Counselors will become familiar with how the brain develops and functions across the lifespan. The neurobiology of memory and emotion will be discussed as well as how these mechanisms are impacted by trauma and mental illness. An overview of the neurobiology of psychodiagnosis will be provided along with how to use this can be used as psychoeducation with clients. Counselors will leave with knowledge of how the brain affects their clinical practice and practical tips for applying psychoeducation with clients.

Dominique Avery, M.Coun., LPC, NCC & Kerrie Taylor, M.A., RMFTI

7 Contact Hours Available

Registration Fee: $75

Friday, May 13, 2016, 9:00 a.m. - 5:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507
Description:

With new forms of technology to provide services and Electronic Health Records (EHR) becoming the required standard for mental health documentation, it is increasingly important that clinicians stay up to date with required technology and the ethics of treatment and documentation. The adoption of internet-based treatment and EHR brings security concerns of private health information and the ethics surrounding it. Security breaches occur which attempt to steal identities or exploit individuals and companies, and it is our responsibility as professionals to do all we can to protect the information of our clients. This course will cover some of the pros and cons with technology and security, and it will discuss ethical implications of them. Ethical case scenarios will be covered and explored, and the EHR software CureMD will be used as a teaching model. One objective of this course is to introduce participants to CureMD as an EHR provider and to other various forms of technology to be used in treatment. The course is also designed to help professionals make good ethical decisions when it comes to utilizing technology in the mental health and medical field.

David Spencer, LCSW & Zakery Warren, M.Coun., LCPC

6 Contact Hours Available

Registration Fee: $75

Friday, June 3, 2016, 9:00 a.m. - 4:00 p.m. – Pocatello
Location: ISU, 1400 E Terry Street, Garrison Hall, Building 63, Room 726

Saturday, August 20, 2016, 9:00 a.m. - 4:00 p.m. - Meridian
Location: ISU-Meridian, 1311 E. Central Drive, Meridian, Room 507
PRESENTERS

Cherie Atkins, Ph.D., is a local clinical psychologist who has been serving Pocatello and the surrounding community for the past 8 years. She is the CEO and works as a staff psychologist at ALLIES Family Solutions. Dr. Atkins provides a wide range of clinical services, such as, psychological assessment, individual psychotherapy, couples counseling, and family therapy. She is also involved in a number of community outreach programs, most notably, the Clinician's Program at the juvenile detention center, as well as sits as an elected board member for All Under One Roof LGBTQ Centers of S.E. Idaho.

Dominique Avery, M.Coun., LPC, NCC, is currently a second year doctoral student in Idaho State University's Counselor Education program. She graduated from Idaho State University with Master's in Counseling, emphasis in Clinical Mental Health Counseling. She has over 10 years of experience working with at-risk children and adolescents in a variety of therapeutic settings. She is EMDR trained and clinical work currently focuses on counseling adult survivors of childhood sexual abuse and LGBTQ youth and adults. Her current research interests include teaching trauma counseling in counselor education, infusing neuroscience in counselor education, developmental models of supervision, and group counseling. She is in the process of completing her dissertation on best practices of teaching trauma counseling.

Jennifer Gess, M.A., is a doctoral student in the Department of Counseling at Idaho State University. Her clinical work includes working within addictions counseling and with the college-aged population. Her research interests include multicultural and social justice related issues, mindfulness-based sobriety, and Sentipensante pedagogy within counselor education.

Alexia DeLeon, M.A., is a doctoral student in the Department of Counseling at Idaho State University. Her clinical work includes working within addictions counseling and with the college-aged population. Her research interests include multicultural and social justice related issues, mindfulness-based sobriety, and Sentipensante pedagogy within counselor education.

Melisa DeMeyer, M.S., is a doctoral student at Idaho State University studying Counselor Education and Counseling. She received her M.S. in Family and Marriage Counseling from Montana State University.

Dustin Destler, M.A., I have experience working with over privileged and underprivileged groups in academic, non-profit, and private sectors. Much of my time has been spent with youth and their families working toward positive change and therapeutic growth. Serving populations with inherent barriers to quality services is important to me; this includes assisting helping professionals to find healthier ways to work and sustainable life balance so as to provide continued high-quality care to those in need. M.A. Mental Health Counseling - Southern Oregon University (2011) Doctoral Student, Counselor Education and Supervision - Idaho State University (exp. 2018)

Jennifer Gess, M.A. is currently a doctoral candidate in Counselor Education at Idaho State University and a previous graduate of Seattle University and the University of Washington. Jennifer incorporates multicultural, LGBTQ+, and advocacy competencies into the classroom, in supervision, and in counseling sessions. Her research interests include increasing advocacy as part of counselor education’s identity and increasing counselor LGBTQ+ competency. She specializes with transgender children, youth, and families as a counselor in private practice in Boise, Idaho. Jennifer is the founding president of the Idaho Association of LGBT Issues in Counseling division. As a previous child and family therapist in Seattle, Jennifer worked with LGBTQ+ families and youth, and co-founded and facilitated P.O.W.! (Proud Out Wonderful), an activism leadership group for LGBT+ youth.

David M. Hachey, Pharm.D., BCPs, AAHIVP, is a Clinical Professor for the Division of Health Sciences, Office of Medical and Oral Health. He is a pharmacist and professor at Idaho State University. David works closely with the HIV/AIDS population in Idaho and oversees the local Ryan White HIV Clinic. During his 13 years of experience with HIV patients, he has worked with patients who have faced struggles because of the sexual orientation or diagnosis.

Renee Howells, MA, is a doctoral student at Idaho State University where she studies Counselor Education and Counseling. Her educational background includes dual Bachelor's degrees in Psychology and Fine Art from The College of Idaho. Renée received her Masters degree in Clinical Mental Health Counseling from Gonzaga University. Clinically, Renée worked as a trauma counselor in Washington. Her interests include expressive art therapies, adventure-based counseling, and cross-collaborative work across clinical and university settings.
Jennifer Kerner, LCPC, NCC, RPT-S, has been working with children, adolescents, and adults since 1996. She has attended several seminars regarding children’s therapy, and attended the Association for Play Therapy’s conference in Los Angeles in 2007 where she received training on sand tray from leaders in the field. She has also attended in depth sand tray training from Gisela Schubach De Domenico in 2009.

Breonna Kraftt, has an MFA and three years of experience teaching at the university level. She is currently an MS Counseling student at Northwest Nazarene University with an anticipated graduation date of May, 2015. She has presented LGBTQ+ awareness and educational trainings to residence life staffs at Penn State, the Art Institute of Pittsburgh, and the University of Massachusetts. She has been involved in campus-oriented advocacy and education since 2001 and has served as the staff advisor for LGBTQ+ organizations for both UMass and the Art Institute.

Bryan C. Lamb, LPC, NCC, has worked with non-profit organizations, private practice, and community clinics. Bryan has experience in multicultural education, advocacy, and is currently working towards his PhD in Counselor Education at Idaho State University.

Kristen Langellier, M.A., NCC, earned her master's degree in counseling from the University of Illinois before moving to Idaho to pursue doctoral studies in counselor education at Idaho State University. Her research interests include feminism, classism, social justice, and multicultural counseling.

Hailey Martinez, M.Coun., LPC, NCC, specializes in working with trauma in adult and youth populations, facilitating adventure-based counseling activities, and the treatment of intellectually delayed sex offenders.

Heidi McKinley, MS, LPC, is a second year doctoral student at Idaho State University studying Counselor Education and Counseling. She received her M.S. in Family and Marriage Counseling from Montana State University and is a counselor part time.

Peter Mortola, Ph.D, is Professor of Counseling Psychology at Lewis and Clark’s Graduate School of Education and Counseling and the Co-Director of the Educational Specialist degree program in School Psychology. He is the author of Windowframes: Learning the art of Gestalt play therapy the Oaklander way (Routledge/Gestaltpress, 2006), the culmination of 10 years of inquiry and research on Violet Oaklander’s methods of both child therapy and adult training. Windowframes has been translated into German, Spanish and Korean. He is also the co-author of BAM! Boys Advocacy and Mentoring: A leader’s guide to facilitating strength-based groups for boys (Routledge, 2008).

Neil Ragan, MD, graduated from the University of Arkansas for Medical Sciences in Little Rock, in 1977. After internship at Naval Hospital San Diego and residency in Family Medicine at Naval Hospital Camp Pendleton, California, Neil went on to serve a total of 26 years on active duty in various locations around the world. While stationed at Camp Pendleton, in 1983, Ragan met his life partner who was an active duty Marine at the same military base. Despite the perils associated with being fairly openly gay, Ragan achieved the rank of Captain and was awarded five Navy Commendation Medals and three Meritorious Service Medals before retiring from the Navy in 2003.

Marisa Rapp, is a doctoral student in the Department of Counseling at ISU. She received her M.A. in mental health counseling from Southeast Missouri State University. Marisa currently works at MK Place in Pocatello as a substance abuse counselor providing group and individual counseling in outpatient and inpatient settings. Marisa’s clinical experience before moving to Idaho includes working with mandated clients struggling with substance abuse and co-occurring disorders in St. Louis and adults in southeast Missouri with a wide array of mental health concerns.

Linda Reichardt, M.Ed., graduated from the University of Idaho with a BS/cum laude degree and received her Master's Degree in Administration from Idaho State University with high honors in 1992. She worked for the Marsh Valley School District from 1975 to 2000. She taught home economics at the high school and junior high level; she taught life science at the middle school for 23 years. She was principal at Marsh Valley Middle School for 6 years before retiring.

David Spencer, LCSW, received a Bachelor's degree in Social Work from Idaho State University in 2009 and a Master's degree in Social Work from Eastern Washington University in 2010. He has extensive experience working with adults and children with various mental health and substance abuse disorders. Early on in his career he was given the opportunity to treat people struggling with addiction, and this has been an area of interest for him ever since. He has been able to manage substance abuse treatment programs at Pearl Health Clinic in Idaho Falls, ID. He is skilled in CBT, Motivational Interviewing, Neurofeedback, and Solution-Focused treatment. His specialties include working with those struggling with depression, anxiety, PTSD, ADHD, developmental delays, addiction, and substance abuse/dependence. When he is not working his day job as a therapist Dave enjoys working as a Certified Adoption Professional, helping couples to grow their families. He became a therapist because of his belief in the importance of family, with focus on family growth, unity, and preservation.
Jaxson Stark, LCPC, is a mental health counselor in Idaho Falls, Idaho. He specializes in child and adolescent therapy, with special interest and passion for Autism Spectrum Disorder and other developmental disabilities. He works often with clients who are Spanish/English bilingual, autism spectrum disorder and clientele who are often classified as difficult for others to connect with due to complex developmental and mental health concerns. Jaxson is also the director/administrator for Pearl Group Homes which provides supportive living services to adult clients with co-occurring developmental and mental health disabilities. Jaxson has worked in the past with juvenile sex offenders at the Juvenile Corrections Center – St. Anthony, for the inpatient hospital BHC as a therapist and intake coordinator in the ER, as an in home rehabilitation specialist and multiple supervisory roles with mental health and developmental disabilities agencies.

Leslie Stewart, Ph.D., joined the ISU Department of Counseling in the fall of 2014. Before coming to ISU, I worked as a counselor and student support service provider in a college counseling center. Additionally, I have worked in a juvenile detention center and as a certified instructor of therapeutic horsemanship. My scholarly interests include animal assisted therapy in counseling and supervision, counselor wellness and burnout prevention, and anxiety and stress management. Further, I am interested in counselor training with a variety of experiential and expressive modalities.

Kerrie Taylor, M.A., RMFTI is a current doctoral student at Idaho State University studying counselor education. She relocated from Orlando, FL where she earned her master's of marriage and family therapy from the University of Central Florida. Her current research interests are infusing technology within live supervision, and multicultural and social justice issues in counselor education.

Tamara Tribitt, M.Ed., is a second-year doctoral student in the Counselor Education and Supervision Program at Idaho State University. Tamara received a Masters of Education in School Counseling from Montana State University. She worked for 10 years as a school counselor at all levels K-12.

Zakery Warren, M.Coun., LCPC, is a 2007 graduate of Idaho State University Master's of Counseling program. He has been in clinical practice in Idaho Falls since 2007. During his career Zak has worked with various clients and settings. He has extensive experience with Diagnosis and Treatment planning as well as works in substance abuse counseling. He is currently a full-time Counselor at Pearl Health Clinic in Idaho Falls, Idaho where he sees clients for depression, anxiety, PTSD, and other mood disorders. He is passionate about his work with couples counseling and enjoys teaching and providing community workshops for communication and stress management in relationships.

Mark Young, Ph.D., is an Associate Professor at Gonzaga University where he serves as Department Chair and Director of the Master of Arts in Marriage and Family Counseling. Dr. Young’s professional focus is on couple relationships through Emotionally Focused Therapy and Attachment Theory, and counselor education through live supervision and experiential learning. Dr. Young maintains a small, yet active, private practice where he focuses on couples counseling.
**REGISTRATION INSTRUCTIONS:**

To Register: Please fill out the application form COMPLETELY and mail along with your check (no credit cards accepted) payable to ISU Department of Counseling. Your canceled check acts as a receipt confirming payment and enrollment in any workshop. NO CONFIRMATION LETTERS WILL BE SENT! Also, please check the appropriate box on the application form if you will be taking a workshop for graduate credit.

Please check in 15 minutes prior to workshop.

CONTACT HOURS: Certificates are included with workshop fee and distributed at the end of the workshop.

OR

GRADUATE CREDIT: Attend both days to receive 1 graduate credit. ISU Professional Development/Short Course Form distributed last day of workshop and $55 credit fee collected (Checks, Visa or Master Card only). DO NOT include credit fee with your workshop registration fee. No fee waivers/vouchers accepted. Please note that credit is for professional development, but may, upon petition, be accepted for graduate programs at the discretion of the academic department. See http://www.isu.edu (current students) and click on Bengal Web for unofficial transcripts. (For help 282-4357) Grades will only be posted the end of a semester.

Late Fee: A $30 LATE FEE will be assessed for applications POSTMARKED less than 14 calendar days from the start of the workshop.

Cancellation Policy: We reserve the right to cancel any workshop. Cancellations will be done no less than 10 working days before the workshop and your full fee will be refunded. If you cancel your enrollment ten working days before a workshop, there will be a 25% handling fee to make refunds. You are welcome to substitute someone else in your place. If you cancel your enrollment less than ten working days before a workshop, there will be no refund. Due to over-enrollment in the past, maximum enrollment is considered on a workshop-by-workshop basis. All applications received that are over the limited number of seats will be returned.

Meridian Workshops: Please note that the ISU-Meridian campus is located at 1311 E. Central Drive, Meridian, Idaho.

Parking at ISU: You can purchase a visitor’s parking pass for general and a map of the ISU campus at the Parking Office on 5th & Humbolt Street or come 15 minutes early and get one from us to take back to put in your car. You will not need a visitor’s parking pass for Saturdays, but please be sure to park in general and not in the dorm parking. You will not need a visitor’s parking pass for general on Fridays from May 12 – August 22.

THANK YOU FOR YOUR CONTINUED SUPPORT OF THE PROFESSIONAL DEVELOPMENT WORKSHOPS SPONSORED BY THE DEPARTMENT OF COUNSELING AT IDAHO STATE UNIVERSITY.

IF YOU HAVE SUGGESTIONS FOR FUTURE WORKSHOPS, PLEASE EMAIL:

Dr. Thana Singarajah, Director
Professional Development Workshops
singthan@isu.edu
MENTAL HEALTH WORKSHOP APPLICATION 2016

(Please print - All information is very important, especially phone numbers where we can reach you)
Make copies as needed.

Name: __________________________________________
Address: _________________________________________
City: ____________________________________ State: _______ Zip: ____________
Daytime/Work Phone: ______________________ Home Phone: ______________
Please provide email for future notifications: ______________________________________

<table>
<thead>
<tr>
<th>Workshop (check those to be attended)</th>
<th>Location</th>
<th>Date</th>
<th>Credit</th>
<th>Registration Fee*</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Being Emotionally Focused</td>
<td>Pocatello</td>
<td>April 22</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Ethics of Discussing Sexual Orientation &amp; Gender Identity</td>
<td>Pocatello</td>
<td>April 30</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Clinical Supervision for Counselors</td>
<td>Pocatello</td>
<td>May 20 &amp; 21</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Electronic Health Records: Ethical &amp; Professional Considerations</td>
<td>Pocatello</td>
<td>June 3</td>
<td>N/A</td>
<td>$ 75</td>
</tr>
<tr>
<td>☐ Intro to Animal Assisted Therapy in Counseling</td>
<td>Pocatello</td>
<td>June 10</td>
<td>N/A</td>
<td>$ 75</td>
</tr>
<tr>
<td>☐ Discovering Hidden Treasurers in Eating Habits</td>
<td>Pocatello</td>
<td>June 24 &amp; 25</td>
<td></td>
<td>$150</td>
</tr>
<tr>
<td>☐ Cultural &amp; Developmental Considerations in Therapy</td>
<td>Pocatello</td>
<td>July 8 &amp; 9</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Ethics of Assessment, Diagnosis &amp; Treatment of ED</td>
<td>Pocatello</td>
<td>July 23</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Play Becomes Real: Gestalt Play &amp; Art Therapy</td>
<td>Pocatello</td>
<td>August 5 &amp; 6</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Ethically Broaching Conversations about Race w/Clients</td>
<td>Pocatello</td>
<td>August 13</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Clinical Supervision for Counselors</td>
<td>Meridian</td>
<td>April 15 &amp; 16</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Neurobiology of Counseling: Applying Knowledge to Practice</td>
<td>Meridian</td>
<td>May 13</td>
<td>N/A</td>
<td>$ 75</td>
</tr>
<tr>
<td>☐ Ethical Considerations Regarding LGBTQ+ Counseling</td>
<td>Meridian</td>
<td>May 21</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Ethical Considerations for Conflicts/Clinical Work/Supervision</td>
<td>Meridian</td>
<td>June 3</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Intro to Animal Assisted Therapy in Counseling</td>
<td>Meridian</td>
<td>June 17</td>
<td>N/A</td>
<td>$ 75</td>
</tr>
<tr>
<td>☐ Discovering Hidden Treasures in Eating Habits</td>
<td>Meridian</td>
<td>June 20 &amp; 21</td>
<td></td>
<td>$150</td>
</tr>
<tr>
<td>☐ Advanced Level Sand Tray</td>
<td>Meridian</td>
<td>July 22 &amp; 23</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Cultural &amp; Developmental Considerations in Therapy</td>
<td>Meridian</td>
<td>August 5 &amp; 6</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ Electronic Health Records: Ethical &amp; Professional Considerations</td>
<td>Meridian</td>
<td>August 20</td>
<td>N/A</td>
<td>$ 75</td>
</tr>
<tr>
<td>☐ Understanding LGBTQ Youth</td>
<td>Idaho Falls</td>
<td>April 8 &amp; 9</td>
<td></td>
<td>$ 10</td>
</tr>
<tr>
<td>☐ Understanding LGBTQ Youth</td>
<td>Idaho Falls</td>
<td>July 15 &amp; 16</td>
<td></td>
<td>$ 10</td>
</tr>
<tr>
<td>☐ Ethical Considerations Regarding LGBTQ+ Counseling</td>
<td>Idaho Falls</td>
<td>October 8</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
<tr>
<td>☐ Clinical Supervision for Counselors</td>
<td>Coeur d'Alene</td>
<td>May 13 &amp; 14</td>
<td></td>
<td>$175</td>
</tr>
<tr>
<td>☐ The Ethics of Self-Care</td>
<td>Coeur d'Alene</td>
<td>June 3</td>
<td>N/A</td>
<td>$ 50</td>
</tr>
</tbody>
</table>

$30 LATE FEE (if applicable)____________
Total Amount Enclosed $ ____________

* A $30 late fee will be assessed for applications postmarked less than 14 calendar days prior to workshop.