

Wellness Conference Schedule of Events

Wednesday, April 1, 2020

9-10:20 a.m. "Exploring Grief, Loss, and Bereavement"

Amanda DeDiego, Ph.D., NCC

Grief and loss are common but difficult parts of the life journey. This presentation explores the bereavement process in various circumstances with the goals of validating attendee experiences and learning how to help others experiencing loss.

10:30-11:50 a.m. "Weaving Evidence-based Body Techniques into Trauma Work"

Dayle K. Read-Hudson, MSW, LCSW

In the book, "The Body Keeps the Score," Bessel A. van der Kolk refers to trauma as a "disease of not being able to be present." The common denominator with trauma is alienation and detachment from our physical self. With this self-care focused workshop, participants will learn emotional regulation skills using eye movement desensitization and reprocessing therapy techniques, rhythmic breathing, cognitive behavioral therapy, and chair-based trauma-sensitive yoga. This purpose affirming and relaxing training weaves the client's knowledge of their bodies with evidence-based clinical techniques.

Lunch — on your own

1-2:20 p.m. "Mental Health on the Wind River Reservation"

Elizabeth Krause, LPC; Cori McAdams, PPC

This presentation will discuss best practices in approaches to counseling on the Wind River Reservation. Many clients on the reservation are children, so therapies that meet children where they are, such as sand tray and play therapy are utilized. Presenters will also lead an open discussion about counselor experiences on the reservation, and the clinical issues they encounter when working with this population.

2:30-3:50 p.m. "A Depth Perspective on Suicide: What We Must Include in Our Assessment of Suicide Risk in Clients"

Jamie Egolf, MSW, LCSW

Why does Wyoming have such a consistently high suicide rate? The field of suicidology often considers the following variables: isolation, loneliness, lack of connection, severe trauma,

loss of a spouse and other situational crises, possession of firearms, opioid and other drug overdose — all of which have merit. Other possible aspects to understanding the whole picture are more instinctive and archetypal: scapegoating, sacrifice, and self-sacrifice. The presenter will link these concepts with other diagnostic criteria as a way to assess those experiencing suicidal ideation.

Thursday, April 2, 2020

9-10:20 a.m. "Got Grit?" What It Is and How to Develop It"

Jennie Miller, Ph.D.

The concepts of grit and resilience will be presented, with a focus on the ability to develop or strengthen coping skills or "mindset" while navigating stressors that interfere with emotional well-being and achievement of goals. The session will include experiential components, along with current research and trends in this area.

10:30-11:50 a.m. "ACES, Childhood Trauma, and How to Address It"

Jonna Langston, LPC, NCC

This presentation will utilize the Adverse Childhood Experiences Survey to help screen for childhood trauma and offer suggestions as to how to use this information to guide treatment. Special focus will be given to trauma-focused cognitive behavioral therapy and its applications to help treat children and adolescents affected by trauma.

Lunch — on your own

1-2:20 p.m. "The Use of Creative Art in Treating Trauma."

Rick Satterthwaite, MDiv, MA, LPC

Many clients struggle to either describe or verbally process their trauma. As a client creates an art piece, it not only can help them process that trauma, but it will then become a periodic reminder to them of the great work they have accomplished. During this interactive presentation, participants will learn how to use various art interventions to help "give voice" to the client and allow them to share in art what they can't in words.

2:30-3:50 p.m. "Mental Health Access for Seniors"

Bryan Collins, MSW, LCSW; Lisa Thomas, MSW, LCSW

This session addresses the mental health care of older adults, a timely topic as this population is growing. Assessment and treatment of depression will be discussed, as well as services available for seniors and how to access those services. Presenters will also address approaches for working effectively with caregivers.

Friday, April 3, 2020

Friday sessions — registration required

9 a.m.-noon "A Closer Look at Ethics and Supervision"

Kelly Heenan, Ph.D., LMFT, LPC

The current chair of the Wyoming Mental Health Professionals Licensing Board will facilitate a discussion on the roles and responsibilities of a supervisor, as well as ethical issues related to supervision and the supervisory relationship. This session will meet continuing education requirements for professionals needing three hours of supervision and/or ethics in Wyoming.

Lunch — on your own

1-4 p.m. "Support Groups for Survivors of Suicide Attempts"

Dee Lundberg, LPC, LAT; Angie Bjorklund, Tina Clements, and Terry Crabb

Suicide attempt survivors require a unique approach, and support groups offer a safe space for members to gain support and resources. A local team of group facilitators will discuss effective tools for supporting someone following a suicide attempt, including how to identify triggers and respond to them. This session will meet continuing education requirements for professionals needing three hours of suicide prevention/intervention in Wyoming.

Remember: Friday's sessions are designed for master or doctoral level mental health professionals and require pre-registration and payment.

Wednesday and Thursday sessions are free and open to the public. No registration is required.

Wellness Conference

April 1-3, 2020

Casper College | Counseling Services

Casper College Campus

Registration for Friday's professional workshops

Name _____

Mailing address _____

**Please return this registration form to:
Casper College Counseling**

Attn: Kelly Green

125 College Drive • Casper, WY 82601

email: kelly.green@caspercollege.edu or

fax to 307-268-2020

**Make checks payable to Casper College.
To pay by credit card call 307-268-2244.**

Registration is also available online at
caspercollege.edu/events/wellness

**Preregistration required for Friday's
professional workshop by April 3, 2020**

- ☐ I will attend the Friday morning session – \$40
☐ I will attend the Friday afternoon session – \$40
☐ I will attend both Friday sessions – \$75
(Friday's sessions are for master or doctoral
level mental health professionals)

For more information, please contact

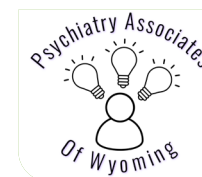
Kelly Green

Casper College Wellness Center

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