

Registration for Friday's professional workshops

Name _____

Mailing address _____

Phone _____

Email _____

Agency _____

Preregistration required for Friday's professional workshop by March 31, 2023

☐ I will attend the **Friday's afternoon professional workshop** \$30

Friday's workshop is for mental health professionals.

To pay by check, please return this registration, with your check made out to Casper College, to:
Casper College Counseling
Attn: Erin Ford, LPC
125 College Drive • Casper, WY 82601

To pay with a credit card, please email your registration information to Erin Ford at erin.ford@caspercollege.edu and call Casper College Accounting Dept. at 307-268-2244 to make your payment.

Wellness Conference

March 30-31, 2023

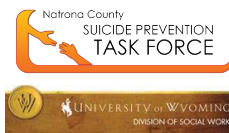
Walter H. Nolte Gateway building, Room 225
 Casper College campus

TOTAL OF 12 CEU'S AVAILABLE

**For more information, please contact
 Erin Ford, LPC**

Casper College Wellness Center
 307-268-2255 • erin.ford@caspercollege.edu
caspercollege.edu/events/wellness

Wellness Conference sponsored by:



Casper College

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Wellnessconference

March 30-31, 2023

Casper | Counseling
 College | Services
 Casper College campus

**Total of
 12 CEU's
 available!**

2023 Wellness Conference Schedule of Events

Thursday, March 30

9-10:20 a.m. Opposite Genders Don't Exist

Kristina Pham, MS

Many people believe that biological sex is binary: either you're male or you're female. But as with many binaries, things are more complicated than they seem. This informative presentation will begin with an explanation of why thinking of biological sex in the binary is harmful, discuss gender as an expression of personality, and finally, will offer ways to be a good ally as a person and professional.

10:30-11:50 a.m. Working with Seniors – The Final Frontier

Lisa Thomas, LCSW

Aging is a natural process that may present challenges for some individuals and their families. All adults may experience health issues and stress as they age and the support of a therapist or other mental health professional may help ease the transition. This presentation will discuss the importance of working with this population, settings where helpers might work with seniors, their access to health care, and challenges that may arise, as well as other important facts and statistics to consider when working with this population.

LUNCH

1-2:20 p.m. Wellness and Sexual Health: Intersections and Decision Making

Emma Burton-Hopkins, MHE, CHES

Sexual health is an integral part of living an authentic life and it requires a positive and respectful approach to sexuality and sexual relationships. This presentation will focus on the relationship between wellness and sexual health, the

factors associated with risk, and access to care. Finally, this presentation will elaborate on distinctions between wellness decisions and sexual health decisions to bring participants an informed approach on this challenging topic.

2:30-3:50 p.m. Drums, Shakers, Flutes and Bells – The Spiritual Practice of a Drum Circle

Brenda Evans, M.Ed

Every society in the world has music. Music is associated with all aspects of human behavior and emotions. Attendees will learn about the history of each instrument as we add it to our circle, how drum circles have been used traditionally and in contexts such as company team building, improving communication, as well as in therapeutic interventions. Participants may also engage in creative expression through experiential practices within the drum circle.

Friday, March 31

9-11:50 a.m. Beyond Anorexia: Rethinking Eating Disorders

Grace Shearrer, Ph.D.

Traditionally when we think of eating disorders, we imagine one of two, either anorexia nervosa or bulimia nervosa. However, disordered eating goes beyond restriction and purging. In this session we will examine the less overt, but still present disordered eating including binge eating disorder, orthorexia, restrictive eating, and eating competence. We will also consider socio-economic underpinnings of restrictive eating.

LUNCH

1-3:50 p.m. America's Mass Murder Epidemic and Ethical implications for Mental Health Professionals

John Ordiway MS, LPC, LAT and

Diana Quealy-Berge Ph.D., LPC, LAT

With the continued increase in mass murder in the US, more states are looking at passing red flag laws to help stem the tired of mass shooting events. This workshop will focus on the need to develop a sound assessment for red flag laws, the ethical implications of enforcement of red flag laws and examining patient's rights vs. community safety.

Friday workshops are designed for mental health professionals and requires preregistration and \$30 payment.

Includes 3 Ethics CEUS!

We hope to see you all there!

Each attendee will be responsible for their own lunch.

Refreshments will be provided throughout the conference.

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