

CALL FOR PRESENTATION PROPOSALS

Casper College Counseling Services
2024 WELLNESS CONFERENCE

Casper College Counseling Services is pleased to announce its 34th annual Wellness Conference, April 4th and 5th, 2024, in the Gateway Building at Casper College. We are looking for members of the Wyoming prevention, treatment, and therapeutic communities to share their knowledge of various wellness-related issues with other professionals, students, and the general public.

Tell Wyoming what you're doing!

We invite you to share ideas and strategies that have worked for you in facilitating change and encouraging wellness with individuals, groups, families, and communities. Presentations are 80 minutes in length April 4th, and we have an opening for two half-day presentations on Friday, April 5th (Friday is set aside specifically for mental health professionals). Please see the other side of this form for possible topics if you do not have one in mind. If you are interested in providing a presentation, please complete the form below and email it/mail it to the address below. If you have questions, please feel free to contact me. **Deadline is February 9th, 2024.**

Name(s) _____ Agency _____

Address _____ Phone# _____

Email Address _____

Topic Title _____

Target Population (please circle): Students Professionals Students & Professionals

Presentation length (please circle): 80 minutes Half Day

Equipment needed (digital projector, DVD, flip chart, special accommodations, etc.)

Brief Description of Presentation (to be used in the conference program)

Short Bio (educational background, positions, etc.) with Credentials (MS, PhD, LPC, etc.)

Please mail or email to:

Erin Ford
125 College Drive, UU 214
Casper, WY 82601

Phone: (307) 268-2255

Fax: (307) 268-2020

Email: erin.ford@caspercollege.edu

POSSIBLE TOPICS FOR THE 2023 WELLNESS CONFERENCE

Below are several possibilities and suggestions from past conference participants. If there is something you want to learn about, or a topic you have requested, consider researching it and presenting it yourself! Our audience is always very presenter-friendly and encouraging. Please do not feel limited to these topics only.

ABA/Autism

Addictions issues (especially gambling addiction, porn/sex addiction)

Addressing loneliness

Adverse childhood experiences (ACES) - how to heal the effects

Advocating for community change

Anxiety (control issues with other people or oneself, solutions for fear & anxiety)

Broaching multicultural differences in counseling

Children/youth/adolescent mental health

Communication (difficult conversations with clients, co-workers, supervision)

Couples counseling

Counseling people living with/being treated for cancer

EMDR

Family therapy

Grief/loss

Group counseling

Holistic/non-traditional aids in wellness

How to be an ally for marginalized and oppressed populations

Importance of boundaries (ethically, in relationships)

Imposter syndrome

Mindfulness

Motivational Interviewing

Psychopharmacology

Self-care, self-compassion, and/or self-esteem

Sleep

Social media impact on mental health

Suicide prevention planning/policies for workplace (more next steps/level)

Supervision (strategies for effective clinical supervision, navigating ethical issues)

Questionnaires and assessments to use in counseling

Therapeutic use of self-disclosure

Telehealth

Trauma

Wellness related topics

Working with the geriatric community (access to healthcare, dementia, depression)

Working with high-risk clients/those who have lower compliance i.e. schizophrenia

Working with indigenous persons

Working with LGBTQ populations

Working with Veterans