

Name _____

Mailing address _____

Phone _____

Email _____

Agency _____

Registration for Friday's professional workshops

Preregistration required for Friday's professional workshops by April 3, 2024

I will attend the Friday's professional workshops \$35

Friday's workshops are 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 the Casper College Accounting Dept. at 307-268-2244 to make your payment.

Wellness Conference

April 4-5, 2024

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

A total of 12 CEU's are available, including 3 suicide and 1.5 ethics credits!

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

Casper College provides equal opportunity in education and employment — caspercollege.edu/nondiscrimination.

Wellnessconference

April 4-5, 2024

Casper | Counseling
 College | Services
 Casper College campus

Total of 12 CEU's available!

2024 Wellness Conference Schedule of Events

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

Thursday, April 4

9-10:20 a.m., Providing Self-Regulation Skills to Children and Youth

Kyree Chambers, Conscious Discipline Senior Instructor

With ever increasing behaviors in our youth, it is important to teach and educate our generation on what to do when feelings come up. By using the five steps of regulation from the research of Conscious Discipline, not only will our youth learn more skills but so will the adults supporting them. Whether in a mental health setting, a care center, school, or at home, these skills benefit all who experience them.

10:30-11:50 a.m. Cultural Values: Examining How Worldview Shapes Therapeutic Relationships

Amy Adwalpalker, MA, PPC

In this engaging presentation, participants will learn a framework that delineates 13 American cultural values in contrast to 13 traditional cultural values. Participants will learn to utilize this model to look for clues in the client's speech and behavior about the client's cultural values and will consider the impact of personal cultural lenses on the counseling relationship and outcomes. Finally, participants will learn strategies for increasing cultural competence and consideration of the impact of social location on diverse populations in Casper, and surrounding areas.

Lunch

1-2:20 p.m., Setting Boundaries in Theory and in Practice

Kristen Rigoni, MA, LCSW

In our training as counselors, therapists, and social workers, we learn the importance of setting boundaries with our clients, in the workplace, and even in our personal lives. The code of ethics of our professions provide guidelines of what these boundaries should be. Theoretically, we understand these ethics and guidelines and agree that they should be followed. However, setting boundaries in practice is often easier said than done. This presentation will explore some of the situations that we encounter that make it difficult to set boundaries, reflect on the reasons setting boundaries can be challenging, and offer solutions to setting stronger boundaries.

2:30-3:50 p.m., Transcranial Magnetic Stimulation

David Martorano, MD

Transcranial Magnetic Stimulation is an FDA approved therapy for medication-resistant depression. The procedure uses highly-focused magnetic pulses to stimulate nerve cells in the brain known to affect mood regulation. It is noninvasive and free of the side effects patients can experience when they take anti-depressants. Dr. Martorano is a specialist in TMS and will discuss applications in inpatient and outpatient psychiatry and its use at Wyoming Behavioral Health in Casper as well as Cody Regional Behavioral Health.

6-8 p.m., Special screening of the PBS documentary "Hiding in Plain Sight." Followed by a Q&A panel discussion with film participants including Kee Dunning, a 2021 Casper College Exemplary Alumna and film contributor.

Follow the journeys of more than 20 young Americans from all over the country and all walks of life, who have struggled with thoughts and feelings that have troubled — and at times — overwhelmed them. The film presents an up-close look at the seemingly insurmountable obstacles faced by those who live with mental health disorders and the hope that many have found after the storm. The film also features first-person accounts from parents, teachers, friends, and healthcare providers who walk with them along the journey.

Kee Dunning is a Casper College alumna and long-time supporter of the Casper College Foundation. Kee has spent 40 years in mental health practice with children and families listening, learning, and responding to the needs that arise. Dunning is thrilled to bring this special screening of her PBS documentary to the 2024 Wellness Conference and to the state of Wyoming.

To learn more about the documentary and about Dunning and her practice, visit these links: yellowstonevalleywoman.com/hiding-in-plain-sight and pbs.org/show/hiding-plain-sight-youth-mental-illness

Friday's workshops are designed for mental health professionals and require preregistration and \$35 payment which includes suicide and ethics CEUS!

Friday, April 5

9-10:20 a.m., The Kee Concepts of Communication

Kee Dunning, MS, LPC

The Kee Concepts of Communication training will include a guided exploration of the concepts. We will include strategies for having difficult yet critical conversations, how to establish accountability and set boundaries in collaborative partnerships, and how to create and maintain a psychologically safe environment. We will apply the concepts through structured simulation and debrief. Simulation and debrief are grounded in the "Debriefing with Good Judgement" — Jenny Rudolf et al, Centers of Medical Simulation and "Team Psychological Safety" — Amy Edmondson of Harvard Business School. We use the concepts with all clients regardless of age and teach the concepts across multiple professional disciplines including education and health care.

10:30-11:50 a.m., Ethical Principle of Social Justice: Application to Practice

Bethany Cutts, MSW, LCSW

The presentation will explore three questions: Are we promoting social justice in our practice? How are we promoting social justice in our practice?

Can we do more? Utilizing Janet Finn's "Just Practice Framework in Action," we will look into the ethical standards and principals of promoting social justice within the helping profession and the application of the five key concepts of Just Practice: Meaning context, power, history, and possibility.

Lunch

1-3:50 p.m., Suicide Risk Assessment and Risk Management

Amanda DeDiego, PHD, LPC

This presentation will provide an overview of suicide risk assessment and risk management for outpatient mental health settings. The presentation will include an overview of the Columbia-Suicide Severity Rating Scale Risk Assessment. The presentation will also discuss consideration of cultural awareness related to participant identities in suicide assessment and risk management e.g. — LGBT+, age, race/ethnicity, chronic illness. The presentation will provide ideas about documentation and strategies for management of suicide risk for firearm owners.

Casper College's annual Wellness Conference is a wonderful way for community members and providers to network, expand their knowledge, and get exposed to some of the most current topics. This year we are excited to have a variety of presenters covering diversity, current events, and experiential practices that will challenge our thinking and bring greater creativity to our work.

Each attendee will be responsible for their own lunch.

Refreshments will be provided throughout the conference.