



2019 Adolescent Symposium of Texas Workshop Descriptions and Speaker Biographies



Keynote Plenary Session:

The Science of Heartbreak: Why Teen Break-Ups are So Devastating **Kelly Jameson, PhD, LPC-S**

Do you remember your first love? Does it still sting to think about how it ended? The answer is probably YES! Many disappointing events can impact the emotional health of an adolescent, but research indicates that heartbreak might be at the top of the list! Why is that first attempt at romantic love so important to the development of a adolescent, and why is that first heartbreak so devastating? As adults, we tend to minimize this experience for teens but new information encourages adults to recognize the emotional implications and developmental delays that could occur following the first intense break-up.



Keynote Workshop Session:

The Culture of Affluence: Helping Kids Who Have It All **Kelly Jameson, PhD, LPC-S**

Culturally, there are conversations that are considered off limits: religion, politics, weight, age, and wealth. Yet, here in North Texas, we have quite a bit of wealth. We are considered an "affluent culture." Financially, we know what this means, but how does that translate to our kids? How does affluence play a role in the way our kids are being raised to think, feel, and behave? Current research tells us that affluent kids are experiencing epidemic rates of mental health issues. Parents are baffled and often say, "But they have it all?!" What is amiss here? Dr. Jameson will explore this often controversial topic through her own work with affluent families as well as the current research on this culture.

Dr. Jameson is a therapist and speaker based in Dallas, Texas. Either in therapy or on stage, her goal is to promote self-reflection and growth in the life of her clients and audience members. She is known for her casual, witty style which can make heavy topics—like changing your life, seem not only realistic, but enjoyable. She believes unmovable facts like family of origin, birth order, temperament

and personality play a significant role in who we are, but she certainly doesn't count out the power of mindset and a solid therapeutic process along the way to promote positive change. She currently serves on the Board of Directors for The Grant Halliburton Foundation, an organization dedicated to strengthening the network of mental health resources for children, teens and young adults; promoting better mental health; and suicide prevention. She also serves on the Board of Directors for the DFW chapter of the International Association of Eating Disorder Professionals (IAEDP).

Breaking Down Choice: Looking at Pathways into Sex Trafficking/Commercial Sexual Exploitation **Sundal Ali**

Youth Program Manager
New Friends New Life

Dialogues surrounding sex trafficking (ST) and commercial sexual exploitation (CSE) often contain a connotation of choice. However, interconnected risk factors impede youth's ability to avoid pathways into CSE. Attendees will learn to contextualize between ST and CSE, recognize pathways into exploitation, and utilize a lens of intersectionality to provide trauma informed services.

Sundal Ali is the Youth Program Manager at New Friends New Life, where she manages the agency's drop in center for youth who are at high risk of or have been sex trafficked or experienced commercial sexual exploitation. She oversees the provision of wrap around services at the drop in center, in addition to advocacy services for high risk victims of child sex trafficking. Sundal began her work in social services with sex trafficking prevention in Washington, D.C., which was followed by international work in Nepal and Uganda on local responses to sex trafficking. She holds a Bachelor's of Science in Public Health from the George Washington University.

Ethics: Our Prime Directive **Judith Allen, NPP, PsyD , President & CEO** **Communities in Schools- Dallas Region**

Cultural shifts have created a "what did you know, and when did you know it" environment. We'll explore the basic ethical tenants that drive moral behavior, using real world examples around personal/professional/social responsibility, respect, competence, and non-maleficence. Includes exploration of the "see something, say something" trend.

Dr. Judith Allen is the President & CEO of the educational support organization, Communities In Schools in Dallas. The nationally recognized program, home based in Washington DC provides connectivity and support to high risk school campuses with the surrounding community. Dr. Allen joined CISDR in 2005 as the mental health crisis service provider and now leading the team of 100+ staff, 35 local partner groups serving over 8,000 local children. She spent 15 years in NYC, with child service based non-profits, then onto law enforcement, leading teams serving adults with active criminal offenses, paired with dual diagnosed addiction and mental illness. She holds a doctorate in psychology from New York University and has extensive background in clinical child development, crisis de-escalation, family dynamics, and servicing high risk environments with needy children and families.

Why Do They Act that Way? Understanding the Adolescent Brain

Jennifer Balch, LPC-S, RPT-S, CAS, Chief Clinical Officer

Twila Farrar, LPC, RPT, CAS, Chief Executive Officer

University Park Counseling & Testing Center, PLLC

The brain does interesting things during adolescence! Come and learn about the unique changes that occur during adolescent development, strategies to better connect with teens, and ways to support their family members.

Dr. Balch is a Licensed Professional Counselor-Supervisor in the state of Texas as well as a Registered Play Therapist-Supervisor. She earned her Ph.D. in Counseling from the University of North Texas (UNT), where she specialized in play therapy. Dr. Balch has counseling experience with individuals, couples, families, and groups in a variety of settings, including community agencies, schools, and private practice. She has extensive training and experience working with individuals with Autism Spectrum Disorder (ASD) and feels passionate about advocating for their mental health needs. Dr. Balch is credentialed as a Certified Autism Specialist and has published and conducted research in the field of ASD.

Twila Farrar is a Licensed Professional Counselor in the state of Texas as well as a Registered Play Therapist. She earned her Master of Education in Counseling from the University of North Texas, where she received specialized training for working with children, adolescents, and their families. She has experience working with diverse populations, including children, adolescents, and adults. Twila is credentialed as a Certified Autism Specialist and was one of the first therapists in Texas to become a Certified AutPlay® Therapy Provider Level II.

Mindfulness and Body Posturing: Changing the Adolescent Brain to Lower Stress and Increase Confidence

Melissa Clark, MA, LPC-S, Owner

Melissa Clark Counseling, PLLC

Today's teens are struggling to cope with stresses. Anxiety and depression continue to rise in this vulnerable population. Mindfulness and body posturing are evidenced-based tools proven to change the brain. Learn practical tools to facilitate change by implementing mindfulness and body posturing into your work with adolescents.

Melissa is a licensed professional counselor in the Dallas area. She has worked in private practice settings since 2008. Melissa has an undergraduate degree in psychology from Texas State University and a Master's degree in Counseling and Biblical Studies from Grace University. As a Dallas native, she is passionate about serving her community and the greater metroplex through speaking engagements at schools, churches and local organizations.

Ethics Jeopardy: Guaranteed to be more fun than a board complaint

Amanda Esquivel, LPC-S, LCDC, Owner

Room for Change

Ethics continuing education is necessary, both in practice and by our board. But it doesn't have to be delivered in the same dry and scary context. Ethics violations aren't funny, but ethics continuing education can be FUN!

Amanda Esquivel, known to many colleagues as Counselor Amanda, graduated from the University of North Texas. Since then she has worked in various levels of care and has been in private practice since 2014. Her practice, called Room for Change, is in Garland Texas. There she continues to treat adolescents and adults struggling with substance use, self harm, and grief in addition to general mental health issues. Amanda enjoys her work with clients as well as her role as an LPC-supervisor.

LGBTQ Youth: Perceptions, Realities, and Risk Factors
Cameron Fields, LMSW, Youth First Program Manager
Resource Center

As youth-serving professionals, it's vital that we understand the diverse perspectives of youth. This workshop will give an overview of how to best serve LGBTQ youth by being culturally competent, empathetic and an ally to all. Participants will also learn about recent statistics and risk factors that LGBTQ youth face.

Cami Fields is the Youth First Program Manager at Resource Center, a 501c3 non-profit that operates one of the largest LGBTQ community centers in the country. Before program management, she was an Adolescent Therapist in Resource Center's Behavioral Health Department, providing intensive outpatient treatment for adolescents as well as individual and family therapy. She earned a Bachelor of Psychology and Master of Social Work from Austin Peay State University in Clarksville, TN and is a Licensed Master Social Worker (LMSW) in the state of Texas. She is actively involved in the community's efforts to address LGBTQ youth homelessness and participated in the See Us Now youth count in January 2018 as a team leader for the Cedar Springs area.

Fortnite Phenomenon and Teens: Gaming Subculture and Impact to Teens
Mathew Fish, MA, LPC, Counselor
Damion Davis, M.Ed, LPC, Counselor
The Davis Counseling Center

This session focuses on common issues, beliefs, positive/negative effects, and aspects of socialization within the gaming culture many teenagers embrace. It will address socialization in games, how to discuss the pros/cons of gaming with a teen or parent, and provide tools and resources for professionals working with teens.

Matthew Fish is a Licensed Professional Counselor working at the Davis Counseling Center, with specific training working with children, adolescents, adults, and marriages. Matthew seeks to provide a holistic perspective when working with people. Matthew received his Bachelors degree from North Central University in Minneapolis, MN. He further pursued his M.A. in Counseling from Dallas Theological Seminary. Currently, he is working towards his Ph.D. in Counseling and Counselor Education from Texas A&M University - Commerce. Before joining the team at Davis Counseling Center, Matthew worked at Beckloff Pediatric Behavioral Center and Behavioral and Developmental

Pediatrics in Dallas, TX gaining unique experience with a variety of aspects of mental health work. Matthew was named a Mom Approved Therapist by Dallas Child in 2017.

Damion is a Licensed Professional Counselor (LPC) through the state of Texas and founder of the Davis Counseling Center, PLLC. Damion is trained to work with children and adults with differing degrees of emotional and behavioral issues. Damion earned his B.A. from the University of Texas at Arlington and a M.Ed. in Counseling from the University of North Texas, specializing in adolescent, adult, and family therapy. Currently, Damion is pursuing his Ph.D. in Counseling and Counselor Education at Texas A&M University-Commerce. Before founding the Davis Counseling Center, Damion was the Director of Counseling Services at the Beckloff Pediatric Behavioral Center. While working with adolescents, Damion gives them a level of autonomy, while keeping the parents involved in the process. Collaboration is key and leads to growth and understanding.

"I Feel Fat": Treating Body Image Dissatisfaction in Therapy
Sally Fleck, PhD, Primary Therapist
Eating Recovery Center

Body image dissatisfaction is an increasing and pervasive problem among adolescents and it can often be challenging to treat. This workshop provides an overview of current ways to treat body image dissatisfaction in therapy and gives participants a wide variety of interventions to implement in individual and group therapy sessions.

Dr. Sally Fleck is a licensed psychologist and primary therapist at Eating Recovery Center of Dallas. She earned her master's degree in Community Counseling from Gonzaga University and received her PhD in Counseling Psychology from University of North Texas with a specialty track in Marriage and Family therapy. She completed her APA-accredited internship at the Butler University Consortium, which included working at the University Counseling Center and at the Charis Center for Eating Disorders in Indianapolis, Indiana. She completed her postdoctoral fellowship at Eating Recovery Center of Dallas. Her clinical and research interests include eating disorders, body image, and intuitive eating in adolescents.

Family Roles: Identifying Family Roles and How They Function
Shawnetta Gantt-Wilkins, MA, LPC-S, NCC, LCDC, MAC, Program Manager
Dallas County Juvenile Department

In this session we will identify the various roles within the family system and how each role interacts within the family unit. This will include an outline of how the family roles are "exchanged" when a family member has an experience that impacts the family unit and how it functions.

Shawnetta Gantt-Wilkins is the Program Manager with Dallas County Juvenile Department - Substance Abuse Unit. She holds a Masters of Arts in Professional Counseling from Amberton University. She is an LPC-S, with the designation of NCC (National Certified Counselor), and an LCDC with the designation of MAC (Master's Addiction Counselor), and a Master Trainer in Motivational Enhancement Theory. She has worked with the juvenile population for approximately 20 years. She has experience in the areas of suicide prevention and intervention, substance use treatment, sex

offender treatment, crisis management and intervention, anger management, adjustment, grief, trauma, Mood Disorders/psychotic features, coping skills, social skills, goal setting, communication, and family dynamics.

Handle with Care: A Toolbox for Effective Interventions with Traumatized Youth

Christie Greeley, LPC-S, Director of Clinical Services

Regan Aaron, LPC, RPT, Clinical Therapist

San Marcos Treatment Center

This presentation will focus on the impact of adverse childhood experiences on attachment and development. We will discuss the value of active interventions to engage families of traumatized clients and how the brain can be repaired through positive experiences and connections. Several activity-based interventions are included in the presentation.

Christie Greeley, LPC-S is currently the Director of Clinical Services at San Marcos Treatment Center, a 212-bed psychiatric residential treatment center for youth ages 6-17, located in Central Texas. Her career serving youth got underway in 2000 with a two-year teaching stint in North Carolina via the AmeriCorps program Teach For America. Upon returning to Texas, she completed her Masters in Education Psychology at the University of Texas at Austin in 2006. She has worked in the counseling field ever since, providing mental health services via schools, homes and private practice prior to beginning with SMTC in 2013.

Ragan Aaron, LPC, RPT is a Clinical Therapist at San Marcos Treatment Center, a psychiatric residential treatment center for youth ages 6-17. Ragan completed her Master of Arts in Health Psychology in 2014 with an emphasis in Professional Counseling and Play Therapy. She primarily works with boys ages 6-14 and in addition to play therapy, utilizes Sandtray therapy, expressive arts, and experiential interventions such as low and high ROPES activities.

Bounce Back: Building Resilience in Children and Teens

Vanita Halliburton, Executive Chairman

Grant Halliburton Foundation

Bounce Back is a presentation that explores adversity and resiliency as essential elements in social and emotional development. This workshop will help you understand Dr. Kenneth Ginsburg's 7 Cs of resiliency and develop skills for teaching students how to use challenges and setbacks as building blocks for resiliency.

Vanita Halliburton is co-founder and executive chairman of Grant Halliburton Foundation, which was established in 2006 following the suicide death of her teenage son, Grant Halliburton. The Foundation's mission is to strengthen the network of mental health resources for children, teens and young adults; promote better mental health; and help prevent suicide. Vanita is a frequent speaker on youth mental health and suicide prevention to students, educators, counselors, parents, community groups and professional conferences. She speaks from the heart about her son's battle with depression and bipolar disorder, his suicide at the age of 19, and the need for a collaborative and comprehensive approach to suicide prevention in our community.

Stop Problem-Solving, Start Process-Solving
David Henderson, MD, Owner
Four Stones Collaborative Group

Too many therapists get lost in dealing with the problems adolescents and parents present with and fail to address the process of what's happening in the appointments themselves. This workshop will give you the tools to stop problem-solving and start process-solving.

Dr. Henderson is a psychiatrist, author, film producer, owner of Four Stones Collaborative Group in Dallas, Texas and Chief Medical Officer of Fort Behavioral Hospital in Fort Worth. He is also a member of the board of directors for Mental Health America.

Teens in Crisis: The Silent Addiction
Jeremy Hogg, LPC-Intern under the supervision of Janie Stubblefield, LPC-S
Mobile Counseling

Sex addiction in adolescents is a growing problem that is rarely talked about. Anger, isolation and a warped view of the opposite sex can have a profound societal impact. We will discuss the common root causes leading to addiction and evidence-based programs for recovery and freedom.

Jeremy is a LPC-intern working under the supervision of Janie Stubblefield, LPC-S at at Mobile Counseling, seeing adolescent and adult clients. He is a Certified Sex Addiction Treatment (CSAT) candidate, and is in the process of completing Eye Movement Desensitization and Reprocessing (EMDR) training. Jeremy is a Professional Counseling- Intern teaching in a therapeutic classroom in Mesquite ISD at West Mesquite High School.

Transforming the Difficult Child with the Nurtured Heart Approach
Rachel Horton, LCSW, Clinical Therapist
San Marcos Treatment Center

This presentation will provide a background of the nurtured heart approach, as well as teaching techniques to utilize when dealing with a challenged child. Attendees will be able to role-play these techniques to ensure readiness to apply directly in your practice. The presentation will be composed of Powerpoint, videos, scenarios.

Rachael Horton holds a MSW from Texas State University and is currently a licensed clinical social worker, and certified in the nurtured heart approach. She specializes in working with adolescent boys ranging in ages 8-14, whom have experienced abuse, neglect and struggle with mood dysregulation, post-traumatic stress disorders, and have varying cognitive functioning. Rachael is currently a therapist at the San Marcos Treatment Center, and facilitates individual, family, and group therapy.

Is it ADHD or not? Identifying early signs of true ADHD
Vernon Johnson, MD, Medical Director
Naima Monira, Clinical Analyst
TMS Neuro Solutions

With a 42% rise in adolescents diagnosed with ADHD over the last 8 years, we need to make sure we aren't misdiagnosing! This presentation will look at the early signs and symptoms of ADHD, all possible treatment options, and what happens if we misdiagnosis. Come learn the truth about ADHD.

For the past 25 years, Dr. Johnson has provided comprehensive mental health care to the people of North and East Texas. Dr. Johnson completed his undergraduate education at Rice University prior to attending the University of Texas Medical Branch in Galveston, Texas. Following medical school, Dr. Johnson completed a pediatric internship at The University of Texas Health Science Center in Houston, a residency in psychiatry and behavioral health at The University of Texas Medical Branch, and a fellowship in Child and Adolescent Psychiatry. Dr. Johnson now specializes in the treatment of Attention Deficit/Hyperactivity Disorder, Autism Spectrum, Behavioral Disorders, Substance Use Disorders, Mental Disorders due to primary medical illnesses, Delusional Disorders, Disorders of Adult personality and behavior, and Mood and Anxiety Disorders.

Naima Monira is a Clinical Analyst for TMS Neuro Solutions. She has obtained her B.A. in Psychology at Baylor University and both, her Masters in Human Development & Early Childhood Disorders and Applied Cognition & Neuroscience from University of Texas at Dallas. In the past, Naima worked at the Center for BrainHealth at University of Texas at Dallas as a research clinician conducting social cognitive training with adolescents with social, cognitive, & developmental deficits using virtual reality technology.

You Got This! Fostering Resilience at Every Age
Miki Johnston, LCSW, Therapist & Public Speaker
Miki Johnston, LCSW Private Practice

What's one of the greatest gifts we can offer children? Resilience! Resilience helps children develop the confidence and competence they need to navigate life's inevitable ups and downs. This dynamic workshop will teach tools and techniques to help children of all ages manage anxiety, cope with pressure, and maximize self-worth.

Miki Johnston is a board certified Licensed Clinical Social Worker (LCSW) with a Masters in Social Work from Loyola University Chicago. With more than 20 years of experience working with diverse populations in a variety of settings, Miki's current private practice focuses on the treatment of teens, adults and parents. Her specializations include anxiety, depression, family of origin, sexual health, parent-child conflict, attachment and peer related issues. As an affiliate of Girls to Women Health and Wellness, Miki is a dynamic public speaker and workshop facilitator. For the past 10 years, she has been an active member of the Child and Family Guidance Centers Board of Directors. She also proudly serves on the Highland Park Independent School District Student Health Advisory Council.

Demystifying First Episode Psychosis in Adolescents
Erin Kaszynski, M.Ed., LPC, Clinical Supervisor
LifePath Systems

Exploration of First Episode Psychosis in adolescents, warning signs, treatment approaches, risk factors and the importance of family and community engagement as well as linking people with services available in the field.

Erin Kaszynski, M.Ed., LPC is the Special Projects Clinical Supervisor for LifePath Systems, the Collin County Mental Health Authority. She is a PhD student in Counselor Education and Supervision at TX A&M Commerce. Her clinical interests include: trauma, severe mental illness, and counselor education and supervision

Generation Viral: Utilizing Their Internet to Build Rapport, Provide Support, Teach, Guide & Heal
Jordyn Lawson, LPC, Certified EMDR, EMDR Consultant in Training, Assistant Director of Clinical & Professional Services
Genesis Women's Shelter

This workshop will explore ways to therapeutically connect with adolescent clients by meeting them where they are and speaking their language--viral language. We will discuss common terms and key sites for teens, how to address internet safety, and how to use social media as a therapeutic intervention.

Jordyn Lawson, MA LPC, is the Assistant Director of Clinical and Professional Services at Genesis Women's Shelter and Support and has worked in the field of domestic violence and trauma recovery for over 11 years. Jordyn has provided individual and group counseling services and has a passion for speaking in the community regarding domestic violence dynamics. Jordyn has a degree in Human Development and Family Studies from Texas Tech University and a Master's in Counseling from Wayland Baptist University.

Addiction as Insecurity in Attachment: the neuroscience of addiction and human relatedness
Michael Leach, PhD, Clinical Therapist
Richland Oaks Counseling Center

Attachment theory helps explain how early life relationships, experiences and brain development become facilitators or barriers to flexibility, adaptability and responsiveness. Individuals who become dependent on addictive substances cannot regulate their emotions, self-care, self-esteem, and relationships. Attachment theory illuminates an important way out.

Michael Leach, PhD, completed his doctoral training at Rosemead School of Psychology at Biola University, a program that integrates Christian theology and psychodynamic psychology. He has been in an academic role for 20 years and private practice for 9 years. He's the founder of Richland Oaks Counseling Center, a nonprofit agency that works to make meaningful mental health more accessible.

Working With Gender Expansive Youth-What You Need To Know
Melani Massey, LCSW, Therapist/Owner
Active Change Therapy

This presentation will provide you with the basic principles of helping children and adolescents explore their gender identity in an affirming and safe way. Attendees will learn appropriate terminology, be provided with tools, resources and materials to add to their bank of knowledge.

Melani Massey is a Board Approved LCSW-Supervisor working in private practice in Plano, Texas. Her areas of specialization are working with LGBTQ+ individuals and building healthy self-esteem in adolescent girls & women.

The Role of Lethal Means Restriction for Suicidal and Self-Harming Adolescents

**Rebecca Matthews, MA, LPC-S, LPA, CBGT, Clinical Therapist
Children's Health System of Texas**

This presentation will discuss specific steps adults can take to help children/adolescents be safe when suicidal thoughts or self-harm urges are present. Lethal means restriction resources will be provided. This presentation is appropriate for professionals working with children and adolescents and their families, family members, teachers, and community members.

Rebecca Mathews has been a therapist in the DFW area for over 10 years working with children, adolescents, families, and individuals. She currently works at Children's Medical Center in Dallas as a clinical therapist in the psychiatry inpatient unit. In addition to being licensed as a Licensed Professional Counselor – Supervisor and Licensed Psychological Associate, Rebecca has specialized training in cognitive behavioral therapy, motivational interviewing, and sandtray therapy. She is currently attending the PhD Counseling program at Texas A&M University – Commerce and is expected to graduate in 2020.

Trauma, Resiliency, and Acculturative Stress: Understanding Multidimensional Perspectives When Working with Latinx Youth

**Julissa Pegan- Peña, PsyD, Psychology Postdoctorate Fellow
Lauren Mann, PhD, Bilingual Licensed Therapist
Aileen Fullchange, PhD, Licensed Psychologist
Momentous Institute**

This workshop provides an overview of the systemic dynamics of immigrant families and adolescents from a multidimensional perspective of acculturation. Specific areas of focus include immigration, acculturation gap, trauma, and culturally appropriate evidence-based interventions. This presentation also emphasizes strategies for considering resiliency factors when working with Latinx youth.

Julissa M. Pagán-Peña, Psy.D. is a bicultural and bilingual clinician who is currently completing her post-doctorate training at Momentous Institute, Dallas, TX. She received her doctorate in Clinical Psychology from Adler University, Chicago and completed her undergraduate studies at the University of Puerto Rico. Julissa has a strong commitment to working with underserved populations who may not otherwise receive quality mental health services. She has trained in multiple settings including schools, outpatient facilities, and community mental health. Her past and present research

experiences have looked into parent-child acculturative discrepancies, depression among Puerto Rican adolescents, and mental health in Latino communities in Chicago.

Dr. Lauren Mann, Ph.D. is a Bilingual Licensed Psychologist in Texas. She received her Ph.D. in Counseling Psychology from the University of Georgia and her Master's degree in Community Counseling from Temple University in Philadelphia. Lauren has spent over 10 years working in community mental health and juvenile justice settings in non-affluent communities. Lauren currently works in an intensive outpatient group setting with middle school students and their families. This program serves over 80% Latino, bilingual and monolingual Spanish speaking families. Lauren's primary interests are culturally sensitive, relationally based, and family systems treatments for adolescents and their family systems.

Aileen Fullchange, Ph.D. is a licensed psychologist at Momentous Institute, Dallas, TX. She received her doctorate in Counseling, Clinical and School Psychology from the University of California, Santa Barbara. Prior to that, she was a public middle school teacher in the Oakland Unified School District as well as an educational consultant. Dr. Fullchange has worked with children, adolescents, and families in a variety of systems in both rural and urban settings since 2005. She is passionate about supporting families, especially those who have experienced trauma, on their journeys to find their strengths and to nurture resilience.

Improv Comedy for Teaching and Group Counseling

Cara Pennington, LMSW, Social Counselor

Uplift Education

Improv comedy includes active listening, being supportive, being vulnerable, understanding deeper emotions, and relationship building. Sound familiar? This workshop will explore the overlap between improv comedy and counseling, and you will learn and practice improv games and strategies you can use in the classroom or in group counseling to engage students.

Cara Pennington is a Social Counselor with Uplift Education, where she has worked with middle and high school students in West Dallas for four years. Prior to working as a school social worker, Cara worked as a drug and alcohol counselor for Dallas County Probation Department. Cara is particularly interested in modern psychoanalysis and how the work we do with adolescents today can help repair relationships from the past, present, and future. Cara graduated from the Improv Comedy Program at Dallas Comedy House in October 2018. She is fascinated by the overlap of improv principles and the work we do as teachers and counselors.

Vaping: Liquid Smoke and Mirrors

Rick Rayl, RPh, Director of Pharmacy

University Behavioral Health

E-cigs: are they a safe way for smokers to stop smoking, or a gateway to a bad habit for adolescents? Is vaping bad for your health? Are electronic cigarettes as addicting as traditional ones? This presentation focuses on the controversy that is vaping.

Rick Rayl is the Director of Pharmacy at UBH of Denton. He has collaborated with pharmacy recovery networks in Louisiana, Arkansas, Kansas, Missouri and Texas. As a SMART Recovery facilitator, Rick leads group at Grace Counseling Center in Lewisville, Texas. Rick is co-owner of Watchdog Solutions, which is a drug testing company. His experience with drug testing helps him to stay current with the rapidly expanding issues surrounding synthetic drugs such as K2. His position as director of pharmacy at a 104 bed acute care psychiatric facility that treats chemical dependency and the severely mentally ill, gives him ample opportunity to stay current with the drugs that treat addiction as well as all psychotropic drugs in general.

Can You See Me Now?

Madeline Reedy, Senior Director – TRAC

**Lakya Lewis, Educational Advocate – TRAC
City Square**

Participants will be given the opportunity to walk in the shoes of a typical CitySquare “neighbor”. Through a poverty simulation board game, *Can You See Me Now?*, players will gain a deeper insight into the harsh effects of poverty. In partnership with Highland Park United Methodist Church, CitySquare created this game to help the community understand the impacts of poverty. We will also debrief the experience and help participants understand the link between poverty and Adverse Childhood Experiences.

Madeline Reedy, Senior Director of the Transition Resource Action Center for CitySquare, joins us with over 15 years of experience working with at risk youth. She currently leads the TRAC program, the sole provider of transition services to youth exiting the foster care system. With a mission to connect young people, age 16-24, toward self-sufficiency, TRAC assists close to 800 young people throughout TDFPS Region 3, including Dallas County.

"But I Really Was Overweight": Understanding Implications for Eating Disorder Patients with a Premorbid Overweight History

Sonia Schwalen, PhD, LP, NCSP, LSSP, Psychologist

Bailey Tackett, PhD, Psychologist

Kimberly Hernandez, PhD, Psychology Postdoctoral Fellow

Next STEPS Worldwide, PLLC

In the United States, obesity rates have almost doubled in the last decade affecting 18-21% of youth ages 6-19 years old. It is well established that obesity is a specific risk factor for eating disorders. Little is known about treatment implications for individuals who present with eating disorders whose fear of weight gain is not irrational, due to experience with obesity. 25% of individuals diagnosed with an eating disorder have a history of being overweight! This talk will help audience members to understand differences in pediatric patients who present with eating disorders and premorbid obesity.

Sonia Schwalen, PhD, LP, NCSP, LSSP is a licensed psychologist and the founder of the psychological consulting firm, Next STEPS Worldwide, PLLC and the RecoverED clinic. She specializes in the prevention and treatment of eating disorders by providing direct care with clients in the form of therapy, psychological assessment, and multidisciplinary team consultation. She also specializes in

program development and has a passion for treatment integration of the spectrum of eating disorders including obesity and avoidant/restrictive food intake disorder.

Dr. Tackett earned her Ph.D. in Counseling Psychology from the University of North Texas in August 2018. At UNT, she completed the Sport Psychology specialization track which included training in performance enhancement and clinical services specific to high-level athletes. Dr. Tackett completed her predoctoral internship at the University of Maryland Baltimore County Counseling Center where she provided mental health services, outreach, and research for the transgender and gender nonconforming student population. She is currently a postdoctoral fellow at NextSTEPS Worldwide, PLLC and Eating Recovery Center, Dallas.

Kimberly Hernandez, Ph.D., is a Postdoctoral Fellow at Next STEPS Worldwide, PLLC. Dr. Hernandez offers outpatient therapy and psychological assessment services for children/adolescents, families, and adults across all psychiatric presentations. She specializes in treatment of trauma, couple therapy, and treatment of psychological concerns related to infertility. Dr. Hernandez graduated from Texas Woman's University in 2018 with a doctoral degree in Counseling Psychology. She recently completed her Predoctoral Internship at University of Houston Counseling and Psychological Services where she received experience and training in therapy with multicultural populations, specifically focusing on needs of racial minorities within therapy. She has worked in settings such as college counseling centers, residential substance-use rehabilitation, community mental health, and hospitals. She has presented trainings on coping with racial traumas, and stress, and therapy with men.

Teaseproof Your Campus

**Kelly Smith, LPA , Behavioral Specialist
Mesquite ISD**

Verbal teasing happens at all ages. This workshop will discuss the reasons behind bad/negative teasing and how to become "tease proofed". The three steps will be taught, role-modeled and role-played. Participants will leave with tools to implement and teach to students.

Kelly Smith is a L.P.A. and has worked for the past 23 years as a Behavior Specialist for Mesquite I.S.D. She promotes Discipline with Love and Logic across her district and across the state of Texas. Kelly presents a variety of topics to organizations from P.T.A.'s to conferences. She works closely with counselors, teachers and families to help students overcome behavioral challenges.

Counselor Preparation in Working with African American Adolescents in Group Counseling

**LaToya Smith, PhD, LPC, NCC, Senior Lecturer; Adjunct Professor
University of North Texas; Southern Methodist University
Rochelle Ritzi, PhD, LPC-S, NCC, RPT-S, Clinical Supervisor
Therapy on the Square
Terra Wagner, PhD, LPC, Clinical Supervisor
Southern Methodist University; Lift Counseling**

Our presentation will equip counselors in their work with African American adolescents. Attendees will leave with increased knowledge and awareness of the distinct experiences of African American teens and effective ways to serve them in a group setting.

Dr. Smith received both her doctorate and Master's degrees in Counseling from the University of North Texas with a specialty in couple and family counseling. She has experience in private practice, crisis counseling, site supervisor, and as an assistant director in an on-campus counseling clinic. Dr. Smith has presented many times at regional conferences in Texas. She is currently serving as a Senior Lecturer at the University of North Texas and as an adjunct instructor at SMU. Her counseling passions include creativity in counseling and discussing diversity in the counseling and supervision relationship; as well as reducing the stigma about seeking counseling services.

Dr. Ritzi is a Licensed Professional Counselor Supervisor, Registered Play Therapist Supervisor, and an adjunct professor at the University of North Texas, Texas A&M Commerce, and Palo Alto University. Her areas of expertise include play and activity therapy, group counseling, and multicultural issues. Dr. Ritzi also specializes in helping individuals heal from trauma and abuse, and crisis counseling. She is a past president of the Texas Association for Play Therapy and a Mental Health Disaster Responder for the Red Cross. She has also successfully worked with child and adult victims of domestic violence, and those who have a history of childhood abuse. Dr. Ritzi has successfully conducted field advancing international research, and regularly presents regionally and internationally. She has also given several keynote presentations, and is published in the field of counseling.

Dr. Wagner received a PhD in Counseling from the University of North Texas, and is a Licensed Professional Counselor. She is the clinical supervisor at the SMU Center for Family Counseling at the Resource Center, owner and clinician at Lift Counseling, and an adjunct professor. She has worked in counseling clinics, emergency rooms, shelters, nursing homes, and psychiatric hospitals. Dr. Wagner primarily teaches Group Counseling, Psychopharmacology, and Life Span at SMU. In practice, she specializes in helping clients with an extensive psychiatric history, and assisting professionals seeking work/life balance. Many of her research publications are related to her passion of cultural diversity and inclusion. Her work at the Resource Center includes supervising interns, advocating for the LGBT community, and a research focus on problematic use of cisnormative assessments with transgender and gender non-conforming clients. Dr. Wagner was a panelist at the DFW Urban League Young Professionals Conference and was a key figure in organizing crisis services for UNT Dallas Law School and El Centro students and police officers after the 2016 Dallas police shooting.

Ask the LPC Licensing Board: LPC Q and A Panel (NO CEU's AVAILABLE FOR THIS SESSION)

Janie Stubblefield, MA, LPC-S, RPT-S

Mobile Counseling

Dr. Christopher Taylor, PhD, LPC-S

Taylor Counseling Group

Do you have questions that you would like to ask the LPC board? Attend this session to learn from and ask questions from your LPC licensing board.

Janie is a Licensed Professional Counselor - Supervisor in Texas, a Registered Play Therapist - Supervisor, Nationally Certified Counselor, and Licensed Child Care Administrator. She has professionally served individuals, families, youth, and children for two decades through private practice counseling and local community service programs. Using cognitive therapy techniques and psychoeducation as the backbone for treatment planning, Janie can help you develop a clear plan for improving your most important life relationships. Additional training in EMDR to provide specialized services for clients with PTSD and trauma.

Christopher S. Taylor, Ph.D. LPC-S is an adjunct professor of counseling ethics at Dallas Theological Seminary and Amberton University. As a graduate of Dallas Theological Seminary with a Masters in Counseling, Dr. Taylor utilizes existential psychotherapy to provide treatment for individuals struggling with loss of identity, depression, and anxiety. In 2015, Dr. Taylor was appointed by Governor Greg Abbott to serve on the Texas State Board of Examiners of Professional Counselors as a professional member. In 2018, he was named Vice Chair of the board.

It's Not Just a Phase: Helping Teens Navigate Grief
Bryna Talamantez, LMST-Associate
Meltzer Counseling

During the course of this presentation, clinicians and mental health professionals will be able to leave with a gained knowledge of grief and how it affects teens. This experiential workshop will give clinical applications as well as research-based knowledge of what makes teenage grief unique.

Bryna is a Licensed Marriage and Family Therapist- Associate in Dallas. She has been working with children, teens, and their families navigate their grief journeys throughout her career through private practice and community grief support groups. Through her own grief experience and knowledge gained through many grief courses, Bryna has a balance of experience and knowledge in this field of study.

Tools to Equip Youth with Skills to Prevent Dating Abuse and Violence
Ryan Thomas, Community Education Program Manager
Hope's Door, New Beginning Center

Come to learn a few simple techniques for communicating effectively with teens about abuse and violence. Pick up some tips on delivering trauma-informed care to teens. Acquire skills and tools that help equip teens with the skills they need to foster healthy relationships and contribute to a safe community.

Ryan Thomas is the Community Education Program Manager for Hope's Door New Beginning Center, one of Texas' largest domestic abuse non-profits. As Program Manager, he is responsible for crafting effective curricula to raise awareness in the community and eradicate domestic abuse through educational presentations focused on prevention. Prior to his work in the field of domestic abuse prevention, Ryan was a teacher both abroad and in Texas for 15 years, working mostly with teens and young adults.

Movement Matters! Exploring Creative Ways of Self-Expression and Dynamic Mindfulness

**Lisa Thomas-Vernon, LMSW, Coordinator of Student and Family Services
Frisco ISD**

In the session, the participants will experience activities, relaxation techniques, explore effective ways of improving and understanding themselves, identify stressors, remembering to laugh, and how to incorporate effective tools for immediate implementation all through the eyes of a child.

Lisa Vernon is a Licensed Social Worker. She obtained her Bachelors and Masters degree from the University of Illinois Urbana-Champaign. Over the last 19 years, Lisa has worked as an educator and professional social work consultant in school districts both in Texas and Illinois. In addition to her extensive work in schools and higher education, Lisa is also a presenter who is described as humorous, engaging, and knowledgeable in social emotional learning and mindfulness.

**Meeting Systemic Needs of Current and Former Foster Youth
Sarah Worthington, MSSW, JD, Staff Attorney
Mary Christine Reed, JD, Director - Texas Foster Youth Justice Project
Texas RioGrande Legal Aid, Inc.**

This workshop will take an in-depth look at some of the most common challenges faced by current and former foster youth and provide detailed information and tools to overcome these challenges.

Sarah D. Worthington is an attorney with the Texas Foster Youth Justice Project at Texas RioGrande Legal Aid, Inc. (TRLA). Sarah began her career as a social worker, working in both the private nonprofit sector as a community coalition organizer and in local government as a social service coordinator. She later attended law school while working at a nonprofit immigration services law firm. After completing law school, Sarah was employed as a policy attorney working towards state-level criminal justice reform during the 84th Legislative Session before joining TRLA and the Texas Foster Youth Justice Project as a staff attorney in early 2016. Sarah specializes in representing unaccompanied minors, current and former foster youth, and survivors of sexual assault of all ages. She is especially interested in defending the rights of minors and young adults to lead safe and productive lives.

An attorney with Texas RioGrande Legal Aid, Inc. (TRLA) for over 25 years, Mary Christine Reed began directing TRLA's Texas Foster Youth Justice Project (Project) in 2008. The Project provides free legal advice, assistance, guidance and representation for current and former foster youth throughout Texas for matters involving foster youth rights and barriers to a successful transition to independent living. Ms. Reed is a graduate of the University of Texas School of Law.