

2020 Grief and Trauma Counseling Mini-Conference

Saturday March 14, 2020

University of Missouri – St. Louis
1 University Blvd, St. Louis, MO 63121
ED Collabiat in Ward E. Barnes Building

Program Schedule

9:15am-9:30am	Check-in
9:30am-10:45am	Keynote Session
10:55am - 11:55am	Breakout Session 1
12:05pm - 1:05pm	Lunch Session
1:15pm - 2:15pm	Breakout Session 2
2:25pm - 3:25 pm	Breakout Session 3
3:25pm - 3:30pm	Conference Survey & CEU Certificates

Conference Sponsors



2020 Conference Sessions

Keynote: *Brie Overton, FT, LPC, NCC*

The keynote address will provide a foundation for understanding trauma and grief responses and overview of theories and approaches to working with individuals in this population.

Breakout Session 1: 10:55 am - 11:55 am

➤ ***Grief Groups in Schools***

- Christine Frampus, LMSW, NCC, LPC, RPT
- During this session we will focus on interventions that can be used during grief groups in a school setting. Interventions that are appropriate for all scholars K-12 will be provided. Attendees will learn about various interventions for each age group to implement in their own work.

➤ ***Trauma-Informed Practices: Working with Undocumented Immigrants***

- Claire Martin, MEd, LPC, NCC, PhD Candidate
- This session will help participants understand the experience of undocumented immigrant clients. Participants will learn strategies to effectively work with undocumented clients and mitigate potential risks for retraumatization through discussion of effective culturally sensitive and trauma-informed practices and application of strategies via a case conceptualization.

➤ ***Traumatic Grief, PTSD & Building Resilience for Both Counselor and Client***

- Pete Sandoval, LPC, NCC, CCTP and Nichole Oliver, LPC, NCC, CCTP
- In this presentation, participants will get an opportunity to explore the various aspects of grief, trauma and the overlap between the two. Participants will delve into the neuroscience behind trauma, types of trauma, and its impact on the brain and body. The material will also cover some of the latest neuroscience based methodologies for trauma, how they work, and their clinical implications for both client and therapist. Next, participants will discuss the elements of trauma-informed care and the implications for their clinical application for higher clinical outcomes. Additionally, dimensions of grief and methodology for processing it with clients will be explored. Lastly, the concepts of burn out, compassion fatigue, and vicarious trauma will be examined including the warning signs and symptoms. Participants will then review methods for creating a self-care plan.

Lunch Session: 12:05 pm - 1:05 pm

➤ ***Bridging the Gap: Trauma-Informed Care and Cultural Competency***

- Courtney R. Boddie, Ph.D., LCPC (IL), LPC (MO), NCC, and Lisa Thompson-Gibson, MA, LPC
- This presentation will discuss inherent connections existing between factors like trauma and multicultural competence (i.e., cultural trauma). Participants will learn etiological implications for assessment, diagnosis, case conceptualization, and treatment planning, through in depth case analysis. This session will also review evidence-based practices for treating trauma, offering a comparative analysis of outcomes efficacy in talk-based vs. expressive arts therapies.

Breakout Session 2: 1:15 pm - 2:15 pm

➤ ***Creative Approaches for Counseling Children and Adolescents Who Have Experienced Trauma***

- Tiffany Somerville, MS
- This presentation will provide an overview of several creative approaches as well as some hands-on practice with activities that can be integrated into any counseling practice. Creative approaches offer unique, developmentally appropriate methods to therapeutically address trauma. During this presentation participants will learn how creative approaches can help young clients feel more comfortable and engaged in therapy.

➤ ***Treating Couples Experiencing Infertility and Other Forms of Reproductive Trauma: A Narrative Approach***

- Clayton Brigance, Ed.S.
- During this presentation participants will learn how narrative-based counseling trajectory can facilitate better communication and more meaning-based coping strategies for couples experiencing infertility and reproductive trauma.

➤ ***Self-care, Burnout, and Vicarious Traumatization/Grief***

- Nikki Hurless, MS, PLPC
- Participants will learn about the warning signs of burnout and vicarious traumatization (VT) in the helping professions. Burnout and VT can lead to lack of motivation, mental health concerns such as depression, relationship challenges, and other issues that affect professional and personal functioning. Recognizing and understanding participant's own reactions to client's own traumatic or grief experiences is necessary in order to maintain an effective level of treatment for clients and participant's own personal well-being. Self-care strategies and coping skills will also be reviewed.

Breakout Session 3: 2:25 pm - 3:25 pm

➤ *Neurosequential Model of Therapeutics: Understanding the Impact of Trauma on Childhood Development*

- Agata Freedle, MA, LPC, NCC
- This presentation will provide participants with an introduction to the Neurosequential Model of Therapeutics, a developmentally-informed, biologically-respectful approach to working with at risk children. NMT is not a specific therapeutic technique or intervention but rather a way to conceptualize client's presenting issues. Having an in depth understanding of the problems allows the clinician to provide more effective, individualized treatment approach. Participants will be able to learn what factors are important to consider when working with at risk youth and how they impact brain development and functioning.

➤ *Utilizing a Relational-Cultural Framework to Mitigate the Impact of Trauma on Sexual and Gender Minority Cancer Survivors*

- Sarah Gamblin, M.Ed.
- Because sexual and gender minority cancer survivors (SGMCS) are at an increased risk for traumatic stress and poorer prognoses following a cancer diagnosis, mental health professionals should be aware of the myriad of ways oppression can affect the lives of these individuals, and a thorough understanding of cancer care and trauma is essential when working with SGMCS. Participants will learn about treatment and survivorship disparities experienced by SGMCS, in addition to survivorship care needs and side effects of treatment. Relational-cultural theory will be introduced as a tool to mitigate traumatic stress in SGMCS through the development of relationships. Implications of this approach will be examined.

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➤ *Fostering Efficacy: The Trauma Work in Supervision*

- Claire Martin, MA, MEd, LPC, NCC and Ericka Cables, MAC, LPC
- Participants will learn about the significance of addressing trauma in supervision. They will be provided with a working definition of trauma as it relates to trauma-informed practices. Participants will engage in meaningful dialogues around trauma, including how multicultural competency can help better assess trauma. Lastly, participants will learn strategies to help reduce burnout and vicarious trauma.