



2019 SDCA Conference Schedule

Best Western Ramkota Plus Hotel and Convention Center Sioux Falls

Times & Locations are subject to change

Please note on breakout sessions, "Setting" indicates if the session is more school counselor or clinical mental health counselor focused

17 contact hours - possible if attending all of conference and pre-conference



The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

Wednesday, May 1, 2019

5:00 – 9:00 p.m. Registration Opens

6:00 p.m. SDCA Board Meeting

Crystal Room

Thursday, May 2

8:30 a.m. Conference & Pre-conference Registration Opens

9:00 – 4:00 p.m. SDSCA & SDMHCA Pre-conference Workshop (lunch on your own) **Washington Room**

"When I Was a Kid We Played With Sticks": How Mobile Technology Has Changed Childhood
with Penijeane Gracefire, Founder and CEO of BrainStar Innovations, LMHC, BCN, qEEG-D, Qualified Supervisor FL
6 contact hours

We know children and adolescents face different challenges today than those encountered by previous generations, but do we genuinely understand what that means and how it should affect the ways we evaluate behavior and provide services?

This session will take you on a counselor-friendly journey through the latest research on the neuroscience of modern child development and the profound impact technology and social media has on kids today.

We'll discuss the neurobiology of early complex trauma, how chronic stress creates physical changes in children that affect central nervous system regulation, and the critical role reward circuitry plays in the way kids engage digital technology.

Our interventions are only as powerful as our grasp of the problems we are trying to address. Everyone who attends this session will walk away with a deeper understanding of why our kids are struggling and how we can more effectively support their physical and mental health.

4:30 – 5:30 p.m.	Moderator Meeting SDNACA Meeting Round Table Discussion with Dr. Bjornsted & Margie Neugebauer <i>This round table will be a general discussion on mental health services for ag producers and is a follow up to last years presentation on the same topic. All are welcome.</i> Optional Chapter Meeting Time- Confirmations pending	Conference Room I Board Room Amp II
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5:30 – 6:30 p.m.	SDNACA Social	
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7:00 – 8:30 p.m.	Opening Keynote	Washington Room
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Creating Circle Space – Restorative Justice in Schools & Community with Kris Schweigert, MS, NCC Prairie Hills
Counseling; Circle Space Services [1.5 contact hours](#)

Kris will offer SDCA attendees a look at Restorative Justice and share how Counselors can “water green grass” using Restorative Justice principles and practices. With 20 years of Restorative Justice experience Kris will share the basic concepts and components of effective Restorative Justice. She will offer key insights and tips into developing and using Restorative Justice to promote healing and prevent wrongdoing in school and community settings.

Kris has an extensive history and background of providing restorative justice, from simple conflict and misunderstandings to severe crime and violence she has utilized Restorative Justice for transformative and healing outcomes. You will hear first-hand about experiences for victims, offenders and community members that experienced Restorative Justice. Kris is well versed in the main processes of Restorative Justice and able to offer encouragement for facilitating and implementing these in school or community settings.

Kris has extensive experience teaching Restorative Justice to social workers, teachers, counselors, attorneys, mediators, school administrators, community volunteers, college students and youth. She makes the concepts relatable and easy to understand. She provides thought provoking and inspirational stories that emphasis key points and concepts. Kris is energetic and instills hope when she speaks. Participants have found her presentations healing and helpful.

8:30 p.m.	SDCA Social and Hypnosis Show featuring Dan Burow, Ed. D	Washington Room
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Friday, May 3

6:45 – 7:45 a.m.	Counselor Self Care Therapies with Ruth Gough Ruth Gough is a yoga therapist and E-RYT 500 yoga alliance yoga teacher and teacher trainer and Vipassana Meditation instructor with over two decades of experience. She is a clinical master aromatherapist and functional nutritionist who believes deeply in the mind/body connection. Counselors spend their time giving to others and taking on the stress and problems of their clients. It is important for counselors to fill their own cups as well. Join her for an hour of deeply soothing yoga and mindfulness- utilizing the power of essential oils, your body and your breath to give yourself the opportunity to reset, renew and refill your cup with effortless ease. <i>Please dress comfortably and bring a towel or yoga mat.</i>	Harvest Room
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8:00 a.m.	Conference Registration Opens	Lobby
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8:00 a.m.	Vendor/Exhibitor Booths Open	Washington Room
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8:30 – 10:00 a.m.	Keynote Address	Roosevelt/Lincoln
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It Takes a Digital Village: Adolescent Well-Being in the Age of Social Media

with Penijeane Gracefire, Founder and CEO of BrainStar Innovations, LMHC, BCN, qEEG-D, Qualified Supervisor FL

[1.5 contact hour](#)

The World Wide Web has permanently altered the trajectory of human development, and not everyone is loving it. Within a span of a hundred years; we went from using corncobs as toilet paper to refusing to use the toilet at all without

our tiny computers. This rapid pace of change has created a natural divide between the people who believe the killer robot apocalypse is upon us and the people who grew up playing Angry Birds in the bathroom.

As the grown-ups in the room, it's up to us to not only develop ways to contextualize and manage the impact social media has on us all, but also to establish reasonable expectations for adolescent behavior which have been updated to reflect the changes in the socio-technological landscape they are navigating. This keynote will evaluate the dangers, disadvantages, opportunities and joys of the plugged-in lifestyle from the perspectives of safety, harm reduction and well-being. Attendees will leave with practical strategies to help children and adolescents develop healthier interactions with social media and technology, as well as counselor-oriented suggestions to reduce burnout and compassion fatigue.

10:00 – 10:30 a.m. Morning Break (Vendor Bingo Time) Washington Room

10:30– 12:00 p.m. Breakout Session I (90 minutes) 1.5 contact hour

Question and Answer Session about Changes to SD Licensure ****This session does not qualify for NBCC contact hours.**

Presenter: Jennifer Stalley, Executive Secretary, SD Board of Counselor Examiners; Tiffany Butler & Sherry Bartels, Board Members

Minutes: 90

Location: Conference Room II

Attend a question and answer session about SD licensure, provide thought and feedback on proposed changes to administrative rule and have questions answered.

Creative Interventions for Clinical & School Counselors

Presenter: Dr. Karyl Meister, Ph.D. in Counselor Education, Assistant Professor of Counselor Education at Northern State University & Ashley Geist-Cusick, MS, Ed in Clinical Mental Health Counseling, Northern State University Counseling Center

Minutes: 90

Location: Amp I

Help your clients, students, and even yourself to access emotions and deeply held thoughts and feelings through creative arts activities. Join professor and counselor, Dr. Karyl Meister and Ashley Geist-Cusick as they explain and lead artistic projects that can be used therapeutically. Projects may be done in individual or group settings and are adaptable for a variety of age groups and settings. This fun and interactive presentation will provide a wealth of activity ideas as well as time for individual self-care and creativity! Both mental health and school counselors alike will benefit from this fun and interactive program.

Setting: Both

Embodied Learning: A Body Centered Approach to Psychotherapy

Presenter: Daniel Burow, EdD, Psychologist, CEO of Changing Behavioral Health an Adult and Geriatric Behavioral Health Service, CEO of Sioux Falls Hypnosis

Minutes: 90

Location: Amp II

Therapy shouldn't be a conversation. The rules of conversation are designed to expedite the flow of information between people...not within people. Therapists should help people turn inward and start to level about what they experience. To be honest with themselves and then honest with others. Body Centered Psychotherapy starts with the

idea that most of your attitudes, values, beliefs and behaviors are not under conscious control. We believe them to be, but research continues to show us that we are wrong. Much of what we consider to be personality and identity are actually patterns or strategies that our nervous system uses to adapt to the world we live in. Because these patterns/strategies are largely unconscious they are best seen and understood in our bodies and our somatic experience.

Body Centered Psychotherapy is an experiential process of exploring our present moment bodily experience as means of growth, maturity and change. Problems, what we often call symptoms, are simply patterns and/or strategies in our nervous system that have become rigid and resistant to change. For reasons such as security or belonging we continue to utilize strategies and neurological patterns even when the result is profoundly negative for us.

By focusing on the movement, posture, tension and somatic experiences we can help our clients to change limiting patterns and/or move through limiting emotions in a way that allows them to learn, change and become more mature. This process of change is built on the primary emotional experiences that underlie all of our learning, growth and maturity.

Setting: MH

Gender Loving Care: An Introduction to Gender Health for Counselors

Presenter: Anne Dilenschneider, PhD, LPC-MH, QMHP, Private practice

Minutes: 90

Location: Roosevelt

Sex, sexuality, sexual preference, gender, gender identity, gender expression, and gender norms are often confused in our discourse with each other and with our clients. It is essential for counselors to understand the differences among these terms, and become comfortable with them, if we are going to support the gender health of all our clients. This presentation will provide an introduction to gender health and the basics of counseling transgender, gender non-conforming, and intersex persons.

Setting: Both

Neuroscience, Trauma, and Serving Survivors Where They Are

Presenter: Donna Aldridge, MA, LPC, QMHP, Member of International Association of Trauma Professionals (IATP), Dakota Counseling Institute

Minutes: 90

Location: Lincoln

The past 5-10 years have seen an explosion of practical neuroscience findings that have changed our approach to trauma and trauma therapies. That important neuroscience is presented in simple, relatable, and unforgettable terms with pictures, stories, and examples. Then we will move beyond the science to the therapy room and the classroom with easy to use techniques to literally change the structure of the brain. You won't want to miss this fast-paced, dynamic, and ultimately useful information.

Setting: Both

"Miracle-Grow" Methods —Using Play to Nurture Healing with Clients Part I

Presenter: Debra A. Butman-Perkins, MS, NCC, LPC-MH, RPT-S & Clark Perkins, M Ed., NCC, LPC

Minutes: 90

Location: Jefferson

Unfortunately, we live in a stressful world and are exposed to trauma throughout our lives. This program will examine a variety of trauma experiences and explore how they will affect individuals based on the experience itself, the age of the client, and the severity of the trauma. Come and experience interactive play therapy techniques that you can utilize with your clients/students in your unique work setting which will minimize stress and maximize understanding and healing from trauma.

Setting: Both

2:00 – 3:00 p.m.

Breakout Session II (60 minutes)

1 Contact hour

Confidentiality or Privilege – Which Is It?

Presenter: Scott Swier, Swier Law Firm, Prof. LLC

Minutes: 60

Location: Roosevelt

Many counselors in South Dakota's schools may not understand the difference between Privilege and Confidentiality. Because Privilege and Confidentiality are so fundamentally different, it is easy to get these two important topics confused.

Setting: School

Transitioning to Adulthood: Using Dungeon and Dragons to Teach Life Skills

Presenter: Jessica Danielson, PhD, LPC, NCC, Assistant Professor at NSU & Danielle Johnson, BA, Master's Clinical Mental Health Counseling Student at NSU

Minutes: 60

Location: Amp I

This session will introduce a creative group counseling format, based on the role-playing game Dungeon and Dragons, for adolescents and young adults transitioning into adulthood. The focus of the group is to increase life skills such as decision-making and problem-solving skills. Presenters will provide a brief overview of creativity in counseling, outline Dungeons and Dragons as a group counseling intervention, discuss implementation and possible adaptations, and demonstrate a group session.

Setting: Both

Intersectionality: We're More Than What Meets the Eye

Presenter: Kristine Ramsay-Seaner, PhD, NCC, SDSU; Cruz Trujillo Rodriguez, MS,NCC; Kanbi Knippling, BS; & Ffion Davies, BS

Minutes: 60

Location: Lincoln

This interactive and reflective session will encourage attendees to think of themselves as intersectional beings. Since the publication of the Multicultural Counseling Competencies in 1992, counseling has placed an increased emphasis on the importance of multiculturalism. Yet, as a field there is a tendency to continue to focus on racial differences as the primary source of diversity. The primary goal of this session is for attendees to consider the multiple ways that an individual may be diverse and how those identities may interact.

Setting: Both

Lakota Circles of Hope

Presenter: Staci Eagle Elk, Lakota Circles of Hope Program Manager

Minutes: 60

Location: Conference Room II

Lakota Circles of Hope is an innovative culturally specific prevention curriculum that teaches students how to use Lakota culture and traditional values to deal more effectively with risky behaviors. The curriculum is intended to foster a positive Lakota identity and enhance students' understanding and appreciation of Lakota culture.

Setting: Both

#MemeThis: Strategies to Help Improve Adolescent Self-Esteem in the Age of Social Media

Presenter: Dr. Staci Born, EdD, LMFT, RPT-S, Assistant Professor, SDSU & Teresa Pierson, BA, Masters Marriage & Family Therapy Counseling Student at SDSU, Graduate Research Assistant

Minutes: 60

Location: Amp II

Do your adolescent clients use social media and struggle with their self-esteem and sense of self? Look no further, #MemeThis: Strategies to Help Improve Adolescent Self-Esteem in the Age of Social Media can give you the knowledge and skills you need to help your therapeutic work with adolescents. The presenter, a Generation Z millennial, brings first-hand knowledge about social media usage and will give unique insight based on her experience on how the emerging youth uses social media. Additionally, participants will have the opportunity to practice innovative techniques and acquire resources to take back to the office.

Setting: Both

“Miracle-Grow” Methods —Using Play to Nurture Healing with Clients Part II

Presenter: Debra A. Butman-Perkins, MS, NCC, LPC-MH, RPT-S & Clark Perkins, M Ed., NCC, LPC

Minutes: 60

Location: Jefferson

This is a continuation of part 1 and will be more hands on. You are not required to attend Part 1 to attend Part 2, but concepts from the first session will not be reviewed. Come and experience interactive play therapy techniques that you can utilize with your clients/students in your unique work setting which will minimize stress and maximize understanding and healing from trauma.

Setting: Both

3:00 – 3:30 p.m.

Break (Vendor Bingo Time)

Washington Room

3:45 – 5:15p.m.

Breakout Session III (90 minutes)

1.5 Contact Hour

Virtual Sandtray: Feasibility and Strategies for Use in Counseling Settings

Presenter: Staci Born, EdD, LMFT, RPT-S & Christin Carotta, PhD, SDSU

Minutes: 90

Location: Jefferson

There’s an app for that! The virtual sandtray is an innovative counseling tool delivered via an iPad application. This presentation will share preliminary research results of utilizing the virtual sandtray in a school counseling setting. Strengths, challenges, and strategies of using the virtual sandtray will be discussed. Additionally, a demonstration of the application will be provided.

Setting: School

It Takes More Than a Major: Equipping Students to Succeed in College & Beyond

Presenter: Dr. Ahmet Can, PhD in Counselor Education and Supervision, School and Clinical Mental Health Counselor, Department Chair at NSU, Assistant Professor of Counseling in the Millicent Atkins School of Education; Britt Lorenz – MS in Education with an emphasis in Leadership for Education Director of Career Services at NSU, & Ashley Geist-Cusick, MS, Ed. in Clinical Mental Health Counseling, NSU Counseling Services

Minutes: 90

Location: Lincoln

Choosing and attending a college are only part of the equation for student success in higher education. Join Dr. Ahmet Can, counselor educator at Northern State University and mental health counselor along with Britt Lorenz, Director of Career Services at NSU along with Ashley Geist-Cusick, mental health counselor and NSU Career Services staff member, as they provide tips, tools, and knowledge to help prepare in-coming college students to succeed academically, vocationally, and emotionally in a university setting. Both School Counselors and Mental Health Counselors alike will benefit from this unique and energetic presentation.

Setting: School

It’s Time to Focus on Meaning & Purpose in Life: 8 Sessions in Expressive Art Therapy & Logotherapy

Presenter: Denise Curtis, MA, LPC, Doctoral student in Counselor Education & Supervision at USD, Graduate Assistantship at USD Student Counseling Center

Minutes: 90

Location: Roosevelt

We live in a time where self-transcendence is a necessary measure for the continuity of the values of our country as well as our own. There seems to be a current climate of “what’s the point?” It is this existential void that is causing so much pathology in many people today (Frankl, 1955, 1959 & 1969). Individuals, young and old, will benefit if they stop and “water” their inner wisdom and take a good look at “growing” their understanding of their own unique life’s purpose. Even in the worst of life’s trials and tribulations, there is always a lesson to learn and something in that experience that points our way into the direction we were intended to go. This may be a perfect time in our history to bring back Logotherapy’s Existential Analysis, a meaning-centered therapy. While Viktor Frankl wrote his famous “Man’s Search for Meaning” while he was a prisoner during the Holocaust, it certainly can apply to the emptiness and suffering of our current times. His argument that it is in the search for meaning in one’s life and in the living for something outside of our own problems that gives us fulfillment and happiness. Whether it be for one’s family, creative work or a cause, to have something beyond ourselves and our own problems can assist a person and even a society to overcome their mental and emotional struggles. Having unique meaning in one’s life gives a person a reason to feel motivated. The program’s goals are to educate workshop participants on an 8-session format in contemporary Logotherapy that they can use in clinical or high school counseling settings (Dezelic, 2014). A case study will also be utilized so the participants will get an idea of the application of the 8 sessions. The goals of therapy are to assist a client in self-transcendence and in finding unique meaning and purpose in their own lives. A brief PowerPoint to introduce the topic to the audience, handouts and an experiential activity will be included in the presentation.

Setting: Both

The Amygdala Connection: Healing Attachment when Trauma & Prenatal Exposure Collide

Presenter: Nora Boesem, MSW, Catholic Social Services

Minutes: 90

Location: Amp II

Trauma informed care is never more important than when there is both prenatal alcohol/meth exposure and a history of childhood trauma. Being able to recognize and assess for the presence of both can lead to amazing outcomes during the course of treatment. Throughout the program brain based research and practical solutions will be offered. The content will focus on human development, and how by understanding where the brain has been functioning, you as a practitioner can meet your client's unique needs.

Setting: MH

Watering Our Own Grass: Practicing Self-Compassion as Counselors

Presenter: Jessica Danielson, PhD, LPC, NCC, Assistant Professor at NSU & Carrie Nostrant, BA, Masters-level Clinical Mental Health Counseling Student

Minutes: 90

Location: Amp I

“Treat yourself like you are someone you love” (Brown, 2010), in other words water the grass you are standing on! This session will build on the concept of self-care by introducing self-compassion as a way to C.A.R.E for one’s self and others. Presenters will provide an overview of self-compassion, introduce and demonstrate a variety of self-compassion practices, and discuss applying self-compassion to daily life.

Setting: Both

Power and Privilege: Unpacking the Real Issues in Counseling

Presenter: Sara H. Crosby, MSW, CSW-PIP Self-Employed & Mark Blackburn Dean of Students, Director of the Office of Diversity and Inclusivity at Augustana University

Minutes: 90

Location: Conference Room II

This course seeks to help individuals learn about the educational benefits of engaging diverse initiatives in organizations and institutions. This course will expose participants to more vivid viewpoints and positions that serve to enhance cognitive complexity and increase cultural knowledge and understanding while enhancing leadership abilities. Power & Privilege, Unpacking the Real Issues in Counseling will encourage a keen understanding of the power dynamic in education or in private or agency settings, which creates inequitable environments. At the end of this course, participants will have a foundational understanding of:

- How to challenge your own biases and reality.
- How to facilitate and participate in difficult dialogues about power and privilege in the school, classroom or agency
- The developmental strategies for overcoming institutional racism and the dynamic that creates inequality
- Engaging the practical application of theoretical frameworks in today's work environment.

Setting: Both

5:30-6:30 p.m.	Optional Chapter Meeting Time-confirmations pending	
7:00 – 7:30 p.m.	President's Reception & Social	Annex
7:30 p.m.	SDCA Awards Banquet & Graduate Student Scholarship Auction	Annex

Saturday, May 4

6:45 a.m. – 7:45 a.m.	Mindfulness Yoga with Amy Reyes, M.S.Ed , RYT200, School Counselor, Yankton High School	Harvest Room
8:00 a.m.	Conference Registration Table Opens	Lobby
8:30 a.m. – 12:30 p.m.	Ethics & Supervision Presentation	4 Contact Hours

Experience and Maturity: An Experiential Prospective & Ethical Considerations on Counselor Training and Supervision

Presenter: Daniel Burow, EdD, Psychologist, CEO of Changing Behavioral Health an Adult and Geriatric Behavioral Health Service, CEO of Sioux Falls Hypnosis

4 CEs for Ethics and Supervision

Location: Jefferson

All human beings have one or maybe two primary emotional needs that organize most of their thinking, feeling, and behavior. This need is so strong that we build our lives around it. Our behavior, the patterned and stable way we engage the world, is designed to ensure that our need is met. Any time our need is not met, or we cannot organize the world in a way that helps us meet it, we experience stress. The degree of stress we experience is directly correlated to the effectiveness of our coping mechanisms.

Counselors are just human beings with a cool job. Each of us has one primary need, maybe two that we have organized our lives around. Our choice to become a counselor is usually just another way to meet this need. To most effectively supervise or train a counselor, particularly if they are having a problem, you need to understand what they need and what are they trying to prove in the world.

This workshop will teach you the skills you need to work with counselors who are struggling with some aspect of their lives. Maybe they wish to be more effective or possibly they are having a recurring negative experience with some aspect of the work. You will learn to better understand the core needs of other people and then to help them focus on problematic patterns of experience. You will learn to help people to surrender into negative experiences and then determine what new experiences they will need to help them mature and grow. You will learn to engineer experiences that allow another person to have transformational learning and achieve their goals, whatever they may be.

8:30 – 9:30 a.m.

Breakout Session IV (60 minutes)

1.0 Contact Hour

Yoga for Mental Health and Wellness

Presenter: Amy Reyes, M.S.Ed , RYT200, School Counselor, Yankton High School

Minutes: 60

Location: Harvest Room

This session will introduce participants to basic yoga philosophy followed by a gentle vinyasa yoga class. This presentation ties into the conference theme of “The Grass is Greener Where You Water It” by reminding participants that in order to take care of others, we must first take care of ourselves. Participants will experience a combination of asana (poses) and breath work (pranayama), which will help conference attendees start their day in a calm and mindful manner. The session will end with a guided meditation.

Setting: Both

Between the Blades of Grass: Helping Staff and Students through Grief and Loss

Presenter: Ashley Seeklander, MA, K-8 School Counselor at Groton Area School District & Sheila Anderson, MA, K-12 School Counselor at Britton-Hecla School District

Minutes: 60

Location: Roosevelt

Grief, loss, death, and dying can be difficult topics to address in any counseling setting; school or mental health agency. However, by looking through the blades of grass we can understand that grief and loss can also provide a habitat of growth. This presentation will look at the cultural responses, personal reactions, resources, and interventions available in a grief and loss situation.

Setting: School

Increasing Children’s Self-Control: Living in a Techworld

Presenter: Jessica Danielson, PhD, LPC, NCC, Assistant Professor at NSU & Andrea Garlick, BA, Masters-level Clinical Mental Health Counseling Student

Minutes: 60

Location: Amp I

Ninety-five percent of children, below the age of nine, have access to smart phones and forty-two percent have their own tablet (Common Sense Media, 2017). As technology continues to increase, researchers are exploring the impacts. In this session, findings of an original study that examined the effects of technology on self-control in children will be presented. In addition, implications for counselors working with children will be discussed.

Setting: Both

Peacemaking Circle: Domestic Violence-Family Impact

Presenter: Kris Schweigert, MS, NCC; Prairie Hills Counseling; Circle Space Services

Minutes: 60

Location: Lincoln

(Limited seating - 20) Due to Peacemaking Circle.

Participants will engage in a Peacemaking Circle. This session will provide an experiential learning opportunity to engage in a Peacemaking Circle. The Circle will also feature the story and testimony of a domestic violence survivor. How this family was impacted and the avenues for healing and support will be shared. Counselors will have the opportunity to engage and reflect on the shared story.

Setting: Both

9:40 – 11:10 a.m.

Breakout Session V (90 minutes)

1.5 Contact Hour

Get Hexa-flexible! A working Introduction to Acceptance and Commitment Therapy Processes

Presenter: Anna Leisa Sauser MS, LPC North Carolina and South Dakota, ACT Carolinas Steering Committee Founding Member, Online ACT Learning Peer Group Founder/Facilitator, Leadership and Career Development Manager (Corporate), Private Practice Professional Coach

Minutes: 90

Location: Lincoln

Acceptance and Commitment Therapy helps clients engage deeply in the present moment and understand how their individual values are rudders for meaningful daily action. ACT encourages clients (and all of us) to build lives around a foundation of values and value-based actions, rather than building a life around symptom management alone. With roots in Relational-Frame Theory and age-old contemplative practices, learning ACT can be a bit mind-bending for both counselors and clients, and it takes some practice to incorporate the six core processes (the Hexaflex) of Acceptance and Commitment Therapy. Come, learn and practice alongside presenter Anna Leisa Sauser, MS, LPC. Attendees will engage personally with the core processes and will work in guided small-group activities. Like ACT in general, this program will be experiential rather than didactic. If you're new to ACT, you'll leave with a new paradigm with which to play.

Setting: Both

Recognizing Co-Occurring Mental Health and Physical Diagnoses

Presenter: Donna Aldridge, MA, LPC, QMHP, Member of International Association of Trauma Professionals (IATP), Dakota Counseling Institute

Minutes: 90

Location: Amp I

Mental health practitioners often see clients with co-occurring mental health and physical issues. The DSM-5 includes diagnostic criteria for mental health problems as a result of medical issues, but most of us are not trained in medicine, and our ability to recognize such issues is limited. This presentation cannot make anyone an expert in co-occurring diagnoses, but it will provide insight into clarifying these diagnoses and lay a foundation for common treatment problems.

Setting: Both

We Reap What We Sow: Hiawatha Indian Insane Asylum (Canton, SD) and Intergenerational Trauma

Presenter: Anne Dilenschneider, PhD, LPC-MH, QMHP, Private practice

Minutes: 90

Location: Roosevelt

From 1902-1933, the Hiawatha Indian Insane Asylum was the linchpin of federal Indian policy; it was the “solution to the Indian problem.” Native Americans who misbehaved in boarding schools, alienated reservation agents, engaged in traditional practices, or suffered from combat-related “shell shock” were sent to this federal asylum in Canton, SD. The asylum and its legacy of diagnostic abuse, dependence, and death are part of the intergenerational trauma that affects both Native and non-Native persons throughout the U.S. – trauma that directly affects all South Dakotans.

Setting: Both

11:20 a.m. – 12:20 p.m.

Breakout Session VI

1.0 Contact Hour

Sowing the Seeds of Positive Peer Relations: Small Group Counseling for Girls and Boys

Presenter: Tali Paulson, MS, K-6 School Counselor in the Sioux Falls Catholic Schools & Morgan Robey, MS, K-6 School Counselor in the Sioux Falls Catholic Schools

Minutes: 60

Location: Lincoln

Competitiveness, gossip, cognitive distortions, passive and aggressive behavior, and lack of empathy can stifle positive peer relations. In the interest of helping students cultivate their friendship skills, we will examine several small group curriculum options to strengthen students’ peer relationships, allowing their interactions with one another to bloom. Small group counseling is an effective way to reach multiple students to improve skills in the area of personal/social

development and allows for positive peer modeling, skill education, and a safe space to practice positive social interaction. Attendees will learn about separate boys and girls groups that were implemented at school -- what worked and what didn't. Through the sharing of hands-on activities, ideas, and useful curriculum, attendees will walk away with fun ways to assist students in forming positive and supportive relationships with peers. Attendees will also leave with strategies for collecting data from the group to examine its effectiveness, as well as handouts and examples to aid in the organization of facilitating small groups in general.

Setting: School

What Message is Your Lawn Giving You?

Presenter: Dr. Myra Heckenlaible-Gotto, EdD; Certified Equine Gestalt Coach; School Psychologist/SB:RPT

Minutes: 60

Location: Amp I

We pour ourselves into helping our clients make positive change in their lives – but how do we do the same for ourselves? What truly rejuvenates you? Maybe you knew at one time but haven't given it much attention lately. What can get in the way of taking care of ourselves? The "If onlys"! "If only I had more time...", "If only I had a different job...", "If only I could afford it...", "If only..." But the truth is, the grass isn't always greener on the other side. Your grass can be healthy and green – but the process starts within you! This presentation will give you the opportunity to see what can happen when we don't take care of our "lawn" – Is our grass starting to wilt and turn brown? Is our lawn a mixture of dark green, yellow, and brown? Or are there dead patches that don't receive any light? By reconnecting with the person in the mirror, you can receive the gift of being renewed and recharged - giving yourself the energy to be fully present within your personal and professional lives.

Setting: Both

Finding a Home: Helping Students Bond to School

Presenter: Sara Holmberg, MS, Rutland School District

Minutes: 60

Location: Roosevelt

As School Counselors, it is our job to help foster success in all our students in a number of areas. Sometimes this can be overwhelming when we are trying to provide services to every student in our building. Implementing the House System in the Rutland School District has helped all students (K-12) build a sense of school community and bonding to school. It aims to build leadership opportunities for students of all ages and encourage community and camaraderie. It also allows teachers and staff members the opportunity to connect with students they would not regularly interact with.

Setting: School

The Counselor's Role in Red Cross Disaster Relief

Presenter: Terry Crandall, LPC, NCC, Disaster Mental Health Counselor- Red Cross & Amy Reyes, M.S.Ed , RYT200, School Counselor, Yankton High School

Minutes: 60

Location: Harvest Room

A panel of counselors who have been certified as American Red Cross Disaster Mental Health workers will explain the training necessary and the experiences of lending one's expertise and humanity in disaster situations.

Setting: Both