INNOVATIONS IN COLLEGE COUNSELING CONFERENCE

PRESENTATION DESCRIPTIONS

Wednesday, July 18th

**Ethics in Stepped Care & Clinical Management (3 h)**
Sherry Benton, Ph.D.

This presentation will briefly describe the history and development of stepped care behavioral health models. It will provide an overview of therapeutic models and research on several levels of care in a stepped care model. It will describe legal and ethical issues in stepped care including risk management, privacy, patient response, and multicultural issues. Several examples of effective implementation of stepped care models in college and university counseling centers will be described.

**Innovations in Multicultural Competencies (1.5 h)**
Enedelia Saucedo, Ph.D.

In this program we will be introducing social justice terms and reviewing current multicultural guidelines and standards of practice. Participants will be encouraged to discuss the movement towards social justice values, as well as reflect on their personal reactions to current terminology. Further, attendees will participate in experiential exercises to help reflect on and address intersectionality, bias, and the importance of social justice.

**Innovations in College Counseling Center Round Table Lunch (1h)**
Kimberly Burdine, Ph.D.

Join your colleagues at this year’s ICCC round table lunch and earn 1 CEU on Professional Development! Enjoy energizing food and conversation with an added bonus of intentional discussion around our professional identities in college counseling. With prompts provided, we will infuse dialogue on past year/semester reflections and visioning for our professional future through prompting questions and activities.

**The UT BART Model (1.5h)**
Javier Ungo, LCSW

Over the past eight years, the Counseling and Mental Health Center at the University of Texas at Austin has implemented and developed the Brief Assessment and Referral Team (BART) model of intake/triage to address increasing demands for mental health services. The model is used to provide a front line of clinicians that serve as the first point of contact for students to interface with and receive treatment recommendations. This presenter will describe the model as well as the challenges and benefits of the model.
Thursday, July 19th

**Innovations in Flourishing: Beyond Counselor Self-care and Resilience! (3 h)**
Amy Lenhart, LPC-S and Tamara Knapp-Grosz, Ph.D.

This one is all for you! Our personal happiness and resilience as Counselors matters. While the road to resilience is a highly personal journey, Positive Psychology and recent research in neuroscience provides us with numerous pathways to not only buffer the everyday stressors we experience as counselors but to increase our well-being and overall happiness. Join Amy Lenhart, LPC-S and Tamara Knapp-Grosz, Ph.D., both past presidents of the American College Counseling Association, for an interactive session that will focus on practical strategies and exercises to flourish both personally and professionally.

**Animal Assisted Therapy (1.5 h)**
Pamela Flint, Ph.D. and Cynthia K. Chandler, Ed.D., LPC-S, LMFT-S

The use of animals to augment therapy has been increasingly popular over the past decade. Dogs have been the most common animal utilized in this type of therapy. Diverse populations including the elderly, veterans, and college students benefit from AAT. These benefits include both physical and psychological components. This program illustrates the benefits as well as the challenges of AAT in the college counseling center and other university settings.

**Innovations in College Counseling Interventions (1h)**
Aimee Howarth-Horner, LPC, Rebecca Partridge, LMFT and Myriam Reynolds, LPC, ATR (and contributions from) Sarah Herrera, LMSW

Join UNT clinical staff as they discuss their experience developing creative interventions to increase student engagement. We will discuss the unique needs of Generation Z and how college counseling centers can stay relevant by incorporating creative interventions at individual, group, and campus-wide levels.