College Counseling
Conference
Austin 2013

‘Challenges of College Counseling’

May 19-20, 2013 • Austin, Texas

TCCA Texas College Counseling Association
TCA Texas Counseling Association
Choose from more than 150 programs; earn up to 18 CEUs
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Meet and mingle with colleagues at numerous conference receptions
Celebrate outstanding counseling professionals at the Awards Ceremony
Live it up at the President’s Reception and Dance
Pre-register to save $$ on registration fees; www.txca.org/SanAntonio
**CONFEREECE OVERVIEW**

**Subject to change**

Check onsite registration for conference updates.

**SUNDAY, MAY 19, 2013**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>1:00 pm – 2:00 pm</td>
<td>Exhibitor Move-In</td>
<td>Ballroom Foyer</td>
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<tr>
<td>1:00 pm – 6:30 pm</td>
<td>Conference Registration</td>
<td>Ballroom Foyer</td>
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<tr>
<td>2:00 pm – 6:30 pm</td>
<td>Exhibits Open</td>
<td>Ballroom Foyer</td>
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<tr>
<td>2:00 pm – 3:00 pm</td>
<td>General Session: Chris Brownson, PhD</td>
<td>Lone Star B</td>
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<tr>
<td></td>
<td>“Meeting the Challenge: Trends in College Mental Health”</td>
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<tr>
<td>3:15 pm – 4:45 pm</td>
<td>(3) 1.5 Hour Programs</td>
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<tr>
<td>5:00 pm – 6:30 pm</td>
<td>(3) 1.5 Hour Programs</td>
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**MONDAY, MAY 20, 2013**

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<thead>
<tr>
<th>Time</th>
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<tr>
<td>8:00 am – 12:00 noon</td>
<td>Conference Registration</td>
<td>Ballroom Foyer</td>
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<tr>
<td>8:00 am – 3:00 pm</td>
<td>Exhibits Open</td>
<td>Ballroom Foyer</td>
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<tr>
<td>8:00 am – 9:30 am</td>
<td>(3) 1.5 Hour Programs</td>
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<tr>
<td>9:45 am – 11:15 am</td>
<td>(3) 1.5 Hour Programs</td>
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<tr>
<td>11:15 am – 12:45 pm</td>
<td>Lunch – On Your Own</td>
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<tr>
<td>12:45 pm – 2:15 pm</td>
<td>(3) 1.5 Hour Programs</td>
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<tr>
<td>2:30 pm – 3:30 pm</td>
<td>General Session: Molly Behannon, MEd</td>
<td>Lone Star B</td>
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<td>“Gently Down the Stream: Maintaining Balance and Serenity Amidst the Storm”</td>
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<tr>
<td>3:00 pm – 6:00 pm</td>
<td>Exhibitor Move-Out</td>
<td>Ballroom Foyer</td>
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**10% Discount on Liability Insurance Premium**

You may be eligible to earn a 10% discount on your professional liability insurance premium by attending at least 6 hours of approved workshops during the 2013 College Counseling Conference. HPSO, who is the recommended professional liability insurance program of TCA, is offering a 10%, non-cumulative credit to their base professional liability premium to TCCA/TCA Conference attendees. All CEU programs offered at this conference have been approved by HPSO. This credit can be applied for three consecutive policy years. If you are an existing customer, the credit will be applied at your next renewal and last for three years. If you are a new customer, the credit will be applied immediately. Stop by the TCA Registration Booth to receive your Conference Discount form.
CONTACT HOUR MONITORING FORM  
College Counseling Conference • Austin, Texas  
May 19 & 20, 2013

List each session that you attend below. You must also sign in for each session within 15 minutes of the program start time to receive credit. Submit this form to the licensing or certification board(s) when required. All sessions are eligible for LPC, NBCC, LMFT, SBEC, LCDC, Social Worker, and Psychologist continuing education credits.

<table>
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<tr>
<th>TIME</th>
<th>PROGRAM TITLE</th>
<th>PRESENTER</th>
<th>CREDIT HOURS</th>
<th>INITIAL</th>
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<tr>
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<tr>
<td>2:00 – 3:00 PM</td>
<td>Meeting the Challenge: Trends in College Mental Health</td>
<td>Chris Brownson</td>
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<td>Monday, May 20, 2013</td>
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<td>2:30 – 3:30 PM</td>
<td>Gently Down the Stream: Maintaining Balance and Serenity Amidst the Storm</td>
<td>Molly Behannon</td>
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Total Hours

I certify that the information presented on this form is complete and accurate.

Signature: __________________________________________ Date: ____________________

Printed Name: ____________________________________________________________________________

Address: _________________________________________________________________________________

City: ___________________________________________ State: __________________ Zip: _____________

Office Phone: ____________________________ Home Phone: __________________________

Email: _________________________________________________________________________________

Authorized by TCA Texas Counseling Association, www.txca.org -- to verify credits, call 512.472.3403, ext. 12
Keynote Sessions • Lone Star Salon B • 1 CEU

Opening Keynote
Sunday, May 19, 2013
2:00 – 3:00 PM

Meeting the Challenge: Trends in College Mental Health
Presenter: Chris Brownson, PhD

Dr. Brownson will discuss current trends in college mental health, including results from the research done by the National Research Consortium of Counseling Centers in Higher Education, the implications of this research on clinical and prevention interventions with suicidal students, and the importance of primary prevention on college campuses.

Chris Brownson
serves the University of Texas at Austin as Associate Vice President of Student Affairs, Director of the Counseling and Mental Health Center, and a Clinical Associate Professor in the Counseling Psychology Program of the Department of Educational Psychology. Dr. Brownson is a licensed psychologist and Director of the National Research Consortium of Counseling Centers in Higher Education. Previously, Dr. Brownson has served as chair of the Higher Education Mental Health Alliance, the Section on College and University Counseling Centers of the American Psychological Association’s Division of Counseling Psychology, and the Mental Health Section of the American College Health Association. Additionally, Dr. Brownson co-developed the Integrated Health Program at UT which promotes collaboration between school medical and mental health providers. He has been a program evaluator for several SAMHSA suicide prevention grants and is currently the National Mental Health Consultant to Teach For America.

Closing Keynote
Monday, May 20, 2013
2:30 – 3:30 PM

Gently Down the Stream: Maintaining Balance and Serenity Amidst the Storm
Presenter: Molly Behannon, MEd

Serenity is not freedom from the storm but calm amidst the storm. As we experience the stressors and chaos of our lives and of the lives of those with whom we live and work the basic foundations of Wellness and how to apply it each day is crucial for our own mental and physical wellbeing. It is time to Thrive not just Survive! What’s In Your Boat?

Molly Behannon
has counseled and coached children and adults, couples, groups, organizations, and businesses for more than 35 years. Whether as a special education counselor, director of elementary guidance, private practitioner, LPC supervisor, business owner, consultant, experiential retreat facilitator, team builder, or motivational speaker, Molly has assisted others in leading a healthy, satisfying, meaningful life by teaching, guiding, and motivating others toward a lifestyle of wellness, wholeness, and balance. Molly currently consults with businesses and organizations specializing in building relationships and in creating and maintaining healthy environments to foster Wellness for all. Molly received TCA’s esteemed Presidential Award for “her work in assisting others in managing and maintaining wellness and balance in their busy lives.”

TCCA is giving away 2 door prizes following the Monday General Session. Stick around to see if you’ve won!
1. **Critical Thinking Skills for College Transition and Success**

   Room: Lone Star Salon C  
   Presenter(s): Raymond Gerson MS  

   In this interactive session you will learn strategies for teaching your students critical thinking and problem solving skills needed for college transition and college success. Austin Community College is successfully using these strategies as part of a course to improve the retention and performance of at-risk students. You will learn how to combine motivational stories with higher level thinking questions for counseling your college students. Raymond Gerson is an adjunct professor of college transition courses at Austin Community College and author of a textbook being used to teach students college success strategies.

2. **Counseling Survivors Through the Crime Victim Compensation Program and Caring for Ourselves in the Process**

   Room: Pecan A & B  
   Presenter(s): Bernadette Smith MEd LPC  
               Ashley Walker Alston BA  

   Texas Southern University's Counseling Center and a local non-profit, The Parris Foundation, have partnered together to offer Crime Victim Compensation (CVC) services to the campus community. During this session, participants will have the opportunity to learn more about the benefits of partnering with a local non-profit, learn about the advantages of providing victim services on campus, and learn about vicarious trauma and compassion fatigue. A self-care assessment will be administered and practical strategies explored to better prepare clinicians to work with survivors of trauma.

3. **Muscle Mania: Body Image Dissatisfaction in College Men**

   Room: Lone Star Salon D  
   Presenter(s): Chris Leeth PhD LPC-Intern  
               Heather Trepal PhD LPC-S  

   Although body image dissatisfaction and eating disorders are much more prevalent in women, counselors must be aware of how to work with men who face similar concerns. One of the key differences between how men and women view the body is that men focus much more on muscularity while women focus on thinness or weight. As such, men utilize very different, yet equally unhealthy, strategies to achieve this masculine physique. This presentation will focus on those strategies as well as causes of body image dissatisfaction and how college counselors can work with this population.
4. Dealing with Drop-Ins: College Counseling and the Art of Solution-Focused Counseling with the Single-Session Student

Room: Lone Star Salon D  
Presenter(s): Brandon Awbrey MS LPC-Intern

College students often seek counseling with a single issue or problem. As a counselor you may only have a single session and one moment in time to help them identify and create a strategy to deal with an issue. In this session we will look at using solution-focused techniques for assessment and intervention with students to promote a single effective experience for the client. We will also discuss implementation with diverse populations including multicultural, students with disabilities, and first time in college freshmen.

5. Counselors Collaborating for Student Success: Preparing for the World of Work

Room: Lone Star Salon C  
Presenter(s): Bob Robinette MS  
Tina Johnston MEd LPC NCC

Many students are entering colleges and universities but not earning degrees or certifications that lead to gainful employment. Counselors face mounting pressures of testing, reporting, and graduating students in four years, compounded by having to do more with less. Many of our students’ parents have not completed a college program of study and may not know how to support their students. Become part of a new movement to facilitate communication between counselors of all levels to increase student success. Through collaboration we all become stronger.

6. Suicide Prevention Trainings and Resources for Counselors

Room: Pecan A & B  
Presenter(s): Mary Ellen Nudd MA  
Merily Keller BS

Thoughts of suicide are common among students, with one in ten Texas youth reporting an attempt, and suicide attempts among the state's Latina adolescents are increasing. Learn about warning signs, how to ask the question, and where to refer. New suicide prevention trainings and resources are available for counselors in Texas. Learn about in-person trainings, postvention strategies and view some of the electronic resources such as a virtual Hope Box and ASK about Suicide phone apps, videos, websites and publications, and free online interactive trainings for college students and faculty.

As college counseling professionals we face a myriad of challenges:
Budget cuts, staff reductions, guns on campus and suicidal students.

As college counseling professionals we share a growing number of concerns:
Higher education changes, threat assessments, self-care and case management.

Empower yourself. Empower those you serve. Join TCCA/TCA for resources and services specifically designed to help you tackle these issues head-on.
www.txca.org/TCCA
We are excited to announce the development of MPOWER Texas – an e-course designed to give counselors and advisors the tools they need to better advise students on opportunities available via Career and Technical Education at Texas Community and Technical Colleges.

The e-course will consist of six modules, and cover the following topics:

- Purpose of Career and Technical Education (CTE)
- Components of CTE Programs
- Identifying CTE Programs Available via the Local Community College
- Advising CTE Students
- Carl Perkins Career Center Services
- Becoming a College Student

Funding for the MPOWER Texas CTE Project was provided through the Texas Higher Education Coordinating Board with Discretionary Leadership funds received from the Carl D. Perkins Career and Technical Education Improvement Act of 2006.

For more information, please contact:

Laura Palmquist, Project Director
(903) 875-7445
laura.palmquist@navarrocollege.edu
7. You Mean We’re NOT in Kansas Anymore? Helping Students Travel the Yellow Brick Road to College Success

Room: Lone Star Salon D
Presenter(s): SusAnn Key MA LPC
               Pamela Moss MEd LPC LMFT LBSW

Students encounter multiple challenges as they journey through their college adventure. Each student follows his or her own road searching for a brain, courage and heart to reach success and find a way home. Along the way there are flying monkeys, witches, and the Great Wizard! If it is our task to counsel, facilitate groups, or teach a freshmen first-year-experience course, how can we guide them on their quest? Join us on the Yellow Brick Road and discover dynamic, interactive, and successful approaches students can use to manage challenges, develop resiliency, and build coping skills.

8. Tackling the factors: Dating Violence in the Millennium Generation

Room: Pecan A & B
Presenter(s): Stephanie Bluth MA
               Tiffany Woods Simon MA CSC LPC-Intern

Although various approaches are available, researchers still find the effectiveness of treating adult victims of intimate violence to be limited, and outcome studies are reporting dismal recidivism rates. This session will look at intervention programs geared specifically towards risk factors as a major proponent of sexual assault and rape on university grounds. Proximal risk factors that can be interwoven into intervention programs are: dating location, behavior and frequency, alcohol use, attitudes and beliefs, assertiveness and communication, and ability to detect danger.

9. Ethics and Technology

Room: Lone Star Salon C
Presenter(s): Melissa Sutherland MA
              Margaret Bloomer LPC

Technology is a large part of our culture today and has made its way into college and university counseling. According to the Southern Association of Colleges and Schools (SACS), colleges are to provide the same services to online students as on-campus students. Join our discussion on ethical considerations in technological delivery of counseling services. Through a review of programs and resources you will walk away with practical knowledge to utilize in adding a distance component to your counseling services.
10. **The In-Between Place: Addressing the Invisible Needs of First-Generation College Students**

Room: Lone Star Salon C  
Presenter(s): Angelica Tello MA LPC-Intern

High school and college counselors have played important roles in supporting the entry of first-generation students (FGS) into college. Although FGS are academically and financially prepared for admission, the invisible needs of these students are not often addressed. For these students, there is more involved than the visible transition from high school to college. Attending college can mean being in the middle of two cultures: the culture of academia and the culture of their upbringing. Participants will gain an understanding of these disconnections and strategies for helping students navigate their new world and develop a sense of belonging.

11. **Facebook Drama: Cyber-bullying on the College Campus**

Room: Lone Star Salon D  
Presenter(s): Chris Leeth PhD LPC-Intern  
Heather Trepal PhD LPC-S

Bullying is often seen in K-12 classes, spiking in middle and high school. However, bullying behavior can and does persist into the college and university setting. This is especially true of cyber-bullying. This presentation will provide a brief overview of the differences between traditional and cyber-bullying. Then the issue and impact of cyber-bullying will be discussed. Recommendations will be suggested for counselors who may find themselves working with students who feel they are being harassed, shamed, or bullied via social or online media.

12. **Preparing Today's Students for the Demands of College and Career**

Room: Pecan A & B  
Presenter(s): Karen Alexander PhD  
Cindy Miller MEd

Are our students really "ready" to go to college? Ensuring that today’s students have the education and training to meet future career demands is critical to the economic and social well-being of individuals, cities, and the nation. This session will present strategies for how high schools and colleges/universities can improve the skills and knowledge of high school students to better prepare them for the transition to higher education. Free resources will be distributed in this session!

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**Poster Display • Monday, May 20, 2013 • 11:15AM - 12:45PM**

**Forging a New Family, Finding Supportive Relationships in College**

Room: Foyer Hallway  
Presenter(s): Stephanie Bluth MA LPC-Intern

Collegiate sororities are one of the largest groups of organized women on campus with an atmosphere where support is sought from within. This presentation of a qualitative methodological study will explore the informal support (tangible, informational, and emotional) as experienced by sorority members. Administrators will gain knowledge of sorority members that relates directly to administrative goals and program development.  
*(Poster displays are not available for CEU credit.)*
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13. **Primary Prevention of Sexual Violence on College Campuses**
Room: Lone Star Salon C  
Presenter(s): Allison Davis MA MS  
Kathryn Rittenhour, BS

Most survivors of sexual assaults are full-time students; approximately one-third of them are first-year students between 17-19 years old. College counselors are vital first responders to sexual violence on college and university campuses with a wide array of tools, knowledge, and resources to intervene after sexual violence. However, there exists a need for more effective strategies to prevent initial perpetration and victimization from ever happening. The focus of this program will be on the primary prevention of sexual violence. It will include an overview of sexual violence within the higher education community, an introduction to primary prevention with experiential group exercises, case studies of prevention programming with this population, and an exploratory discussion about potential barriers to implementation.

14. **Adapting Interventions to Explore Spiritual and Religious Concerns with College Students**
Room: Pecan A & B  
Presenter(s): Marlise Lonn MS LPC-S NCC

What do discerning a call to a particular career, making meaning out of traumatic experiences, clarifying values, and grieving a loss have in common? Each of these presenting issues may relate to students’ underlying spiritual or religious beliefs. College students may express spiritual and religious concerns directly or indirectly in counseling. In this session participants will identify a variety of client religious and spiritual concerns. Examples of various interventions including: assessment questions, timelines, genograms, and collage will be adapted for use with college students in recognizing, understanding, and addressing spiritual and religious needs when they are salient.

15. **Shots Fired on Campus: A Counselor’s Story**
Room: Lone Star Salon D  
Presenter(s): Jack Hernandez EdD LPC

Former champion boxer Mike Tyson once stated “everybody has a plan until they get punched in the mouth.” Earlier this year, a Texas community college counseling team got punched psychologically in the mouth when a shooting occurred on campus injuring three people on a sunny Tuesday afternoon. As a consequence, that evening, the college’s counseling team with extensive consultation from the Houston Red Cross enacted an emergency plan in anticipation of the aftermath of shock, anxiety, and tension, among students, faculty, and staff. Presenters will emphasize the importance of impromptu planning in the face of an emergency on campus.

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**General Session Reminder • Monday, May 20, 2013 • 2:30 - 3:30PM**

**Gently Down the Stream: Maintaining Balance and Serenity Amidst the Storm**
Room: Lone Star Salon B  
Presenter(s): Molly Behannon, MEd
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- Let your Legislators know how you feel about the session.
- TCA will provide resource materials and talking points.

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* Listings in the Referral Database & Speakers Bureau
* Access to TCA’s online Job Bank
* LegalCare Service; unlimited phone consultations w/an attorney for personal & professional issues
* $500 Educational Endowment Fund Grants

Professional Member $105
Student Member $52

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