



A division of the American Counseling Association

*The 2010*  
ASSOCIATION  
FOR CREATIVITY  
IN COUNSELING  
*Conference*

Portland, Oregon  
September 18 - 19  
Double Tree Hotel  
Lloyd Center

PROGRAM

# Welcome to the 2010 Association for Creativity in Counseling Conference.

We are so excited to be hosting this conference here in Portland. I wanted to take this opportunity to recognize the 2010 conference committee. They are amazing, smart, talented, creative, and generous people. I am profoundly grateful for each one of them.

## The 2010 ACC Conference Committee

<i>Frances Badalamenti</i>	<i>Tonya Hammer</i>	<i>John Phemister</i>
<i>Thelma Duffey</i>	<i>Scott McClain</i>	<i>Wendy Roller</i>
<i>Margaret Eichler</i>	<i>Shannon McKown</i>	<i>Heather Trepal</i>
<i>Evan Exner</i>	<i>Cayla Panitz</i>	<i>ACC Conference logo</i>
<i>Kelly Exner</i>	<i>Mary Roberts</i>	<i>designed by</i>
<i>Shane Haberstroh</i>	<i>Jacob Perry</i>	<i>Tristan Kirkpatrick</i>

The committee and I are also grateful to the graduate students from Lewis and Clark College who volunteered on the day of the conference. Thanks to all of you!

– *Stella Beatriz Kerl-McClain, 2010 Conference Chair*

**Yom Kippur:** As many of you might realize, the Jewish holiday of Yom Kippur begins at sundown Friday, September 17th. Some unfortunate and unavoidable logistical issues led us to make the difficult decision to hold our 2010 annual conference on this particular weekend. With that in mind, the conference organizers would like to formally acknowledge the holiday.

Yom Kippur, the holiest day of the Jewish year, represents the culmination of a sacred ten-day period of intense introspection. During this time, people of the Jewish faith acknowledge their personal shortcomings, ask forgiveness, and pledge to elevate their souls to the next level, to become more God-like, to bring into the new year their own “best self.”

In that sense, it might be seen as a blessing that this conference fell on such a holy day. After all, the process of counseling creatively reflects the Divine purpose of Yom Kippur. And the unique tools we use and share with our clients are designed with this same purpose in mind: taking responsibility for our choices, forgiving ourselves for having hurt ourselves and others through the unhealthy choices that we have made in the past and then re-creating ourselves anew

Let us take a moment at some point during the conference to reflect on these principles and to honor our Jewish friends on their holy day.

– *Valerie Zaffos, M.S., C.Ht., RMHI and ACC student member*

## Saturday, September 18

- 7:30-8:00 am**    **Registration**  
2nd Floor
- 8:00-9:00 am**    Utilizing Various Literary Formats to Enhance Counseling Skills, Interventions and Candidate Dispositions  
**Susan L. Steiner, PhD**  
Idaho Room
- Off the Mat: Theoretically Intentional and Creatively Practical Ways to Invite Your Personal Yoga Practice into Your Counseling Practice, Supervision, or Teaching Experiences  
**Debbie C. Sturm, PhD, LPC**  
Sisters Room
- Creative Assessment and Appraisal  
**Catherine Tucker, PhD, LPC**  
Helens Room
- Metaphor Creations: Intentionality with Clients  
**Melissa N. Freiburg, PhD**  
Bachelor Room
- Synchronicity: An Introduction to Neurofeedback and its Application in Practice.  
**Julie Strentzsch, PhD, LPC-S, Kristi Cannon, PhD, LPC and Tiffany Rush-Wilson, Ph.D, PCC**  
Hood Room
- 9:10-10:10 am**    Writing as Meditation  
**Tara M. Ford**  
Idaho Room
- The Art of Emotional Release  
**Kathleen Jones-Trebatoski, PhD, LPC, NCC**  
Sisters Room
- Using the Seven Dwarfs to Enhance Intake Assessment Skills  
**Melissa N. Freiburg, PhD**  
Bachelor Room

(continued)

## Saturday, September 18

**9:10-10:10 am** I'm Not Privileged! Creative Activities to Help Students  
Explore White Privilege  
**Katrina Cook, PhD**  
Hood Room

Widening the Lens: Photography as  
Therapeutic Intervention  
**Rebecca Adler, LCSW and Kathy Hamilton, M Ed**  
Helens Room

**10:20-11:20 am** Sneetches are Sneetches: Using Story-Hour to Increase  
Insight and Engagement Among Chemical Dependency  
Group Members  
**Sally R. Lawes, M Ed, NCC, LPC-S**  
Helens Room

Where's the Metaphor? How Allegories are Utilized in  
Counselor Education and Supervision  
**Kathleen Jones-Trebatoski, PhD, LPC-S, NCC**  
Sisters Room

The Power of Positive Emotions  
**Monica Leppma, MA, LMHC, Kara Ieva, PhD, NCC, NCSC  
and Jacqueline Swank, LCSW, RPT**  
Bachelor Room

What Drawings Have to Say  
**Frances Kaplan, PhD and Diana Milia LPC, LCAT, ATR-BC**  
Hood Room

The Dance Connection  
**Cynthia Parent**  
Idaho Room

**11:30 am -1:00pm** Lunch  
*Awards and Acknowledgments*

It's Not Working: Creativity and a New Worldview to the Rescue!"  
**Samuel Gladding, PhD**

## Saturday, September 18

**1:00-2:30 pm** E-mage – Worldview Representations  
**Margaret Eichler, PhD, LPC, NCC, ACS**  
Helens Room

Reconstructing Barbie: A Creative Body Image Workshop  
**Janice Deeds, PhD and Casey Tallent, MA**  
Bachelor Room

Bikers Against Child Abuse + Counselors =  
Empowerment for Abused Kids  
**Cheryl Sawyer, EdD**  
Sisters Room

Relationships Depicted Through Visual Language  
**Christine Turner, LPC, NCC, ATR-BC, ACS**  
Exhibit Hall

The Power of Right Relationships: Encouraging  
Creativity through Connection  
**Linda Hartling, PhD**  
Hood Room

**2:40-4:10 pm** Still Moving: Dance Meditation as an Intervention with  
Traumatized Adolescents  
**Kathy Hamilton, M Ed and Rebecca Adler, LCSW**  
Idaho Room

Planting Seeds of Hope: Fusing Ecotherapy Principles  
with Multi-Family Group Therapy in a School  
Community Garden  
**Kim Hayes, LPC, CCADC**  
Bachelor Room

Creative Referencing – A Therapeutic and Expressive  
Approach to Memory Recall  
**Nancy Davis, PhD**  
Helens Room

## Saturday, September 18

**2:40-4:10 pm** Art Media Explorations and Applications: Professional Development and Self-Renewal through the Creative and Expressive Arts  
**Penny Makris, MA and Pegge Laine, MA, REACE**  
Sisters Room

Where do we begin? Examining Assumptions About Ethics, Relationships, and Counseling  
**Pam Birrell, PhD**  
Hood Room

**4:15-5:15 pm** Preventing Counselor Burnout and Compassion Fatigue through Yoga and Mindfulness Techniques  
**Katharina Star, M Ed, PC, RYT**  
Helens Room

The Quality World Sand Tray: Gaining Insight into a Child's World with Reality Therapy  
**Eric Davis, PhD**  
Idaho Room

The ART and SPICE of Group Counseling  
**Kara Ieva, PhD, NCC, NCSC, Monica Leppma, MA, LMHC and Jacqueline Swank, LCSW, RPT**  
Sisters Room

Creative Counseling using Digital Photo Story Telling  
**Cheryl Sawyer, EdD and Cindy Coker, LPC**  
Bachelor Room

Relational-Cultural Therapy with Young Adolescents: How and Why  
**Catherine Tucker, PhD, LPC, Sondra Smith, PhD, and Heather Trepal, PhD**  
Hood Room

## Sunday, September 19

**8:00-9:25 am** Creativity, Connection, and Practicality: The Value of Therapeutic Reading  
**Laura Bruneau, PhD**  
Bachelor Room

Sandtray in Supervision: Examining the Use of the Discrimination Model and Sandtray Therapy Within Practicum/Internship Supervision  
**Alyse M. Anekstein, BA, Laura Malstrom, BA and Joel Terry, BA**  
Sisters Room

Counsel Like Your Hair is on Fire: Creating Dynamic Counseling Interventions  
**Christopher Lawrence, MS**  
Idaho Room

Engaging the Creativity Matrix: Utilizing Creative Approaches to Foster Relational Connectedness  
**Rachel Payne, MS**  
Hood Room

Expanding Clinician's Awareness of Death and Dying Through Participation in the Expressive Arts  
**Dayna Wood, Ed.S, NCC, LMHC and Rebekah Near, CAGS, LCAT**  
Helens Room

**9:35-11:00 am** Co-Story-Ing: Using Collaborative Story Writing as a Life Span Assessment and Therapeutic Alliance Building Strategy  
**Dale-Elizabeth Pehrsson, PhD**  
Sisters Room

Relational Creativity: Exploring Family Worldview through Bean-o-Grams  
**Margaret H. Eichler, PhD, LPC, NCC, ACS**  
Helens Room

## Sunday, September 19

- 9:35-11:00 am** RCT and A Musical Chronology: Connecting with our Histories and Each Other Through Music  
**Thelma Duffey, PhD**  
Hood Room
- 11:05-12:05 am** A Picture is Worth a Thousand Words: The Use of Phototherapy Techniques in Counseling  
**Katharina Star, MA Ed, PC, RYT**  
Idaho Room
- Drawing Out: Creating Images for Reflection, Revelation, Observation and Relaxation  
**Buff Medb Neretin, M Ed**  
Idaho Room
- Hocus Pocus: What are the Ethical Issues Involved in Utilizing Self-Hypnosis as a Stress Management Strategy?  
**Kathleen Jones-Trebatoski, PhD, LPC-S, NCC**  
Bachelor Room
- New Twist in Bibliotherapy: Teaching and Creating Groups (For all Ages) Using Thematic Children's Literature  
**Peterann M. Siehl, PhD, PC and Candice Jordan, MRC, CRC, PC**  
Hood Room

## Sunday, September 19

### 11:05 a-12:05 pm Poster Sessions

Alaska Room

- 1 ..... Counselors' Perceptions about Their Own Use of Creative Interventions to Help Clients  
**Lindsey M. Joiner, Ed.S and Julia Y. Porter, PhD, LPC, NCC, NCSC**
- 2 ..... Expressions Through Art: An Experiential and Expressive Arts Process Group to Create And Celebrate Self-Expression and Acceptance  
**Kim Hayes, LPC, CCADC**
- 3 ..... Supporting Adolescent Latinos / as Identity Development through the Expressive Arts  
**Lisa L. Schulz, PhD, LPC, NCC**
- 4 ..... Animal-Assisted Therapy: Integrating Counseling Theory into this Creative Modality  
**Laura Bruneau, PhD**
- 5 ..... The Power and Process of Nicknames: A Qualitative Study  
**Colleen M. Connolly, PhD**
- 6 ..... Creative and Expressive Arts Dreamwork with the Ullman Experiential Dream Group  
**Penny Makris, MA and Pegge Laine, MA, REACE**
- 7 ..... Center for Collaborative Brain Research: fMRI, Neurofeedback and Counseling Implications  
**Lori A. Russell-Chapin, PhD, LCPC, ACS, CCMHC**
- 8 ..... Crochet as Coping: Crochet as a Therapeutic Medium in a Short Term Children's Psychiatric Facility  
**Kelly Willits, BS, QMHA**  
**Candidate for MA, Lewis and Clark College**

## Program Descriptions

**Utilizing Various Literary Formats to Enhance Counseling Skills, Interventions and Candidate Dispositions.** *Susan L. Steiner, PhD.* Idaho Room, Saturday, 8:00-9:00 am  
Literature – nursery rhymes, fairy tales, Caldecott and Newberry Award winning books and short stories - can be used as catalysts for grounding counseling theory, honing diagnostic skills and counseling techniques, developing proactive interventions, and increasing empathy and understanding in the areas of cultural competency, intergenerational perspective, family dynamics, social and economic awareness and moral injustice in master’s level counseling students. By administering to the characters’ needs uncovered in stories, counseling skills are vastly expanded. Attendees will have opportunity to acquire or reinforce diagnostic and counseling skills by participating in this imaginative interactive session.

**Off the Mat: Theoretically Intentional and Creatively Practical Ways to Invite Your Personal Yoga Practice into Your Counseling Practice, Supervision, or Teaching Experiences.** *Debbie C. Sturm, PhD, LPC.* Sisters Room, Saturday, 8:00-9:00 am  
Research has shown that mindfulness practices, such as yoga, have multiple well-being and mental health benefits. During this presentation, participants will examine the parallels between principles of yoga philosophy and counseling theories, including Cognitive-Behavioral, Existential, Narrative, and Jungian theories. We will explore how counseling professionals without formal yoga teacher training can ethically incorporate elements of their own yoga practice into their clinical work. Participants will also engage in contemplation of a model of supervision based on elements of Tantric yoga philosophy. The overall intent of this presentation will be to make connections, generate a curious discussion, and provide practical tools.

**Creative Assessment and Appraisal,** *Catherine Tucker, PhD, LPC.* Helens Room, Saturday, 8:00-9:00 am - Assessment and appraisal of clients is often thought of as a dull task involving rating scales and surveys. Although these methods have their place in formal evaluations, there are many informal creative assessment methods that illicit important information from clients quickly and often offer powerful insights into client’s worldviews early in the counseling process. During this session, the presenter will share multiple creative assessments for use with families, children, and individual adult clients. Creative assessment modalities to be discussed include: drawing, guided imagery, puppets, sand tray, and storytelling.

**Metaphor Creations: Intentionality with Clients.** *Melissa N. Freeburg, PhD.* Bachelor Room, Saturday, 8:00-9:00 am - This presentation is designed to stimulate counselors to maximize the potential use of metaphors. Participants will be exposed to techniques in which they may increase personal skill in noticing client’s own use of metaphors and methods to enhance the utility of metaphors in session. Most importantly, this presentation will discuss four elements required to create unique metaphorical stories designed for specific client/presenting concern. Participants will be provided opportunities to interact with client case examples and the employment of, 1) gathering client information, 2) isomorphism in metaphor creations, 3) metaphor “outcome” story arcs, and 4) use of intentional syntax reflections.

**Synchronicity: An Introduction to Neurofeedback and its Application in Practice.** *Julie Strentzsch, PhD, LPC-S, Kristi Cannon, PhD, LPC and Tiffany Rush-Wilson, PhD, PCC.* Hood Room, Saturday, 8:00-9:00 am - As counselors we learn the importance of assisting clients to create balance in their lives. In this session participants will discover the importance of synchronicity and balance at the level of the brain’s electrical signal, otherwise known as Neurofeedback or EEG biofeedback. Then principles of Neurofeedback will be discussed along with examples of current and potential clinical applications.

**Writing as Meditation.** *Tara M. Ford.* Idaho Room, Saturday, 9:10-10:10 am  
The bridge between writing the experience and the actual experience is the imagination. Through practicing the Creating Space For Breath meditation, the imagination contracts and expands allowing enough space around the experience so that it can breathe into the fullness of itself. Through the practice of mindful writing as an extension of the meditation, the words that embody the experience will begin to surface and find their way onto the page. The act of mindful writing is an act of letting go and creates a release throughout the entire body and mind, allowing personal healing.

**The Art of Emotional Release.** *Kathleen Jones-Trebatoski, PhD, LPC, NCC.* Sisters Room, Saturday, 9:10-10:10 am - Creativity is a psychotherapeutic technique. It allows the client to cope with emotional stress or trauma by utilizing an artistic media as a non threatening catalyst to process issues in a symbolic format of expression. In the creative realm, the client is able to manipulate his or her world in a safe, immediate environment by bringing emotional stressors to the surface. By symbolically bringing their inner world out into the surface in both art, musical and written forms, the client is better able to achieve resolutions and coping mechanisms in order to improve his or her to confront emotional stressors.

**Using the Seven Dwarfs to Enhance Intake Assessment Skills.** *Melissa N. Freeburg, PhD.* Bachelor Room, Saturday, 9:10-10:10 am - Are you looking for a creative activity to enhance your intake assessment/diagnosing skills, something new and exciting for a counseling class, maybe an agency workshop, or for clinical supervision? This presentation will provide you with ten vignettes based on the popular storybook characters from the story of Snow White. Through role playing and group discussion, participants will gain awareness about different challenges and strategies employed when using intake assessments with different client themes.

**I’m Not Privileged! Creative Activities to Help Students Explore White Privilege.** *Katrina Cook, PhD.* Hood Room, Saturday, 9:10-10:10 am - When counseling students first learn about the concept of white privilege, often their reaction is one of denial and resistance. In order to facilitate the development of culturally competent counselors, counselor educators are challenged with the task of making this concept visible, especially for their White students. But how can instructors approach such a sensitive topic in a manner that students will find non-threatening? Join the presenter as she shares and demonstrates several creative, and experiential activities designed to facilitate understanding of White privilege. Student reactions to these activities will also be shared.

**Widening the Lens: Photography as Therapeutic Intervention.** *Rebecca Adler, LCSW and Kathy Hamilton, M Ed.* Helens Room, Saturday, 9:10-10:10 am - This presentation outlines many ways to engage a group with the act of photographing, the importance of having a voice, and the empowerment felt through creation and final exhibition of photographs in a formal setting. The overall objective is to give a step-by-step guide to implementing a photography project with disposable cameras, ways to access cheap/free materials, and setting up a venue for exhibition. Photography is an accessible and exciting modality that amends itself nicely to creativity and personal expression.

**Sneetches are Sneetches: Using Story-Hour to Increase Insight and Engagement Among Chemical Dependency Group Members.** *Sally R. Lawes, M Ed, NCC, LPC-S.* Helens Room, Saturday, 10:20-11:20 am - Clients in chemical dependency treatment can struggle to relate to each other as differences in drugs of choice, method of ingestion, years of use, method of obtaining drugs, and consequences of their use may vary widely. Counselors recognize that simply confronting denial is rarely effective, and they instead focus on strategies to engage clients in treatment by helping them move away from a pre-contemplative stance toward their addiction into an active stage of change. This presentation will offer clinicians a non-threatening intervention using Dr. Seuss's *The Sneetches* to increase clients identification with peers in chemical dependency group treatment.

**Where's the Metaphor? How Allegories are Utilized in Counselor Education and Supervision.** *Kathleen Jones-Trebatoski, PhD, LPC-S, NCC.* Sisters Room, Saturday, 10:20-11:20 am. The use of metaphors is a psychotherapeutic technique. It allows the individual to cope with emotional stress or trauma by utilizing a metaphoric or artistic media as a nonthreatening catalyst to process issues in a symbolic format of expression. In the creative realm, the individual is able to manipulate his or her world in a safe, immediate environment by bringing emotional stressors to the surface. By symbolically bringing their inner world out into the surface in a metaphoric form, the individual is better able to achieve resolutions and coping mechanisms in order to improve their abilities to confront emotional stressors.

**The Power of Positive Emotions.** *Monica Leppma, MA, LMHC, Kara Ieva, PhD, NCC, NCSC and Jacqueline Swank, LCSW, RPT.* Bachelor Room, Saturday, 10:20-11:20 am. - Interest is growing in research examining the impact of positive emotions on psychological well-being and physical health. This program will provide an overview of the new science of positive emotions and the current, cutting-edge research in this area. Participants will have the opportunity to experience Metta, or Loving-Kindness, Meditation as a means for generating positive emotion, as well as receive information regarding other innovative methods for increasing positivity. Implications for counselors and counselor educators will be discussed.

**What Drawings Have to Say.** *Frances Kaplan, PhD and Diana Milia LPC, LCAT, ATR-BC.* Hood Room, Saturday, 10:20-11:20 am. - For more than 50 years the field of art therapy has analyzed various drawing activities ranging from the standard "draw a person" tasks to the development of instruments designed to identify characteristics and content in drawings. Drawings have been used to attempt to discriminate among types of pathology, evaluate creativity, and assess development and cognition, among other things. Validity studies have concluded that there is very little consistency and relationship between the content of drawings and specific diagnoses. Despite the discouraging outcomes, art therapists and counselors alike still find drawings to be a valuable and client-centered approach to communication and helpful in work with individuals of all ages, from children through older adults.

**The Dance Connection.** *Cynthia Parent.* Idaho Room, Saturday, 10:20-11:20 am. - Social dance in schools is a fun and interactive way to explore multiple areas of education, develop self-esteem and build confidence. This presentation will demonstrate the social dance program I developed for elementary and middle school students at several schools. The Dance Connection teaches social acceptance through the practice of partnership dance. Learn how dancing teaches positive and appropriate behavior between students and helps them connect across social and cultural boundaries as students change partners and work together to develop their skills. This is an active workshop where you will have the opportunity to learn to be a lead and a follow as you dance your way through the basics of several different partner dances.

**It's Not Working: Creativity and a New Worldview to the Rescue!** *Samuel Gladding, PhD.* Saturday, 11:30-1:00 pm. - Life can be viewed from many angles and with multiple results. Creativity is one of the lenses through which the world can be seen. As such it is an especially productive way of envisioning the environment when what has preceded it has not worked well. This keynote will focus on ways that creativity opens up possibilities that are productive in professional as well as personal settings. Examples on the difference creativity makes will be given. It will be shown how creativity has come to the rescue of men and women at various stages and ages in life to improve their mental health and promote their well being.

**E-mage – Worldview Representations.** *Margaret Eichler, PhD, LPC, NCC, ACS.* Helens Room, Saturday, 1:00-2:30 pm. - The identification of worldview elements, is the first step in expanding one's awareness and critical consciousness around an unfolding worldview construct. The E-mage board is portable creative workspace, unlimited in its application, that involves the use of magnetized words or concepts which represent a personal and universal worldview and a magnetic white board. The external representations of internal constructs provides a constant cue for considering the critical context of a personal worldview, how we perceive ourselves, perceive others and create helping interactions. This method can be utilized in therapeutic work with clients, clinical supervision and in counselor education.

**Reconstructing Barbie: A Creative Body Image Workshop.** *Janice Deeds, PhD and Casey Tallent, MA.* Bachelor Room, Saturday, 1:00-2:30 pm. - How do you combine thrift store dolls, fabric scraps, padding, and social influence theory to engage men and women in powerful discussions of body image and self-esteem? Experience the process of reconstructing the Barbie or Ken image into a healthy portrayal of men and women. Participants have the opportunity to choose self-representative positive adjectives and to recreate a doll into those positive images. Participants also engage in a conversation about the impact of media messages on body image, self esteem, and the prevalence of eating disorders. Written suggestions for conducting workshops will be included.

**Bikers Against Child Abuse + Counselors = Empowerment for Abused Kids.** *Cheryl Sawyer, EdD.* Sisters Room, Saturday, 1:00-2:30 pm. - Bikers Against Child Abuse (BACA) works with counselors, children, the court, local law enforcement, CASA, and Collaboration between school counselors and this organization can empower children to both testify against their abusers and sleep better at night. This session will use video, audio, hands on, testimonial, and power-point presentations to illustrate how successful collaboration between this international child-advocacy organization and school counselors can empower abused and threatened children. This fast paced intensely emotional presentation will give you a new, very unique tool to help you empower abused children.

**Relationships Depicted Through Visual Language.** *Christine Turner, LPC, NCC, ATR-BC, ACS.* Exhibit Hall, Saturday, 1:00-2:30 pm. - We will view excerpts of a video showing one of Art Therapy's founders, Dr Janie Rhyne, facilitating a "gestalt art experience" with a group of adults. She introduces a complex collage project and discusses the visual language with participants. The continuum of media variables, complexity of processes and evocative qualities of themes will be discussed in relation to client's needs and functional skills. Workshop participants will create abstract collages and will have the opportunity to reflect on the personal meaning expressed in the visual language. This may be done with another participant or in writing.

**The Power of Right Relationships: Encouraging Creativity through Connection.**

*Linda Hartling, PhD.* Hood Room, Saturday, 1:00-2:30 pm - Creativity is of supreme importance if we are going to find ways to effectively address the complex problems facing us in the world today. Using Relational-Cultural Theory as a theoretical foundation, this presentation explores how creativity is encouraged through engagement in "right relationships," relationships characterized by mutual empathy, mutual empowerment, authenticity, and mutuality. In addition, the presentation will examine one of the most powerful forces impeding right relationships, a force that not only decreases our capacity to be creative but also disrupts interpersonal, intersocial, and even international relationships. This presentation emphasizes that right relationships are a powerful pathway to greater creativity and healthy, healing connections!

**Still Moving: Dance Meditation as an Intervention with Traumatized Adolescents.**

*Kathy Hamilton, M Ed. and Rebecca Adler, LCSW.* Idaho Room, Saturday, 2:40-4:10 pm - This presentation explores movement meditation and work with adolescents in the group context. Movement meditation can be used in many different formats and with a variety of populations. In this presentation, we are going to focus on the use of movement meditation with adolescents who have undergone some form of trauma. In general work with at-risk youth, there is a common thread of, physical, sexual and/or emotional trauma. Movement meditation is very helpful in literally moving through traumatic dissociation to presence. Participants will hopefully come away from the presentation with a fuller understanding of the function of therapeutic movement and personal experience with it.

**Planting Seeds of Hope: Fusing Ecotherapy Principles with Multi-Family Group Therapy in a School Community Garden.**

*Kim Hayes, LPC, CCADC.* Bachelor Room, Saturday, 2:40-4:10 pm - This presentation will discuss the creation, implementation, struggles and outcomes of an innovative family therapy approach called "Seeds of Hope," an experiential group for families which utilizes ecotherapy principles within the context of Multi-Family Group Therapy. Research shows that exposure to nature yields great emotional health benefits for children. Utilizing this research, this program reaches out to families in a fresh and engaging way, offering families a non-traditional opportunity for growth and healing through experiences in a school-based community garden.

**Creative Referencing – A Therapeutic and Expressive Approach to Memory Recall.**

*Nancy Davis, PhD.* Helens Room, Saturday, 2:40-4:10 pm - The session will enable counselors in training and practicing counselors to develop a method for recalling memories useful in multiples settings and for various purposes. The assignment of meaning to memories by the client can reveal opportunities for value-based legacy work. The client can build on these values and develop a systematic way to articulate them for self and/or others. Additionally, for change-based strategies, the memory recall can creatively reference memories for positive forces that help clients initiate change. Finally, stubborn, disagreeable memories that restrict healthy resolution can be rescripted to provide more positive and pleasant opportunities for movement and change.

**Art Media Explorations and Applications: Professional Development and Self-Renewal through the Creative and Expressive Arts.**

*Penny Makris, MA and Pegge Laine, MA, REACE.* Sisters Room, Saturday, 2:40-4:10 pm - This workshop offers the opportunity to freely explore a variety of visual arts media (to include oil pastels, colored pencils, markers, and a variety of papers), and to become comfortable and confident in using the materials for creative activities in counseling as well as for creative self-expression and personal renewal. Participants will learn how to use each medium to its best advantage and how to match it with specific creative and expressive art activities for individuals and groups. Imagination will be nurtured and encouraged. The workshop will conclude with a sharing of artwork, experiences, and discoveries.

**Where do we begin? Examining Assumptions About Ethics, Relationships, and Counseling.**

*Pam Birrell, PhD.* Hood Room, Saturday, 2:40-4:10 pm - Two people sit down together in a room to engage in an activity we call counseling. The situation is commonplace, and we accept its occurrence and outcomes without question. In doing so, we are unthinkingly buying into assumptions about mental health and mental illness, ethics, science, and even what it means to be a person. This talk will explore some of the assumptions underlying the counseling situation, and call into question what we mean by mental health, ethics, and even personhood. It is only by examining our assumptions and freeing ourselves from the hold that they have on us, that we can become truly creative.

**Preventing Counselor Burnout and Compassion Fatigue through Yoga and Mindfulness Techniques.**

*Katharina Star, MA Ed, PC, RYT.* Helens Room, Saturday, 4:15-5:15 pm - Due to the unique stressors of the counseling field, counselors are at exceptional risk of living an unbalanced lifestyle, which can result in burnout and compassion fatigue. Research has shown that yoga and other mindfulness techniques can relieve stress, enhance empathetic understanding, improve concentration and self-awareness skills, and decrease emotional reactivity. This presentation focuses on identify imbalances in personal wellness and presents ways in which yoga and mindfulness practices can be used as self-care strategies. Participants will be provided information concerning counselor burnout and compassion fatigue, activities to examine personal wellness, and yoga and mindfulness techniques to promote self-care.

**The Quality World Sand Tray: Gaining Insight into a Child's World with Reality Therapy.**

*Eric Davis, PhD.* Idaho Room, Saturday, 4:15-5:15 pm - Dr. William Glasser's reality therapy has been recognized across the world as a viable option for counseling adolescents and adults; however, there has been very little work in counseling children utilizing choice theory concepts. One of the most effective means of working with children involves play counseling techniques. Perhaps the most creative and efficient way to gain insight and allow children to explore their quality worlds is through a sand tray activity. This presentation will offer an interactive perspective of the sand tray activity counselors can employ to gain access to children's quality world views and address potential needs.

**The ART and SPICE of Group Counseling.** *Kara Ieva, PhD, NCC, NCSC, Monica Leppma, MA, LMHC and Jacqueline Swank, LCSW, RPT.* Sisters Room, Saturday, 4:15-5:15 pm - Want to kick up your group counseling techniques a notch? Come reenergize your creative side experience the ART and SPICE of group counseling. Participants will experience first- hand creative and innovative techniques that can be used with a diverse clientele for group processing.

**Creative Counseling using Digital Photo Story Telling.** *Cheryl Sawyer, Ed D and Cindy Coker, LPC.* Bachelor Room, Saturday, 4:15-5:15 pm - Incorporating digital storytelling into the counseling practice provides a new tool. In this project, high school Peer Assisted Learner students (PALS) and college students created photo stories to be viewed on computers in order to support a counseling session with school aged clients. The content was suggested by both elementary and high school students so as to create high interest products for the children and generated a secondary gain: high school students developed stronger empathy for the needs of younger children and developed their skills as role models. The materials created in this project are available for free download at: <http://soe.uhcl.edu/BCCON>

**Relational-Cultural Therapy with Young Adolescents: How and Why.** *Catherine Tucker, PhD, LPC, Sondra Smith, PhD, and Heather Trepal, PhD.* Hood Room, Saturday, 4:15-5:15 pm - Young adolescents struggle to find their "place" in the social order of their peers. Often, this process is very stressful, even for the majority of children who master this developmental stage without serious trauma. Counselors working with children in this age group need to understand the child's view of relationships. RCT offers a theoretical lens for understanding..

the importance of relationships in the lives of all people. RCT also offers ways to heal disconnections, which can seem particularly devastating to adolescents. During this presentation, we will explain the application of RCT to young adolescents via creative arts demonstration, case examples, and discussion.

**Creativity, Connection, and Practicality: The Value of Therapeutic Reading.**

*Laura Bruneau, PhD.* Bachelor Room, Sunday, 8:00-9:25 am - Have you ever wondered what happens when a person reads a book for therapeutic purposes? For example, how do they select the book in the first place? How does the reading experience help them grow as individuals? How does the experience impact them even after the reading is finished? This presentation will address all these questions and more. Following the presentation, attendees will better understand the therapeutic value of reading and how to apply this knowledge into practice with clients of all ages.

**Sandtray in Supervision: Examining the Use of the Discrimination Model and Sandtray Therapy Within Practicum/Internship Supervision.**

*Alyse M. Anekstein, BA, Laura Malstrom, BA and Joel Terry, BA.* Sisters Room, Sunday, 8:00-9:25 am - The presenters will review the results and implications from a pilot study examining the application of the Discrimination Model in conjunction with Sandtray Therapy as a method of supervision of practicum/internship level counseling students. In addition, the presenters will identify how this technique may help supervisee's with client case conceptualization, areas of strength or concern, and establish deeper supervisor to supervisee connections that contribute to the personal growth that is necessary of master's level counselors. Presenters will also engage the attendees in a small group activity designed to help them to understand and apply the technique. Handouts will be provided.

**Counsel Like Your Hair is on Fire: Creating Dynamic Counseling Interventions.**

*Christopher Lawrence, MS.* Idaho Room, Sunday, 8:00-9:25 am - Counselor competence in the 21st Century requires more than just knowledge of psychological theories and techniques. Research suggests it requires clinicians provide their clients with innovative, provocative and imaginatively engaging interactions, offering the type of psychological challenge that can catalyze development in both the cognitive and moral domains. This workshop will identify several important aspects of incorporating creative activities into counseling sessions, and offer a thematic framework designed to facilitate in the generation and classification of creative counseling interventions. Participants will receive detailed instructions for more than ten activities involving magic, music and metaphor.

**Engaging the Creativity Matrix: Utilizing Creative Approaches to Foster Relational Connectedness.**

*Rachel Payne, MS.* Hood Room, Sunday, 8:00-9:25 am - This workshop proposes that one of the most important aspects of the counseling relationship is the counselor's ability to engage their own creativity. By fostering creativity, a counselor can utilize in-the-moment interventions to meet the needs of their client. The relationship becomes a matrix of creativity which engages the collaborative potential of all involved. This interactive workshop explores avenues for building the counselor's sense of creative self, introduces a number of flexible interventions usable with diverse populations and settings, and models ways in which counselors can process with their clients the connectedness that naturally occurs when creativity abounds.

**Expanding Clinician's Awareness of Death and Dying Through Participation in the Expressive Arts.**

*Dayna Wood, Ed S, NCC, LMHC and Rebekah Near, CAGS, LCAT.* Helens Room, Sunday, 8:00-9:25 am - Modern Western society goes to great lengths to deny the human eventuality of death. However, as mental health professionals we are obligated to face the difficult fact that everyone and everything must die. As clinicians, we are responsible in assisting others during profound transitions in their lives including death and loss, and because of

the universal nature of death, we are also accountable in facing these circumstances in our own lives. Through the use of expressive arts one is invited to explore the area of death and loss. In the expressive arts, all the artistic disciplines work together to bring clinicians and clients to a deeper understanding of one's self. In this workshop participants will learn about the expressive arts and will use them to reflect on their own questions and anxieties about death.

**Co-Story-Ing: Using Collaborative Story Writing as a Life Span Assessment and Therapeutic Alliance Building Strategy.**

*Dale-Elizabeth Pehrsson, PhD.* Sisters Room, Sunday, 9:35-11:00 am - Co-Story-Ing is not a prescribed narrative but a co-constructed and interactive process drawn from direct work with clients. Loosely adapted Gardner's Mutual Story Telling Technique, it is based on the premise individuals need to tell their stories for therapeutic gain. Appropriate for ages seven throughout adulthood in a variety of cultural contexts. Participants will learn about benefits and therapeutic uses of story and be guided step-by-step through the process. Examples from cases, equipment, environmental considerations, therapeutic cautions and ethical issues will be reviewed. Participants will practice Co-Story-Ing from the vantage point of both client and counselor.

**Relational Creativity: Exploring Family Worldview through Bean-o-Grams.**

*Margaret H. Eichler, PhD, LPC, NCC, ACS.* Helens Room, Sunday, 9:35-11:00 am - Relational Creativity is a specific modality that uses creative interactive "dialogues" for the purpose of establishing and strengthening empathetic relationships. By utilizing creative modalities in a relational manner a dimension of connection, awareness, presence and empathy is manifest giving meaning and articulation to the more subtle nuances and intuitions of "knowing." Each attendee will create their own Bean-O-Gram, these will be brought together in a mural format. The group will reflect on the stories of their works collectively. The worldview of each unique family story will be authored into the collective group experience as an exercise in relational creativity.

**RCT and A Musical Chronology: Connecting with our Histories and Each Other Through Music.**

*Thelma Duffey, PhD.* Hood Room, Sunday, 9:35-11:00 am - "When a song or poem is shared between counselor and client in an intense way that demarcates the experience from usual business, that sharing process constitutes a "therapeutic sharing ritual" (Hodas, 1994). Many people connect music with their experiences and develop stories that strongly influence their perceptions about themselves and others. This influence either supports or impedes a person's freedom to invest in life and others. In this workshop, the presenter will illustrate how using music, in the form of A Musical Chronology, can be conceptualized from a Relational-Cultural perspective, and how music can be used to help us connect with our histories and with each other.

**A Picture is Worth a Thousand Words: The Use of Phototherapy Techniques in Counseling.**

*Katharina Star, MA Ed, PC, RYT.* Idaho Room, Sunday, 11:05 am -12:05 pm - From joyful memories to the pain of a lost loved one, photographs bring forth strong emotions as one reminisces about the past. Photographs are also reminders of one's present worldview and shaped personal beliefs. Phototherapy is the innovative technique of engaging the client through the examination of their personal photographs. Through the use of photographs, the counselor is given a glimpse through the lens of the client while the client is brought to a deeper sense of self-awareness. This presentation will cover the history and development of phototherapy, along with an examination of various ways to use phototherapy techniques to enhance client growth and development. Phototherapy can be utilized with any theoretical model and is appropriate for work with individuals, families, and couples. The presenter will provide case examples and hands-on material, providing participants with applications that can be used in practice.

**Drawing Out: Creating Images for Reflection, Revelation, Observation and Relaxation.** *Buff. Medb Neretin, M Ed.* Idaho Room, Sunday, 11:05 am -12:05 pm - Following the philosophies of Kimon Nickolaides and Anna Nucho, this session will demonstrate the relaxing qualities of drawing, and show how gesture (quick) drawing requires focus, focus brings about observation, and observation brings about revelation. Materials include charcoal, pastels and newspaper. Attendees will be asked to model for a few quick poses, and there will be two still lifes as well. No prior experience necessary. While there will not be post-drawing analysis or critiques, participants will have the opportunity to discuss their experiences.

**Hocus Pocus: What are the Ethical Issues Involved in Utilizing Self-Hypnosis as a Stress Management Strategy?** *Kathleen Jones-Trebatoski, PhD, LPC-S, NCC.* Bachelor Room, Sunday, 11:05 am -12:05 pm - Stress is an everyday fact of life. It is how you respond to these experiences that determine the impact stress will have on your life. What are the ethical concerns in teaching a Self-Hypnosis course as a means to managing stress and building a sense of control and mastery over the stressors in a student's life? The primary goal and purpose of therapy is to enable the client to locate and define the source of their discomfort. The assumption is that the client with adequate conscious and/or unconscious problem-solving and coping skills automatically will engage in self-healing actions.

**New Twist in Bibliotherapy: Teaching and Creating Groups (For all Ages) Using Thematic Children's Literature.** *Peterann M. Siehl, PhD, PC and Candice Jordan, MRC, CRC, PC.* Hood Room, Sunday, 11:05 am -12:05 pm - Bibliotherapy is an effective counseling technique and can transform your group development skills. Sharpen your skills with new bibliotherapeutic tools that will aid in innovative group creation. This interactive presentation combines power point, hands on training and attendee participation to create groups that can be instantly facilitated in participants counseling settings. If you are a counselor educator, come and learn how to use this process to restructure and teach group counseling from an innovative perspective. Ready-made group programs will be distributed.

## Poster Sessions / Alaska Room / Sunday 11:05 - 12:05 am

### **Counselors' Perceptions about Their Own Use of Creative Interventions to Help Clients.**

*Lindsey M. Joiner, EdS and Julia Y. Porter, PhD, LPC, NCC, NCSC.* - The use of creative counseling techniques has increased since the 1970s, and creative counseling techniques are being used across counseling settings (school, college, mental health, etc.). This session will present results from a research study that examined counselors' use of creative techniques in different counseling settings, counselors' perceived beliefs about the effectiveness of creative interventions, and counselors' thoughts on the need for more empirical research concerning creative counseling techniques.

**Expressions Through Art: An Experiential and Expressive Arts Process Group to Create and Celebrate Self-Expression and Acceptance.** *Kim Hayes, LPC, CCADC.* - This poster is a description of creation, implementation, struggles and outcomes of an Experiential and Expressive Arts Therapy Process Group for middle school students. Expressive arts therapy is a specialized way of using the power of the creative process as a vehicle for healing, communication, self-expression and personal development. Through the use of therapeutic art experiences, physical, emotional and social learning may be developed, with client participants developing improved self-awareness, healthy boundary setting, self-esteem, academic confidence and social skills. This poster will also discuss the transformative process the group had on the students, as well as the therapists.

### **Supporting Adolescent Latinos / as Identity Development through the Expressive Arts.**

*Lisa L. Schulz, PhD, LPC, NCC.* - Group work is highlighted as a modality useful in creating an environment through which marginalized youth can explore and assert their individual and collective identities within a larger system. This poster session provides an exploration of the unique needs of Latino/a youth as related to bicultural identity development through the expressive arts. Specifically, student experiences through dance, poetry and other literary forms, sports, and drawing will be shared. Implications for school counselors and other helping professionals will be discussed.

### **Animal-Assisted Therapy: Integrating Counseling Theory into this Creative Modality.**

*Laura Bruneau, PhD.* - Animals can be a wonderful and creative addition to the counseling process. This presentation will provide a brief introduction to animal-assisted therapy (AAT), including history of AAT, current credentialing procedures, and benefits and limitations of this modality. Specific emphasis will be given to counseling theories/ interventions that blend well with AAT's theoretical foundations, such as reality therapy and solution-focused therapy. Come and be ready to be inspired to learn more about AAT!

### **The Power and Process of Nicknames: A Qualitative Study.** *Colleen M. Connolly, PhD.* -

Nicknames can be powerful indicators of past, present, and future dynamics. This presentation will provide the results of a qualitative study of 47 counselor-education students' experiences who engaged in an in classroom creative exercise. Attendees will gain a) a summary of the literature of the use of nicknames, b) the results of the qualitative study, and c) implications of the results for both students and clients. This information will help educators and clinicians explore and better understand the inventive and metaphorical powers of nicknames in clients' and students' lives.

### **Creative and Expressive Arts Dreamwork with the Ullman Experiential Dream Group.**

*Penny Makris, MA and Pegge Laine, MA, REACE.* - This session explores a variety of visual arts media (to include oil pastels, colored pencils, markers, and a variety of papers) to help counselors become comfortable and confident in using the materials for creative activities in counseling as well as for creative self-expression and personal renewal. Participants will learn how counselors use each medium to its best advantage and how to match it with specific creative and expressive art activities for individuals and groups. Imagination will be nurtured and encouraged.

### **Center for Collaborative Brain Research: fMRI, Neurofeedback and Counseling**

**Implications.** *Lori A. Russell-Chapin, PhD, LCPC, ACS, CCMHC.* - Participants in this poster presentation will have the opportunity to discuss the many benefits of collaborative community partnerships. In our newly created Center for Collaborative Brain Research four local institutions in Peoria, Illinois have joined forces to utilize needed resources to further brain research with free use of fMRI's to neurofeedback to release time for academic and research efforts. Through this partnership the presenter is currently conducting research on brain plasticity using fMRI and neurofeedback on children with ADHD. This type of research has many implications for the counseling field.

### **Crochet as Coping: Crochet as a Therapeutic Medium in a Short Term Children's**

**Psychiatric Facility.** *Kelly Willits, BS, QMHA.* - Crochet as a therapeutic medium in a short term children's psychiatric facility Expressive arts and alternative therapies on the whole have been effective at increasing well being in clients and therapists alike. The current poster examines the use of crochet in a short term children's psychiatric facility to assist individuals in areas such as coping and the processing of difficult emotions surrounding trauma. It also seeks to explore observed similarities between the art of crochet and Eye Movement Desensitization and Reprocessing (EMDR).

# The Association for Creativity in Counseling Board

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