



A conference for people who help people.

2020 Break-out Titles & Descriptions

9:15—10:15

Title: The State of Pastors

Presenter: Tim Williams, Director of Church Relations

Organization: STCH Ministries

Description: Results and recommendations based on a recent survey of Texas pastors on their spiritual, emotional, physical and financial health.

Title: Where am I going wrong? Understanding and helping your child or student through an attachment lens

Presenter: Kelly Harris, MS, LPC-Intern, National Certified Counselor, and Licensed Marriage and Family Therapist-Associate; Supervised by Lorena Mendez, MS, LPC-S, RPT-S; Leslee O'Neal, MS, LPC-S, CGRS; and Kristi Phillips, MA, LMFT-S & Amanda Brown, MA, LPC-Intern, Supervised by Lorena Mendez, MS, LPC-S, RPT-S and Leslee O'Neal, MS, LPC-S, CGRS

Organization: STCH Ministries

Description: Attachment theory holds important keys to unlocking the heart of your child or student. Participants will learn how attachment theory can help families and educators make sense of a child's anxiety and / or misconduct. This presentation provides strategies for parents and educators that can be put to use immediately to strengthen bonds from infancy through adolescence.

Title: Understanding True Worth

Presenter: Aaron Martinez, MEd, LPC

Organization: Stillwater Therapy

Description: Self-worth and how to move away from worth being based on a weak foundation rather than a strong foundation.

Title: Fostering Emotional Intelligence in Children

Presenter: Desirae Contreras, MS, NCC, LPC-Intern & Peyton Lindgren, MS, NCC, LPC-Intern, Both Supervised by Lorena Mendez, MS, LPC-S and Leslee O'Neal, M.S, LPC-S, CGRS

Organization: STCH Ministries

Description: With this presentation, attendees will learn what emotional intelligence is, the benefits of it, and how to strengthen and support children's emotional intelligence

Title: Self Care: 101 For Helpers

Presenter: Danielle Ojeabulu, MA, LPC

Organization: STCH Ministries

Description: We show up for those we serve, whether as counselors, ministers, teachers, social workers, etc. We take on their trauma, struggles, and pain. We walk alongside them and guide them to their healing pouring out from the reservoir of ourselves. It feels good to see those our people win and to sit with them when they lose. But, at the end of it all, how do we get replenished and care for ourselves? How do we prevent vicarious trauma? This presentation will give you the tools that you need to help you keep your cup full and continue to bless others.

Title: Burnout in Ministry

Presenter: Randy Beck

Organization: Waypoint Church in Richmond Texas

Description: Have you ever found yourself in a place where sleep and vacations no longer refuel your love for ministry... In this presentation, we will spend some time talking about the unavoidable truths regarding leadership and burnout, identify markers of burnout, the difference between anchors and pilings in ministry, and how do we find hope as we travel the road back from exhaustion to healing

Title: The Pain of Self-Injury: Understanding Self-Injury and How to Help those who Hurt Themselves

Presenter: Lorena Mendez, MS, LPC-S, RPT-S

Organization: STCH Ministries

Description: Join this session and gain a greater understanding of the what, how, and why of self-injury (SI). Learn the difference of between SI and a suicide attempt, how to recognize the signs of SI, and gain skills on how to support someone struggling with SI and the intense emotional pain that accompanies it. Those who hurt themselves need others in their lives to help build them up. Join and learn how you can make a difference!

Title: Taking Action on an Outcry in the Church

Presenter: Mike Hurt & Marisa Gonzales, MA, LPC Intern, Supervised by Lorraine Turner, MA, LPC-S

Organization: Parkway Church & STCH Ministries

Description: When an outcry is made, action must be taken. The church cannot sweep abuse or neglect under the rug. Join Pastor Mike Hurt and Marisa Gonzales of STCH ministries as they talk through not only what is required by law but what is expected to care for the victim.

Title: Managing Emotions

Presenter: Melissa Crossland, CPC

Organization: The Farmhouse Native

Description: What would our caregiver roles look/feel/sound like if we allowed ourselves, our students and our clients or congregation to explore their true emotions? Learn how mental blocks to good health, spontaneity and personal growth happen when we bottle up our emotions.

Title: P.R.A.Y. : Dealing with the Unexpected

Presenter: Leslee O'Neal, M.S., LPC-S, CGRS

Organization: STCH Ministries

Description: This is a presentation on unique coping strategies for improving one's experience with grief, loss and emotional pain. Illustrated by five easy-to-remember practices (corresponding with the presentation's title), the overarching message of P.R.A.Y. is one of hope, inner strength, and optimism.

Title: Introduction to Trauma Informed Care

Presenter: Phyllis Hamilton, MA, LSSP, NCSP, CTPE

Organization: Region 3

Description: Trauma-informed care (TIC) understands and considers the universal nature of trauma and promotes environments of healing and recovery instead of practices and services that may unintentionally traumatize or re-traumatize individuals. This approach is being utilized in health care, schools, businesses and organizations, and many other places in our world. In this session, the basics of TIC will be reviewed and ideas for implementation will be provided.

Title: Self-Harm Within Different Age Groups

Presenter: Brogan Henderson, MA, LPC-Intern, & Misse Mbongo, MSSW, LPC-Intern, Both Supervised by Dosely Antongiorgi, M.A., LPC-S

Organization: STCH Ministries

Description: Self-harm is prevalent among people at various stages of life. Depending on a person's age, their reason behind how and why he/she will self-harm may look different.

Title: Mental Health Disorders in Children

Presenter: Charny Beck, MSSW, LCSW-S

Organization: STCH Ministries

Description: How to identify mental health disorders in children, how to have the difficult conversation with parents regarding behavioral concerns without using the diagnostic words, how to help parents access Special Education services through the school district in order to offer ongoing academic support.

Title: Social Media: Real Dangers Real Solutions

Presenter: Kelly Newcome

Organization: Brave Parenting

Description: Social Media has changed the lives of young and old alike. From fake accounts, highly edited and filtered selfies, disappearing snaps, stories, streaks, stalking, ghosting, bullying all the way to sharing nudes and producing their own pornography -- teens have yielded to a new way of life. But at what cost to their relationships, purity, character and even their future with so much posted publicly?

1:30—2:30

Title: Preaching and Leading with Authenticity

Presenters: Mike Hurt & Glen Dry

Organization: Pastors of Parkway Church & Sportsman's Church, respectively

Description: Tough times and difficulties hit all of us. No one is immune even pastors. Join Pastor Mike Hurt and Pastor Glen Dry for an honest conversation on how to lead and preach through the tough times in a way that honors God and benefits the church.

Title: Recognizing Mental Illness Throughout the Lifespan

Presenters: Bethaney Myers, MPH, QMHP & Julie Wall BA, QMHP

Organization: Gulf Bend Center

Description: Gulf Bend presents, an overview of signs and symptoms of mental illness in youth and adults. Discussing prevalence and common misconceptions regarding mental illness.

Title: Building Resiliency: Preparing our Children for Tomorrow

Presenter: Dosely Antongiorgi, MA, LPC-S

Organization: STCH Ministries

Description: It is in our nature, as parents, to prepare our children from the outside hurts and challenges the world may throw their way— but we can't put our children in a bubble. As children grown and develop, they will need practical skills to help them navigate relationships, challenges, and even pain and suffering. How can I ensure my child will be ready? This training will help us learn about stress and develop practical ways to prepare your children for tomorrow!

Title: Understanding the Impact of Trauma

Presenter: Phyllis Hamilton, MA, LSSP, NCSP, CTPE

Organization: Region 3 Service Center

Description: Experiencing trauma can have a dramatic effect on our bodies and minds in both positive and negative ways. During this session, we'll explore the stress response and how it impacts our actions, thoughts and emotions. Learn ways to restore balance and tap in to our own resilience.

Title: Anxiety: the Vagus Nerve System is the Mind Body Connection

Presenter: Christi Walker, MS, LPC

Organization: Creative Personal Counseling

Description: Research into how our thoughts affect our bodies has taken medical and mental health sciences to brave new worlds! While not a recent discovery, the Vagus Nerve system has been peeled open to reveal much more about how our body is affected by how we think as well as what we have experienced in the past.

As it turns out, our anxiety and depression in all forms directly impacts this system of nerves that modulate our heart rate, breathing rates, and even the butterflies in our stomachs!

Title: Emotional Control in Children with ADHD

Presenter: Sarah Moehrig, MSCP, Licensed Psychological Associate

Organization: Mission Psychology

Description: & Objectives: In addition to hyperactivity and inattention, children with ADHD often demonstrate challenges in their ability to regulate their impulses and their emotions. This presentation aims to provide information for parents, caregivers, and teachers to: (1) gain a better understanding of these challenges, (2) learn practical skills related to managing emotional dysregulation in children with ADHD, and (3) build emotional resiliency and grit in children with ADHD.

Title: Addiction: Internet/Phone/Video/Gaming/Pornography

Presenter: Kelly Newcomb

Organization: Brave Parenting

Description: Teens love to take risks and our connected world readily and easily provides them opportunities to do so. Considering the growing mental health crisis, young men and women seeking rehab for online (video) gaming disorder, and online pornography is a common and acceptable pastime among teens, it's clear to see addiction is silently taking our children captive. But, addiction doesn't have to be a guaranteed rite of passage in life.

Title: Handling Criticism as a Ministry Couple

Presenter: Tim Williams, Director of Church Relations & Judith Williams, MA, LPC Intern

Organization: STCH Ministries

Description: Ways to handle criticism as a team using Biblical guidance

Title: Setting Limits Without Guilt

Presenter: Lisa Knipling, B.S., Grant Coordinator

Organization: Region 3 Service Center

Description: How often have you felt guilty setting limits with a child? Join me to learn skills that will help eliminate that guilt and help you move from a fear based discipline to a discipline based on love.

Title: A Bird's Eye View of Male Sexual Addiction

Presenter: Mark J. Kass, MAC, LPC-Intern, Supervised by Lorena Mendez, BS, LPC-S, RPT-S

Organization: STCH Ministries

Description: This presentation will look at some surprising statistics concerning sexual addiction to frame the issue we are facing. It will examine the ambiguity that exists in trying to define sexual addiction and provide a working definition. It will also explore two assessment instruments, including the standard Carnes assessment and look at how the cycle of sexual addiction perpetuates itself. Finally it will identify six different classifications of sexual addiction that will assist in choosing a treatment format.

Title: Mind-Body Skills for Building Resilience

Presenters: Phyllis Hamilton, MA, LSSP, NCSP, CTPE

Organization: Region 3 Service Center

Description: Mind-body skills enhance a person's capacity for self-awareness and help improve health and well-being. These skills are not new and have been practiced by many for years. Participants will learn the power of mind body awareness and be able to practice such techniques as grounding, breath work, mindfulness, and visualization.

Title: High Conflict People: What in the World? How to Deal with the Drama

Presenter: Christi Walker, MS, LPC

Organization: Creative Personal Counseling

Description: Some people seem to just be ready, willing, and able to start a conflict or to react disproportionately hostile to an event or situation. You cannot escape this particular type of person but you can learn what makes them tick and how to maintain your composure when faced with a high conflict person.

Title: Beyond Academics: Building and Strengthening Relationships in the Classroom

Presenter: Sarah Moehrig, MSCP, Licensed Psychological Associate

Organization: Mission Psychology

Description & Objectives: Studies have shown that stable, nurturing relationships contribute significantly to intellectual and social growth in children. Therefore, building strong, supportive relationships with students is an important aspect of the classroom dynamic. This presentation aims to help teachers and school staff (1) develop a better understanding of the benefits and effects of establishing nurturing relationships with students, (2) learn practical ways to build and strengthen relationships with students, and (3) establish a safe space for their students.

Title: Forget Everything You Thought You Knew About the Teen Brain: How the adolescent brain develops and how the impact of technology is changing brains like never before!

Presenter: Kimberly Collins, MABC, LPC

Organization: STCH Ministries

Description: Understanding how the brain develops from birth through adolescence and through early adulthood can change how you work with teenagers. In this presentation, you will gain a better understanding of how the brain effects the thoughts, values, and decisions of teens. You might be surprised to learn that teens today are different than ever before thanks to their obsession and usage of technology. This presentation will help you gain a better understanding of how to communication and help today's teenagers.

4:00—5:00

Title: Generation Z and the Church

Presenter: Tim Williams, Director of Church Relations

Organization: STCH Ministries

Description: Trends and beliefs among the youngest generation

Title: Preventing Power Struggles

Presenter: Lisa Knipling, BS, Grant Coordinator

Organization: Region 3 Service Center

Description: How often have you found yourself in the middle of a power struggle? Join me to learn ways to prevent power struggles from happening

Title: “Help! I’m drowning over here!” Practical Tools for Dealing with Depression & Anxiety

Presenter: Judith Willaims, MA, LPC Intern, Supervised by Lorraine Turner, MA, LPC-S

Organization: STCH Ministries

Description: Everyone feels down or anxious from time to time, especially in this year of COVID-19. This session is designed to give you some practical tools and strategies for dealing with depressed or anxious thoughts when they occur. Based on Cognitive Behavioral Therapy techniques, these tools are designed to help you identify your emotions and the thoughts behind them in order to change them into more healthy methods of coping. Relaxation and deep breathing exercises will also be utilized so that you can leave the session hopefully more ready to face your challenges.

Title: Potential Long-term Effects of the COVID-19 Pandemic on Mental Health and Resilience

Presenters: Phyllis Hamilton, MA, LSSP, NCSP, CTPE

Organization: Region 3 Service Center

Description: The practices of physical (social) distancing, isolation, financial shutdowns and other restrictions on our “normal” functioning have been necessary to curb the spread of COVID-19, but they will undoubtedly have consequences for mental health and well-being in both the short and long term. Join this session for a discussion of some of the current and potential mental health and wellness impacts that this pandemic has brought and might bring.

Title: What is the ACE Assessment and How is it Used?

Presenter: Lisa Latcham, MEd, LPC-S, RPT-S, NCC

Organization: STCH Ministries

Description: The Adverse Childhood Experiences (ACE) is a ten-question assessment used to assess childhood trauma and predict health outcomes based on the frequency of answers to the questions. We will take a closer look at the assessment, its development and best practices for using the ACE to help children who are experiencing trauma in their home, school or community.

Title: Interaction between Educational Counselors and Law Enforcement

Presenter: Bryan Simons, Senior Deputy & School Resource Officer

Organization: Victoria County Sheriff’s Department

Description: In this session we will evaluate why it is important to have open and honest involvement with law enforcement prior, during, and after an incident involving juveniles in an educational setting. This will include an in depth explanation of expectations that will ensure the safety of you, the student, and the officer.