



iCare

A conference for people who help people.

2021 Break-out Titles & Descriptions

9:15—10:15

Title: *Biblical Conflict Resolution*

Presenter: Walter Jackson, Ph.D.

Organization: Director of Missions, Guadalupe Baptist Association

Description: In this session we will consider the reality of conflict and how the Bible presents it. Look at examples of conflict between people in Scripture. We will also see ways to bring about resolution from Scripture.

Title: *Mindfulness+: Mind-Body Practices*

Presenter: Phyllis Hamilton

Organization: Region 3 Service Center

Description: We know that stress and trauma can have a significant impact on how the brain and mind interacts with our body. Mind-body practices incorporate many techniques that can quiet the mind and integrate the mind, body and spirit. We will discuss and practice several of the more popular mindfulness activities as well as exploring a few less common techniques.

Title: *Anxiety Isn't Only In Your Head: What's Your Body Telling You?*

Presenter: Pam Frink, MA, LPC

Organization: STCH Ministries

Description: This session will be both informative and EXPERIENTIAL! We will learn how stress and anxiety impacts the body, what physical symptoms we might experience, and possible treatment options available to help our bodies calm down. Participants should be prepared to participate in anxiety-reducing activities and have some fun while we learn! (Note-activities can be done in suits and high heels!)

Title: *Bully Proof Children: Protecting Children From Bullying and Teasing*

Presenter: Paris Arthur, MA

Organization: STCH Ministries Family Counseling

Description: This presentation will review early signs of bullying in children. Speaker will include action oriented interventions to help children cope through their bullying experiences as well as tools for building their resilience and confidence.

Title: *Domestic Violence and Sexual Assault: "No Cape Required!"*

Presenter: Beth Svetlik, LMSW

Organization: Mid-Coast Family Services

Description: During this presentation we will learn about the Dynamics of Domestic Violence (DV) and Sexual Assault (SA). This will include some myths and facts, rape culture, gender socialization, and what DV and SA can look like. We will also learn about Trauma Informed Care. This will include what you can do if you suspect someone is a victim or survivor of DV or SA, or if someone tells you about past or present abuse (hint, it does not involve a mask or cape).

*Disclosure, some of the information in this presentation can be hard to hear and/or bring up past stuff for some. I, along with other counselors will be able after the presentation if you need to debrief or talk.

Title: *Dementia and Caregiver Role Strain*

Presenter: Misse Embongo, LMSW (Supervised by Charny Beck, MSSW, LCSW-Supervisor)

Organization: STCH Ministries Family Counseling

Description: In this presentation we will discuss 1. A brief overview of Dementia and progression of the disease 2. The factors that lead to caregiver burden and symptoms of caregiver stress; & 3. Interventions, care options and tools for caregivers.

Title: *Behind the Screen: Social Media's Impact on Behavior and Virtue*

Presenter: Kelly Newcom

Organization: Be Brave Parenting

Description: Social Media is like a giant (but cute) untamed monster. It looks so appealing and satisfying yet it seems to shred apart all semblance of self-control, humility, ideals, and self-worth when engaged with. Despite all the research and horror stories known about social media and young people, teens continue to yearn for an online presence and parents reluctantly yield. But, at what cost to their behavior, relationships, purity, and character?

Title: *Perfectly Imperfect-Developing Self-Esteem in Kids and Teens.*

Presenter: Desirae Contreras, MS, NCC, LPC

Organization: STCH Ministries Family Counseling

Description: In this presentation, the attendee will be able to learn about the concept of self-esteem. Attendees will be able to learn activities to help foster self-confidence in kids and teens while developing positive attitudes towards school and towards lifelong learning.

Title: *Taking Action on an Outcry in the Church*

Presenter: Mike Hurt & Marisa Gonzales, MA, LPC, 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: *Understanding and Supporting “Parentless” Children*

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

Organization: Region 3 Service Center

Description: In this session, we will consider the broad definition of a “parentless” child and discuss the child’s vulnerabilities, risk factors, and effects on development. We will focus on how we can provide help and support as caregivers. A strength-based approach will be offered.

Title: *From Slimy Pit to Solid Ground – Tools for Coping with Depression*

Presenters: Tim Williams, MDiv & Judith Williams, MEd, LPC Associate (Supervised by Lorraine Turner, MA, LPC-S)

Organization: STCH Ministries

Description: Feeling depressed can seem a lot like being down in a slimy pit with no hope of escape, but there are tools available to help in the journey up and out. We will also explore what it is like for those married to someone who is depressed. In this session we will cover practical tools for dealing with depressed thoughts and feelings of your own and of those you love.

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: Participants will gain a basic understanding of the progression of brain development during the teenage years; will learn strategies for connecting and building relationships with teenagers; and will receive insight into how the current generation of teenagers are vastly different than generations prior.

Title: *Black Mental Health: How Culturally Aware Are You?*

Presenter: Sandra Glover, MA, LPC-Associate (Supervised by Marisha Copeland, MA, LPC Supervisor)

Organization: STCH Ministries

Description: This session will address the facts, myths, impact of the historical and current Black and African American experiences on their quest for wellness. This quest, encumbered with various challenges and obstacles, is not just one cultural group’s problem. As a therapist, educator, or ministry leader, does your level of cultural awareness avoid the misconception that “one size fits all”?

Title: *P.R.A.Y. – Reaching Out to Grievors*

Presenter: Leslee O’Neal, MS, LPC-S, CGRS

Organization: STCH Ministries

Description: Supporting those who have experienced loss can truly be an unpredictable journey – through ups, downs, many U-turns, and even detours. P.R.A.Y. is a helpful guide that is easy enough to keep on the forefront of the helper’s mind, but is also an essential tool when supporting grievors.

Title: *The Big Three: Instagram, Snapchat & TikTok*

Presenter: Kelly Newcom

Organization: Be Brave Parenting

Description: Social Media has changed the lives of young people. From fake profiles, curated and filtered lives, disappearing snaps, stories, streaks, stalking, ghosting, bullying - all the way to sharing nudes and producing their own pornography. Our adolescents have yielded to a completely new way of life. To those who didn’t spend their adolescence this way, it seems all but impossible to understand. This workshop takes a deep dive into the 3 largest and most popular social media platforms today.

Title: *How do I respond?: The Importance of Positive Language in Adoption and Foster Care Communities*

Presenter: Amanda Brown, MA, LPC Associate (Supervised by Lorena Mendez, MS, LPC-S, RPT-S)

Organization: STCH Ministries

Description: The words we use matter, and the implications of our words can have a profound impact on adoptees, birth families, and adoptive families. In this presentation, participants will learn the history, importance, and practical applications of using positive language when working with the adoption and foster care communities.

1:30—2:30

Title: *Teaching Children to See Themselves Through the Eyes of God*

Presenters: Dr. Leonette Lewis M.A.C.E., D.ED.MIN.

Organization: Living on Purpose Ministry

Description: In this session, through the scriptures, we will solidify in ones thinking the intentionality of God's creating of the male and female genders. Bring clarity to the importance of boys and girls as male and female beings; revealing God's heart and mind toward them. Also, the importance of affirming children in their differences, emotions, abilities, and their relationships with Him

Title: *Trauma and Children: How Parents, Caretakers and Guardians Can Help*

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

Organization: Region 3 Service Center

Description: When we do not understand the impact of trauma on our children, we may misinterpret behavior and our attempts to address the behavior may be ineffective or even harmful. By understanding trauma, we can help support a child's healing. This session will begin with a review of the nature of trauma and how it affects the developing brain and body (Developmental Trauma). We will discuss typical reactions to childhood trauma and how to help our children heal from and cope with traumatic stress.

Title: *Conflict Communication Toolbox for Marriage*

Presenters: Tim Williams, MDiv & Judith Williams, MEd, LPC Associate (Supervised by Lorraine Turner, MA, LPC-S)

Organization: STCH Ministries

Description: The way a conversation begins often determines how it will end, for good or for bad. In this session we will cover ways to talk about conflict so that each partner can hear and be heard by the other. The session will cover several different ways to talk effectively with each other, as well as how to begin working together for shared meaning and purpose in marriage.

Title: *Decision Overload*

Presenter: Peyton Lindgren, MS, NCC, LPC

Organization: STCH Ministries

Description: Making decisions are hard and they can be overwhelming. In this presentation you will learn about the causes, effects, and signs of decision fatigue and how to combat it.

Title: *TBRI (Trust-Based Relational Intervention) – A Brief Overview*

Presenters: Allison Cook, MEd, LPC Associate (Sup. by Lisa Latcham, MEd, NCC, LPC-S, RPT-S), Mari Gonzales, MA, LPC, & Lisa Latcham, MEd, NCC, LPC-S, RPT-S

Organization: STCH Ministries

Description: TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors.

Title: *Entering the World of Adult Survivors of Childhood Sexual Abuse*

Presenter: Mark J. Kass, MAC, LPC, NFTC1

Organization: STCH Ministries

Description: & Objectives: Will cover the pervasiveness of childhood sexual abuse, what abuse looks like, dynamics between child and predator, effects of trauma on the child, struggles of the child, and struggles of the adult survivor.

Title: *ADHD in Adults*

Presenter: Sarah Moehrig, MSCP, Licensed Psychological Associate

Organization: Mission Psychology

Description: In this presentation, we will discuss the symptoms associated with ADHD in adults (ages 18 and up) and how it affects multiple domains of functioning. Participants will learn more about how ADHD affects neuropsychological performance, the common challenges faced by adults with ADHD, and the different types of treatment available.

Title: *Highly Effective Teams: Improving Yourself & Your Work*

Presenter: Darrell Jackson, MA, MDiv

Organization: STCH Ministries

Description: This session is designed to help your team identify and implement the core essentials needed to create a team culture that is highly functional, sustainable and effective.

3:00—4:30

Title: *Human Trafficking - An American Epidemic*

Presenter: Kelly Litvak

Organization: Childproof America

Description: This professional presentation is appropriate for ages 13+ and covers topics such as sex trafficking statistics, domestic vs. international sex trafficking, demographics, trafficker profile, grooming stages, sex trafficking language & terminology, social media threats and practical safety tips for every caregiver. Presentation is followed by 15 minutes of Q&A.

We are asking that EVERYONE join us in the auditorium for this very important and timely presentation.